

Menu Name:

ELEMENTARY LUNCH 6-8

Include Cost:

Yes

Site:

Use Alternate Menu Name:

No

Monday - 12/01/2025

Reimbursable Meal Total 3000

|                                            | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (RAE) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|--------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|---------|
| 003074 Homestyle Chicken Nugget (GK)       | 5 Each       | 1000      | 182                      | 1.62                   | 328                    | 0.00             | *N/A*                         | 9.90      | 0.00       | 34          | 9.50     | 0.00      | 13.50     | *N/A*       | 22.0                   | 87.00      | 1.00      | \$0.000 |
| 003113 CHEESE BITES WILD MIKES             | SERVINGS     | 1000      | 247                      | 3.53                   | 476                    | 0.00             | 0.00                          | 10.58     | 0.00       | 18          | 24.70    | 3.53      | 14.11     | *N/A*       | 21.2                   | 0.00       | 7.06      | \$0.000 |
| 003202 WRAP SPINACH, CHICKEN HONEY MUSTARD | EACH         | 1000      | 684                      | 14.26                  | 1403                   | *11.00           | *2.00                         | 40.54     | *0.00      | 100         | 48.79    | 3.40      | 36.39     | *0          | 331.0                  | 4.80       | 3.93      | \$0.000 |
| 002676 POTATO, TATER BARRELS SYSCO         | 10 BARRELS   | 3000      | 170                      | 1.50                   | 360                    | 0.00             | *N/A*                         | 9.00      | 0.00       | 0           | 19.00    | 1.00      | 2.00      | *N/A*       | 0.0                    | 3.60       | 0.36      | \$0.000 |
| 002212 BEAN, VEGETARIAN BAKED LS           | 1/2 CUP      | 1500      | 110                      | 0.00                   | 140                    | *N/A*            | *N/A*                         | 1.00      | 0.00       | 0           | 20.00    | 5.00      | 7.00      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 003064 LETTUCE GREEN LEAF                  | 1/2 cup      | 1500      | 4                        | 0.00                   | 7                      | 0.19             | 0.00                          | 0.04      | 0.00       | 0           | 0.69     | 0.31      | 0.33      | 89          | 8.6                    | 2.21       | 0.21      | \$0.000 |
| 002408 VEG, CARROTS RANCH                  | BAG          | 1500      | 25                       | 0.00                   | 200                    | 4.00             | *N/A*                         | 0.00      | 0.00       | 0           | 7.00     | 2.00      | 1.00      | *N/A*       | 20.0                   | 4.80       | 0.36      | \$0.000 |
| 002407 VEG, CARROTS CHILI LIME             | BAG          | 1500      | 25                       | 0.00                   | 200                    | 4.00             | *N/A*                         | 0.00      | 0.00       | 0           | 6.00     | 2.00      | 1.00      | *N/A*       | 20.0                   | 4.80       | 0.36      | \$0.000 |
| 000097 FRUIT, RAISINS                      | BOX          | 1500      | 129                      | 0.04                   | 11                     | 28.03            | 0.00                          | 0.11      | 0.00       | 0           | 34.11    | 1.94      | 1.42      | 0           | 26.7                   | 0.99       | 0.77      | \$0.000 |
| 002587 FRUIT, DRIED CRANBERRIES            | SERVING      | 1500      | 92                       | 0.00                   | 2                      | 22.00            | *N/A*                         | 0.00      | 0.00       | 0           | 25.00    | 2.00      | 0.00      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 002669 FRUIT, APPLESAUCE USDA              | #8 SCOOP     | 1000      | 58                       | 0.00                   | 2                      | 12.44            | *N/A*                         | 0.00      | 0.00       | 0           | 15.84    | 1.13      | 0.00      | *N/A*       | 0.0                    | 2.71       | 2.04      | \$0.000 |
| 000086 FRUIT, ORANGES FRESH                | EACH         | 1000      | 69                       | 0.00                   | 2                      | *N/A*            | *N/A*                         | 0.00      | 0.00       | 0           | 17.82    | 3.39      | 1.70      | *N/A*       | 59.4                   | 82.98      | 0.15      | \$0.000 |
| 000068 FRUIT, BANANAS FRESH                | EACH         | 1000      | 90                       | 0.11                   | 1                      | 12.35            | 0.00                          | 0.33      | 0.00       | 0           | 23.07    | 2.63      | 1.10      | 3           | 5.0                    | 8.79       | 0.26      | \$0.000 |
| 000064 FRUIT, APPLE FRESH                  | 1/2 APPLE    | 1000      | 50                       | 0.00                   | 1                      | 9.54             | *N/A*                         | 0.00      | 0.00       | 0           | 12.65    | 2.02      | 0.01      | *N/A*       | 10.2                   | 4.58       | 0.18      | \$0.000 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 31, 2025

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (RAE) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|---------|
| 002265 DRESSING, ITALIAN LOW SODIUM   | 1 OZ         | 500       | 109                      | 1.75                   | 1                      | *0.02            | *0.00                         | 12.25     | *0.00      | 0           | 0.28     | 0.05      | 0.05      | *0          | 1.6        | 0.16       | 0.03      | \$0.000 |
| 001975 DRESSING, RANCH PACKET 12GRAMS | PACKET       | 500       | 45                       | 0.50                   | 120                    | *N/A*            | *N/A*                         | 4.50      | 0.00       | *N/A*       | 1.00     | 0.00      | 0.00      | *N/A*       | 0.0        | 0.00       | 0.00      | \$0.000 |
| 002952 DRESSING 1000 ISLAND           | TABLESPOONS  | 500       | 50                       | 0.75                   | 100                    | 2.00             | *N/A*                         | 4.00      | 0.00       | 5           | 4.00     | 0.00      | 0.00      | *N/A*       | 0.0        | 0.00       | 0.00      | \$0.000 |
| 000228 MILK, NONFAT CHOCOLATE         | CARTON       | 2000      | 120                      | 0.00                   | 150                    | 19.00            | *N/A*                         | 0.00      | 0.00       | 5           | 22.00    | 0.00      | 9.00      | *N/A*       | 300.0      | 0.00       | 0.36      | \$0.000 |
| 000230 MILK,1% WHITE                  | CARTON       | 900       | 130                      | 1.50                   | 160                    | 15.00            | *N/A*                         | 2.50      | 0.00       | 15          | 16.00    | 0.00      | 10.00     | *N/A*       | 400.0      | 1.20       | 0.00      | \$0.000 |
| 000129 MILK, SOYMILK KIKKOMAN         | SERVING      | 100       | 140                      | 0.50                   | 110                    | 15.00            | *N/A*                         | 4.50      | 0.00       | 0           | 17.00    | 2.00      | 8.00      | *N/A*       | 300.0      | 0.00       | 1.08      | \$0.000 |
| Weighted Daily Average                |              |           | 980                      | 9.00                   | 1566                   | *62.22           | *0.67                         | 34.38     | *0.00      | *59         | 137.10   | 13.07     | 38.92     | *45         | 517.5      | 74.00      | 6.36      | \$0.000 |
| % of Calories                         |              |           |                          | 8.27%                  |                        | *25.40 %         | *N/A*                         | 31.6%     | *0.0%      |             | 56.0%    |           | 15.9%     |             |            |            |           |         |
| Weekly Nutrient Guideline             |              |           | 600 - 700                | <10                    | 1225                   |                  | <10                           | <=0       |            |             |          |           |           |             |            |            |           |         |

Tuesday - 12/02/2025

Reimbursable Meal Total 3000

|                                       | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (RAE) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|---------------------------------------|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|---------|
| 003153 SANDWICH SWISS DUNKER          | 1/2 SANDWICHES  | 1000      | 521                      | 11.01                  | 1570                   | *4.42            | *1.21                         | 24.04     | *1.99      | 82          | 44.08    | 5.55      | 29.24     | *0          | 275.4      | *10.49     | 3.62      | \$0.000 |
| 002704 SPAGHETTI W/ CHEESE ST SCRATCH | HEAPING # 6 SCP | 1000      | 200                      | 2.01                   | 843                    | *2.28            | *N/A*                         | 3.42      | *0.00      | 10          | 31.58    | 3.18      | 13.05     | *N/A*       | 219.0      | 10.17      | 2.23      | \$0.000 |
| 000929 POCKET, TURKEY PIZZA 4 OZ      | EACH            | 1000      | 240                      | 1.50                   | 340                    | 2.00             | *N/A*                         | 7.00      | 0.00       | 20          | 32.00    | 4.00      | 12.00     | *N/A*       | 40.0       | 2.40       | 2.70      | \$0.000 |
| 000424 VEG, GREEN BEANS               | #8 SCOOP        | 3000      | 16                       | 0.00                   | 140                    | 1.00             | *N/A*                         | 0.00      | 0.00       | 0           | 3.00     | 2.00      | 1.00      | *N/A*       | 0.0        | 0.00       | 0.00      | \$0.000 |
| 002481 SALAD, SPINACH & ROMAINE       | 1EA #8 SCOOP    | 2000      | 7                        | 0.01                   | 14                     | *N/A*            | *N/A*                         | 0.07      | *0.00      | 0           | 1.30     | 0.77      | 0.68      | *N/A*       | 22.0       | 9.87       | 0.62      | \$0.000 |
| 000941 NOODLE, CHOW MEIN              | SERVING         | 2000      | 105                      | 0.00                   | 35                     | *N/A*            | *N/A*                         | 1.51      | 0.00       | 0           | 20.57    | 2.01      | 4.01      | *N/A*       | 10.0       | 0.00       | 1.36      | \$0.000 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 31, 2025

|                                       | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (RAE) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|---------------------------------------|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|---------|
| 002197 VEG, KIDNEY BEANS              | 1/2 CUP#8 SCOOP | 2000      | 104                      | 0.00                   | 140                    | 2.00             | *N/A*                         | 0.00      | 0.00       | 0           | 19.00    | 7.00      | 7.00      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 001358 VEG, BROC CHERRY TOM           | .5 CUP          | 2000      | 28                       | 0.00                   | 12                     | *N/A*            | *N/A*                         | 0.50      | *N/A*      | 0           | 5.52     | 0.50      | 1.50      | *N/A*       | 15.0                   | 43.56      | 0.45      | \$0.000 |
| 000438 FRUIT, PEAR CANNED USDA        | #8 SCOOP        | 500       | 60                       | 0.00                   | 5                      | 12.00            | *N/A*                         | 0.00      | 0.00       | 0           | 15.00    | 2.00      | 0.00      | *N/A*       | 8.0                    | 2.50       | 0.24      | \$0.000 |
| 002058 FRUIT, APPLE FRESH WHOLE       | 1 EACH          | 500       | 100                      | 0.00                   | 0                      | 19.00            | *N/A*                         | 0.00      | 0.00       | 0           | 25.00    | 4.00      | 0.00      | *N/A*       | 20.0                   | 8.40       | 0.36      | \$0.000 |
| 000068 FRUIT, BANANAS FRESH           | EACH            | 500       | 90                       | 0.11                   | 1                      | 12.35            | 0.00                          | 0.33      | 0.00       | 0           | 23.07    | 2.63      | 1.10      | 3           | 5.0                    | 8.79       | 0.26      | \$0.000 |
| 000086 FRUIT, ORANGES FRESH           | EACH            | 500       | 69                       | 0.00                   | 2                      | *N/A*            | *N/A*                         | 0.00      | 0.00       | 0           | 17.82    | 3.39      | 1.70      | *N/A*       | 59.4                   | 82.98      | 0.15      | \$0.000 |
| 003163 BAR, MANGO (FRESH 4OZ PK)      | cup             | 1000      | 136                      | 0.21                   | 2                      | 30.87            | 0.00                          | 0.86      | 0.00       | 0           | 33.85    | 3.62      | 1.85      | 122         | 24.9                   | 82.26      | 0.36      | \$0.000 |
| 001975 DRESSING, RANCH PACKET 12GRAMS | PACKET          | 500       | 45                       | 0.50                   | 120                    | *N/A*            | *N/A*                         | 4.50      | 0.00       | *N/A*       | 1.00     | 0.00      | 0.00      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 002265 DRESSING, ITALIAN LOW SODIUM   | 1 OZ            | 500       | 109                      | 1.75                   | 1                      | *0.02            | *0.00                         | 12.25     | *0.00      | 0           | 0.28     | 0.05      | 0.05      | *0          | 1.6                    | 0.16       | 0.03      | \$0.000 |
| 002952 DRESSING 1000 ISLAND           | TABLESPOONS     | 500       | 50                       | 0.75                   | 100                    | 2.00             | *N/A*                         | 4.00      | 0.00       | 5           | 4.00     | 0.00      | 0.00      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 000230 MILK,1% WHITE                  | CARTON          | 900       | 130                      | 1.50                   | 160                    | 15.00            | *N/A*                         | 2.50      | 0.00       | 15          | 16.00    | 0.00      | 10.00     | *N/A*       | 400.0                  | 1.20       | 0.00      | \$0.000 |
| 000228 MILK, NONFAT CHOCOLATE         | CARTON          | 2000      | 120                      | 0.00                   | 150                    | 19.00            | *N/A*                         | 0.00      | 0.00       | 5           | 22.00    | 0.00      | 9.00      | *N/A*       | 300.0                  | 0.00       | 0.36      | \$0.000 |
| 000129 MILK, SOYMILK KIKKOMAN         | SERVING         | 100       | 140                      | 0.50                   | 110                    | 15.00            | *N/A*                         | 4.50      | 0.00       | 0           | 17.00    | 2.00      | 8.00      | *N/A*       | 300.0                  | 0.00       | 1.08      | \$0.000 |
| Weighted Daily Average                |                 |           | 755                      | 5.90                   | 1382                   | *40.75           | *0.40                         | 17.57     | *0.66      | *46         | 115.50   | 16.38     | 38.26     | *41         | 563.5                  | *88.23     | 5.04      | \$0.000 |
| % of Calories                         |                 |           |                          | 7.03%                  |                        | *21.59 %         | *0.64%                        | 20.9%     | *0.8%      |             | 61.2%    |           | 20.3%     |             |                        |            |           |         |
| Weekly Nutrient Guideline             |                 |           | 600 - 700                | <10                    | 1225                   |                  | <10                           | <=0       |            |             |          |           |           |             |                        |            |           |         |

Wednesday - 12/03/2025      Reimbursable Meal Total 3000

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 31, 2025

|                                                  | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (RAE) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|--------------------------------------------------|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|---------|
| 003204 POTATO BBQ CHICKEN BOMB                   | EACH            | 1000      | 415                      | 7.80                   | 1340                   | *0.00            | *N/A*                         | 15.40     | *0.00      | 114         | 38.92    | 2.51      | 29.29     | *N/A*       | 82.0                   | 20.68      | 2.82      | \$0.000 |
| 003235 ONION RING, BREADED (4 PER SERV)          | SERVING         | 3000      | 180                      | 1.00                   | 135                    | 3.00             | 0.00                          | 7.00      | *N/A*      | *N/A*       | 26.00    | 3.00      | 3.00      | *N/A*       | 20.0                   | *N/A*      | 1.20      | \$0.000 |
| 002775 WRAP, VEGETARIAN (CHEESE/TOMATO/LETT UCE) | EACH            | 1000      | 548                      | 17.50                  | 994                    | *0.00            | *N/A*                         | 33.00     | *0.00      | 80          | 34.75    | 6.46      | 25.46     | *N/A*       | 7.3                    | 4.90       | 2.86      | \$0.000 |
| 003152 1/4# Hot Dog on a bun                     | 1 Hot Dog w/bun | 1000      | 507                      | 12.93                  | 1269                   | *3.00            | *N/A*                         | 32.68     | 0.00       | 64          | 34.24    | 3.00      | 18.25     | *N/A*       | 210.4                  | 0.01       | 19.55     | \$0.000 |
| 002090 VEG, CARROTS STEAMED                      | #8 SCOOP        | 3000      | 27                       | 0.00                   | 43                     | 3.00             | *N/A*                         | 1.00      | 0.00       | 24          | 6.00     | 2.00      | 0.00      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 002481 SALAD, SPINACH & ROMAINE                  | 1EA #8 SCOOP    | 2000      | 7                        | 0.01                   | 14                     | *N/A*            | *N/A*                         | 0.07      | *0.00      | 0           | 1.30     | 0.77      | 0.68      | *N/A*       | 22.0                   | 9.87       | 0.62      | \$0.000 |
| 001800 VEG, CARROT & CELERY STICKS               | SERVING         | 2000      | 33                       | 0.00                   | 68                     | *0.00            | *N/A*                         | 0.00      | *0.00      | 0           | 5.67     | 1.70      | 0.57      | *N/A*       | 17.0                   | 3.40       | 0.20      | \$0.000 |
| 003165 BAR VEG, PEAS FROZEN SYSCO                | .5 CUP          | 2000      | 46                       | 0.00                   | 0                      | 0.00             | 0.00                          | 0.00      | 0.00       | 0           | 7.92     | 2.64      | 3.30      | *N/A*       | 9.2                    | 0.00       | 0.66      | \$0.000 |
| 002009 VEG, BELL PEPPER STICKS                   | CUP             | 2000      | 24                       | 0.00                   | 2                      | *N/A*            | *N/A*                         | 0.17      | *N/A*      | 0           | 6.01     | 1.61      | 1.20      | *N/A*       | 0.0                    | 80.76      | 0.00      | \$0.000 |
| 000415 FRUIT, PEACHES CAN USDA                   | #8 SCOOP        | 2000      | 60                       | 0.00                   | 5                      | 13.00            | *N/A*                         | 0.00      | 0.00       | 0           | 14.00    | 1.00      | 0.00      | *N/A*       | 6.0                    | 3.80       | 0.00      | \$0.000 |
| 002058 FRUIT, APPLE FRESH WHOLE                  | 1 EACH          | 1000      | 100                      | 0.00                   | 0                      | 19.00            | *N/A*                         | 0.00      | 0.00       | 0           | 25.00    | 4.00      | 0.00      | *N/A*       | 20.0                   | 8.40       | 0.36      | \$0.000 |
| 000068 FRUIT, BANANAS FRESH                      | EACH            | 500       | 90                       | 0.11                   | 1                      | 12.35            | 0.00                          | 0.33      | 0.00       | 0           | 23.07    | 2.63      | 1.10      | 3           | 5.0                    | 8.79       | 0.26      | \$0.000 |
| 000086 FRUIT, ORANGES FRESH                      | EACH            | 500       | 69                       | 0.00                   | 2                      | *N/A*            | *N/A*                         | 0.00      | 0.00       | 0           | 17.82    | 3.39      | 1.70      | *N/A*       | 59.4                   | 82.98      | 0.15      | \$0.000 |
| 002265 DRESSING, ITALIAN LOW SODIUM              | 1 OZ            | 500       | 109                      | 1.75                   | 1                      | *0.02            | *0.00                         | 12.25     | *0.00      | 0           | 0.28     | 0.05      | 0.05      | *0          | 1.6                    | 0.16       | 0.03      | \$0.000 |
| 002952 DRESSING 1000 ISLAND                      | TABLESPOONS     | 500       | 50                       | 0.75                   | 100                    | 2.00             | *N/A*                         | 4.00      | 0.00       | 5           | 4.00     | 0.00      | 0.00      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 001975 DRESSING, RANCH PACKET 12GRAMS            | PACKET          | 500       | 45                       | 0.50                   | 120                    | *N/A*            | *N/A*                         | 4.50      | 0.00       | *N/A*       | 1.00     | 0.00      | 0.00      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 000230 MILK,1% WHITE                             | CARTON          | 500       | 130                      | 1.50                   | 160                    | 15.00            | *N/A*                         | 2.50      | 0.00       | 15          | 16.00    | 0.00      | 10.00     | *N/A*       | 400.0                  | 1.20       | 0.00      | \$0.000 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 31, 2025

|                               | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (RAE) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|-------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|---------|
| 000228 MILK, NONFAT CHOCOLATE | CARTON       | 2000      | 120                      | 0.00                   | 150                    | 19.00            | *N/A*                         | 0.00      | 0.00       | 5           | 22.00    | 0.00      | 9.00      | *N/A*       | 300.0      | 0.00       | 0.36      | \$0.000 |
| 000129 MILK, SOYMILK KIKKOMAN | SERVING      | 500       | 140                      | 0.50                   | 110                    | 15.00            | *N/A*                         | 4.50      | 0.00       | 0           | 17.00    | 2.00      | 8.00      | *N/A*       | 300.0      | 0.00       | 1.08      | \$0.000 |
| Weighted Daily Average        |              |           | 1030                     | 14.60                  | 1620                   | *42.06           | *0.00                         | 39.87     | *0.00      | *116        | 127.43   | 16.82     | 40.64     | *1          | 490.5      | *92.08     | 11.21     | \$0.000 |
| % of Calories                 |              |           |                          | 12.76 %                |                        | *16.33 %         | *N/A*                         | 34.8%     | *0.0%      |             | 49.5%    |           | 15.8%     |             |            |            |           |         |
| Weekly Nutrient Guideline     |              |           | 600 - 700                | <10                    | 1225                   |                  | <10                           | <=0       |            |             |          |           |           |             |            |            |           |         |

Thursday - 12/04/2025

Reimbursable Meal Total 3000

|                                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (RAE) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|-----------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|---------|
| 003211 TURKEY & GRAVY W/ MASHED POTATOES            | EACH         | 500       | 200                      | 0.82                   | 1152                   | *0.00            | *0.00                         | 4.02      | *0.00      | 45          | 26.21    | 1.37      | 16.78     | *0          | 16.3       | 27.52      | 2.07      | \$0.000 |
| 003228 BREAD DINNER ROLL WG FRANZ (1 SVG = 2 ROLLS) | 2 PIECES     | 500       | 140                      | 0.00                   | 180                    | 2.00             | *N/A*                         | 1.00      | 0.00       | 0           | 26.00    | 2.00      | 6.00      | *N/A*       | 28.0       | 0.00       | 2.00      | \$0.000 |
| 002777 SANDWICH, PB & GRAPE WG 2.6OZ                | EACH         | 250       | 300                      | 3.00                   | 280                    | 14.00            | *N/A*                         | 17.00     | 0.00       | 0           | 32.00    | 4.00      | 8.00      | *N/A*       | 20.0       | 0.00       | 1.44      | \$0.000 |
| 002778 SANDWICH, PB & STRAWWG 2.6OZ                 | EACH         | 250       | 300                      | 3.50                   | 370                    | 15.00            | 13.00                         | 16.00     | 0.00       | 0           | 32.00    | 4.00      | 9.00      | *N/A*       | 44.0       | 0.00       | 1.00      | \$0.000 |
| 003176 SANDWICH, PB & CHOCOLATE WG 2.6 OZ           | EACH         | 500       | 298                      | 3.45                   | 273                    | 10.99            | 9.53                          | 16.24     | 0.01       | 0           | 32.04    | 3.74      | 9.30      | *N/A*       | 46.3       | 0.00       | 1.08      | \$0.000 |
| 003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ       | EACH         | 500       | 300                      | 3.50                   | 270                    | 15.00            | 13.00                         | 16.00     | 0.00       | 0           | 32.00    | 4.00      | 9.00      | *N/A*       | 40.0       | 0.00       | 1.10      | \$0.000 |
| 002277 SANDWICH, SB & GRAPE WG 2.8OZ                | EACH         | 250       | 310                      | 2.00                   | 250                    | *N/A*            | *N/A*                         | 17.00     | 0.00       | 0           | 33.00    | 5.00      | 10.00     | *N/A*       | 40.0       | 0.00       | 2.70      | \$0.000 |
| 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      | \$0.000 |
| 001917 CHEESE, MOZZARELLA STRING                    | EACH         | 2000      | 60                       | 2.00                   | 210                    | *N/A*            | *N/A*                         | 2.50      | 0.00       | 10          | 1.00     | 0.00      | 8.00      | *N/A*       | 200.0      | 0.00       | 0.00      | \$0.000 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 31, 2025

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (RAE) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|---------|
| 001583 CHICK ON BUN SPICY TYSON       | EACH         | 500       | 232                      | 2.50                   | 343                    | 1.03             | *1.00                         | 13.02     | 0.00       | 20          | 15.27    | 2.04      | 13.07     | *N/A*       | 30.5                   | 0.00       | 2.01      | \$0.000 |
| 000433 VEG, MIXED FROZEN              | .5 CUP       | 3000      | 60                       | 0.00                   | 39                     | 3.00             | *N/A*                         | 0.00      | 0.00       | 0           | 12.00    | 3.00      | 2.00      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 003064 LETTUCE GREEN LEAF             | 1/2 cup      | 2000      | 4                        | 0.00                   | 7                      | 0.19             | 0.00                          | 0.04      | 0.00       | 0           | 0.69     | 0.31      | 0.33      | 89          | 8.6                    | 2.21       | 0.21      | \$0.000 |
| 000042 VEG, PICKLES DILL              | 8 each       | 1500      | 5                        | 0.00                   | 390                    | *N/A*            | *N/A*                         | 0.00      | *N/A*      | *N/A*       | 1.00     | 0.00      | 0.00      | *N/A*       | *N/A*                  | *N/A*      | *N/A*     | \$0.000 |
| 002957 PEPPERONCINI WHOLE             | SERVING (3)  | 1500      | 5                        | 0.00                   | 620                    | 0.00             | *N/A*                         | 0.00      | 0.00       | 0           | 0.00     | 1.00      | *N/A*     | *N/A*       | 250.0                  | 0.00       | 0.00      | \$0.000 |
| 000776 VEG, TOMATO FRESH              | 4 SLICES     | 1500      | 16                       | 0.00                   | 4                      | *N/A*            | *N/A*                         | 0.00      | *N/A*      | 0           | 3.69     | 0.74      | 0.74      | *N/A*       | 7.4                    | 11.51      | 0.27      | \$0.000 |
| 000450 VEG, CARROTS BABY              | BAG          | 1000      | 26                       | 0.00                   | 57                     | *N/A*            | *N/A*                         | 0.00      | *N/A*      | 0           | 5.90     | 1.47      | 0.74      | *N/A*       | 22.1                   | 6.19       | 0.66      | \$0.000 |
| 000415 FRUIT, PEACHES CAN USDA        | #8 SCOOP     | 500       | 60                       | 0.00                   | 5                      | 13.00            | *N/A*                         | 0.00      | 0.00       | 0           | 14.00    | 1.00      | 0.00      | *N/A*       | 6.0                    | 3.80       | 0.00      | \$0.000 |
| 000438 FRUIT, PEAR CANNED USDA        | #8 SCOOP     | 500       | 60                       | 0.00                   | 5                      | 12.00            | *N/A*                         | 0.00      | 0.00       | 0           | 15.00    | 2.00      | 0.00      | *N/A*       | 8.0                    | 2.50       | 0.24      | \$0.000 |
| 002265 DRESSING, ITALIAN LOW SODIUM   | 1 OZ         | 1500      | 109                      | 1.75                   | 1                      | *0.02            | *0.00                         | 12.25     | *0.00      | 0           | 0.28     | 0.05      | 0.05      | *0          | 1.6                    | 0.16       | 0.03      | \$0.000 |
| 001975 DRESSING, RANCH PACKET 12GRAMS | PACKET       | 1500      | 45                       | 0.50                   | 120                    | *N/A*            | *N/A*                         | 4.50      | 0.00       | *N/A*       | 1.00     | 0.00      | 0.00      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 002952 DRESSING 1000 ISLAND           | TABLESPOONS  | 1500      | 50                       | 0.75                   | 100                    | 2.00             | *N/A*                         | 4.00      | 0.00       | 5           | 4.00     | 0.00      | 0.00      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 000230 MILK,1% WHITE                  | CARTON       | 500       | 130                      | 1.50                   | 160                    | 15.00            | *N/A*                         | 2.50      | 0.00       | 15          | 16.00    | 0.00      | 10.00     | *N/A*       | 400.0                  | 1.20       | 0.00      | \$0.000 |
| 000228 MILK, NONFAT CHOCOLATE         | CARTON       | 2000      | 120                      | 0.00                   | 150                    | 19.00            | *N/A*                         | 0.00      | 0.00       | 5           | 22.00    | 0.00      | 9.00      | *N/A*       | 300.0                  | 0.00       | 0.36      | \$0.000 |
| 000129 MILK, SOYMILK KIKKOMAN         | SERVING      | 500       | 140                      | 0.50                   | 110                    | 15.00            | *N/A*                         | 4.50      | 0.00       | 0           | 17.00    | 2.00      | 8.00      | *N/A*       | 300.0                  | 0.00       | 1.08      | \$0.000 |
| Weighted Daily Average                |              |           | 689                      | 6.17                   | 1447                   | *34.30           | *5.92                         | 28.53     | *0.00      | *26         | 79.16    | 9.45      | *30.13    | *59         | *652.3                 | *15.21     | *3.11     | \$0.000 |
| % of Calories                         |              |           |                          | 8.06%                  |                        | *19.91 %         | *0.00%                        | 37.3%     | *0.0%      |             | 46.0%    |           | *17.5%    |             |                        |            |           |         |
| Weekly Nutrient Guideline             |              |           | 600 - 700                | <10                    | 1225                   |                  | <10                           | <=0       |            |             |          |           |           |             |                        |            |           |         |

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 31, 2025

Friday - 12/05/2025                      Reimbursable Meal Total 3000

|                                                      | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (RAE) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|---------|
| 003071 BURRITO SUPER BEEF BEAN CHEESE                | SERVINGS     | 500       | 454                      | 9.67                   | 818                    | *1.35            | *0.02                         | 20.24     | 0.00       | 51          | 44.24    | 7.52      | 23.70     | *N/A*       | 209.8                  | 7.95       | 20.09     | \$0.000 |
| 003075 BURRITO BEAN AND CHEESE LOS CABOS             | 1 BURRITO    | 1000      | 321                      | 3.54                   | 475                    | 1.75             | 0.00                          | 8.79      | 0.00       | 15          | 44.17    | 8.17      | 16.71     | *N/A*       | 171.1                  | 1.64       | 3.85      | \$0.000 |
| 003073 QUESADILLA TWO CHEESE & GREEN CHILI LOS CACOS | SERVINGS     | 1000      | 323                      | 6.94                   | 405                    | 1.07             | 0.00                          | 14.03     | 0.00       | 40          | 32.31    | 4.45      | 16.89     | *N/A*       | 25.1                   | 2.01       | 10.04     | \$0.000 |
| 002951 BEEF TAQUITO                                  | SERVINGS     | 1000      | 200                      | 1.00                   | 410                    | 0.00             | *N/A*                         | 4.00      | 0.00       | 15          | 33.00    | 5.00      | 9.00      | *N/A*       | 80.0                   | 0.00       | 7.20      | \$0.000 |
| 000270 VEG, CORN CANNED - USDA                       | #8 SCOOP     | 3000      | 65                       | 0.00                   | 15                     | *N/A*            | *N/A*                         | 1.00      | 0.00       | 0           | 15.00    | 2.00      | 2.00      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 002217 HS RICE CILANTRO LIME                         | 1 cup        | 1500      | 360                      | 0.64                   | 294                    | *0.00            | *0.00                         | 7.49      | 0.00       | 0           | 66.28    | 4.06      | 8.08      | *0          | 10.7                   | 0.29       | 1.52      | \$0.000 |
| 002462 VEG, LETT SHREDDED                            | .5           | 2000      | 5                        | 0.00                   | 3                      | *N/A*            | *N/A*                         | 0.00      | *N/A*      | 0           | 1.00     | 0.33      | 0.33      | *N/A*       | 6.7                    | 1.00       | 0.12      | \$0.000 |
| 001051 SALSA, COMMODITY                              | #8 SCOOP     | 2000      | 35                       | 0.00                   | 124                    | *N/A*            | *N/A*                         | 0.00      | 0.00       | 0           | 7.09     | 3.54      | 0.00      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 000630 VEG, JALAPENO PEPPERS                         | #30 SCOOP    | 2000      | 5                        | 0.00                   | 290                    | *N/A*            | *N/A*                         | 0.00      | 0.00       | 0           | 1.00     | 1.00      | 0.00      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 000777 VEG, OLIVES SLICE                             | .25 CUP      | 2000      | 60                       | 0.00                   | 280                    | *N/A*            | *N/A*                         | 5.01      | 0.00       | 0           | 2.00     | 0.00      | 0.00      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 003160 BAR, PINTO BEAN (COLD)                        | #8 SCOOP     | 2000      | 148                      | 0.00                   | 404                    | *0.18            | *0.18                         | 1.50      | *0.00      | 0           | 27.27    | 9.03      | 9.02      | *0          | 0.4                    | 0.02       | 0.02      | \$0.000 |
| 003137 CUCUMBER RAW                                  | 1/2C SERVING | 2000      | 8                        | 0.00                   | 1                      | 0.90             | 0.00                          | 0.10      | 0.00       | 0           | 1.90     | 0.30      | 0.30      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 000986 CHEESE, CHEDDAR                               | OZ           | 3000      | 81                       | 4.05                   | 202                    | *N/A*            | *N/A*                         | 6.07      | 0.00       | 20          | 0.00     | 0.00      | 7.09      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 002639 FRUIT, FRESH PINEAPPLE TAJIN                  | #8 SCOOP     | 1500      | 69                       | 0.00                   | 76                     | *0.00            | *N/A*                         | 0.00      | *0.00      | 0           | 17.72    | 2.53      | 0.00      | *N/A*       | 25.3                   | 54.52      | 0.46      | \$0.000 |
| 003138 PINEAPPLE RAW                                 | 1/2C SERVING | 1500      | 60                       | 0.00                   | 1                      | 11.40            | 0.00                          | 0.00      | 0.00       | 0           | 9.69     | 1.38      | 0.46      | *N/A*       | 12.0                   | 5806.00    | 0.05      | \$0.000 |
| 000230 MILK,1% WHITE                                 | CARTON       | 500       | 130                      | 1.50                   | 160                    | 15.00            | *N/A*                         | 2.50      | 0.00       | 15          | 16.00    | 0.00      | 10.00     | *N/A*       | 400.0                  | 1.20       | 0.00      | \$0.000 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 31, 2025

|                               | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (RAE) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|-------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|---------|
| 000228 MILK, NONFAT CHOCOLATE | CARTON       | 2000      | 120                      | 0.00                   | 150                    | 19.00            | *N/A*                         | 0.00      | 0.00       | 5           | 22.00    | 0.00      | 9.00      | *N/A*       | 300.0      | 0.00       | 0.36      | \$0.000 |
| 000129 MILK, SOYMILK KIKKOMAN | SERVING      | 500       | 140                      | 0.50                   | 110                    | 15.00            | *N/A*                         | 4.50      | 0.00       | 0           | 17.00    | 2.00      | 8.00      | *N/A*       | 300.0      | 0.00       | 1.08      | \$0.000 |
| Weighted Daily Average        |              |           | 1047                     | 10.14                  | 1849                   | *25.25           | *0.12                         | 28.70     | *0.00      | 58          | 152.72   | 22.91     | 46.94     | *0          | 472.4      | 2933.83    | 11.90     | \$0.000 |
| % of Calories                 |              |           |                          | 8.72%                  |                        | *9.65%           | *0.01%                        | 24.7%     | *0.0%      |             | 58.3%    |           | 17.9%     |             |            |            |           |         |
| Weekly Nutrient Guideline     |              |           | 600 - 700                | <10                    | 1225                   |                  | <10                           | <=0       |            |             |          |           |           |             |            |            |           |         |

Monday - 12/08/2025

Reimbursable Meal Total 3000

|                                  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (RAE) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|---------|
| 002678 BURGER, CHEESE            | EACH         | 1000      | 339                      | 6.50                   | 559                    | 3.00             | *N/A*                         | 15.50     | 0.00       | 47          | 29.00    | 5.00      | 22.00     | *N/A*       | 63.0       | 0.00       | 2.00      | \$0.000 |
| 001036 BURGER, VEGGIE CHEESE     | EACH         | 1000      | 420                      | 5.00                   | 840                    | 5.00             | *0.00                         | 16.50     | 0.00       | 20          | 42.00    | 10.00     | 26.00     | *N/A*       | 52.0       | 0.00       | 9.00      | \$0.000 |
| 001885 CHICK ON BUN              | EACH         | 1000      | 404                      | 3.00                   | 591                    | *3.00            | *N/A*                         | 16.50     | 0.00       | 59          | 42.00    | 7.00      | 24.00     | *N/A*       | 63.0       | 0.00       | 2.00      | \$0.000 |
| 000391 POTATO, SMILES            | SERVINGS (6) | 3000      | 130                      | 0.50                   | 180                    | 0.00             | *N/A*                         | 4.50      | 0.00       | 0           | 20.00    | 2.00      | 2.00      | *N/A*       | 0.0        | 2.40       | 0.36      | \$0.000 |
| 002212 BEAN, VEGETARIAN BAKED LS | 1/2 CUP      | 1500      | 110                      | 0.00                   | 140                    | *N/A*            | *N/A*                         | 1.00      | 0.00       | 0           | 20.00    | 5.00      | 7.00      | *N/A*       | 0.0        | 0.00       | 0.00      | \$0.000 |
| 003064 LETTUCE GREEN LEAF        | 1/2 cup      | 1500      | 4                        | 0.00                   | 7                      | 0.19             | 0.00                          | 0.04      | 0.00       | 0           | 0.69     | 0.31      | 0.33      | 89          | 8.6        | 2.21       | 0.21      | \$0.000 |
| 002408 VEG, CARROTS RANCH        | BAG          | 1500      | 25                       | 0.00                   | 200                    | 4.00             | *N/A*                         | 0.00      | 0.00       | 0           | 7.00     | 2.00      | 1.00      | *N/A*       | 20.0       | 4.80       | 0.36      | \$0.000 |
| 002407 VEG, CARROTS CHILI LIME   | BAG          | 1500      | 25                       | 0.00                   | 200                    | 4.00             | *N/A*                         | 0.00      | 0.00       | 0           | 6.00     | 2.00      | 1.00      | *N/A*       | 20.0       | 4.80       | 0.36      | \$0.000 |
| 000097 FRUIT, RAISINS            | BOX          | 1500      | 129                      | 0.04                   | 11                     | 28.03            | 0.00                          | 0.11      | 0.00       | 0           | 34.11    | 1.94      | 1.42      | 0           | 26.7       | 0.99       | 0.77      | \$0.000 |
| 002587 FRUIT, DRIED CRANBERRIES  | SERVING      | 1500      | 92                       | 0.00                   | 2                      | 22.00            | *N/A*                         | 0.00      | 0.00       | 0           | 25.00    | 2.00      | 0.00      | *N/A*       | 0.0        | 0.00       | 0.00      | \$0.000 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 31, 2025

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (RAE) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|---------|
| 002669 FRUIT, APPLESauce USDA         | #8 SCOOP     | 1000      | 58                       | 0.00                   | 2                      | 12.44            | *N/A*                         | 0.00      | 0.00       | 0           | 15.84    | 1.13      | 0.00      | *N/A*       | 0.0        | 2.71       | 2.04      | \$0.000 |
| 000086 FRUIT, ORANGES FRESH           | EACH         | 1000      | 69                       | 0.00                   | 2                      | *N/A*            | *N/A*                         | 0.00      | 0.00       | 0           | 17.82    | 3.39      | 1.70      | *N/A*       | 59.4       | 82.98      | 0.15      | \$0.000 |
| 000068 FRUIT, BANANAS FRESH           | EACH         | 1000      | 90                       | 0.11                   | 1                      | 12.35            | 0.00                          | 0.33      | 0.00       | 0           | 23.07    | 2.63      | 1.10      | 3           | 5.0        | 8.79       | 0.26      | \$0.000 |
| 000064 FRUIT, APPLE FRESH             | 1/2 APPLE    | 1000      | 50                       | 0.00                   | 1                      | 9.54             | *N/A*                         | 0.00      | 0.00       | 0           | 12.65    | 2.02      | 0.01      | *N/A*       | 10.2       | 4.58       | 0.18      | \$0.000 |
| 002265 DRESSING, ITALIAN LOW SODIUM   | 1 OZ         | 500       | 109                      | 1.75                   | 1                      | *0.02            | *0.00                         | 12.25     | *0.00      | 0           | 0.28     | 0.05      | 0.05      | *0          | 1.6        | 0.16       | 0.03      | \$0.000 |
| 001975 DRESSING, RANCH PACKET 12GRAMS | PACKET       | 500       | 45                       | 0.50                   | 120                    | *N/A*            | *N/A*                         | 4.50      | 0.00       | *N/A*       | 1.00     | 0.00      | 0.00      | *N/A*       | 0.0        | 0.00       | 0.00      | \$0.000 |
| 002952 DRESSING 1000 ISLAND           | TABLESPOONS  | 500       | 50                       | 0.75                   | 100                    | 2.00             | *N/A*                         | 4.00      | 0.00       | 5           | 4.00     | 0.00      | 0.00      | *N/A*       | 0.0        | 0.00       | 0.00      | \$0.000 |
| 000230 MILK,1% WHITE                  | CARTON       | 900       | 130                      | 1.50                   | 160                    | 15.00            | *N/A*                         | 2.50      | 0.00       | 15          | 16.00    | 0.00      | 10.00     | *N/A*       | 400.0      | 1.20       | 0.00      | \$0.000 |
| 000228 MILK, NONFAT CHOCOLATE         | CARTON       | 2000      | 120                      | 0.00                   | 150                    | 19.00            | *N/A*                         | 0.00      | 0.00       | 5           | 22.00    | 0.00      | 9.00      | *N/A*       | 300.0      | 0.00       | 0.36      | \$0.000 |
| 000129 MILK, SOYMILK KIKKOMAN         | SERVING      | 100       | 140                      | 0.50                   | 110                    | 15.00            | *N/A*                         | 4.50      | 0.00       | 0           | 17.00    | 2.00      | 8.00      | *N/A*       | 300.0      | 0.00       | 1.08      | \$0.000 |
| Weighted Daily Average                |              |           | 956                      | 6.36                   | 1314                   | *62.22           | *0.00                         | 25.71     | *0.00      | *51         | 148.10   | 19.09     | 41.58     | *45         | 452.1      | 42.20      | 6.70      | \$0.000 |
| % of Calories                         |              |           |                          | 5.99%                  |                        | *26.03 %         | *N/A*                         | 24.2%     | *0.0%      |             | 62.0%    |           | 17.4%     |             |            |            |           |         |
| Weekly Nutrient Guideline             |              |           | 600 - 700                | <10                    | 1225                   |                  | <10                           | <=0       |            |             |          |           |           |             |            |            |           |         |

Tuesday - 12/09/2025                      Reimbursable Meal Total 3000

|                                      | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (RAE) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|---------|
| 001488 CHICKEN, ORANGE MANDARIN nood | SERVING      | 1000      | 350                      | 0.83                   | 489                    | *N/A*            | *N/A*                         | 7.87      | *0.00      | 40          | 54.16    | 3.45      | 18.00     | *N/A*       | 18.0       | 1.28       | 3.08      | \$0.000 |
| 002979 TOFU TERI WITH NOODLES        | HEAPING #16  | 1000      | 691                      | 4.34                   | 3129                   | *35.21           | *35.21                        | 36.60     | *0.00      | 0           | 80.37    | 3.92      | 19.15     | *0          | 69.1       | 0.12       | 4.67      | \$0.000 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 31, 2025

|                                       | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (RAE) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|---------------------------------------|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|---------|
| 002891 CHICKEN TERIYAKI BOWL NOODLE   | SERVINGS H #16  | 1000      | 312                      | 2.33                   | 834                    | *5.50            | *5.50                         | 8.88      | *0.00      | 46          | 41.76    | 3.52      | 19.50     | *0          | 19.7       | 0.08       | 2.52      | \$0.000 |
| 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      | \$0.000 |
| 002481 SALAD, SPINACH & ROMAINE       | 1EA #8 SCOOP    | 2000      | 7                        | 0.01                   | 14                     | *N/A*            | *N/A*                         | 0.07      | *0.00      | 0           | 1.30     | 0.77      | 0.68      | *N/A*       | 22.0       | 9.87       | 0.62      | \$0.000 |
| 000941 NOODLE, CHOW MEIN              | SERVING         | 2000      | 105                      | 0.00                   | 35                     | *N/A*            | *N/A*                         | 1.51      | 0.00       | 0           | 20.57    | 2.01      | 4.01      | *N/A*       | 10.0       | 0.00       | 1.36      | \$0.000 |
| 002197 VEG, KIDNEY BEANS              | 1/2 CUP#8 SCOOP | 2000      | 104                      | 0.00                   | 140                    | 2.00             | *N/A*                         | 0.00      | 0.00       | 0           | 19.00    | 7.00      | 7.00      | *N/A*       | 0.0        | 0.00       | 0.00      | \$0.000 |
| 001358 VEG, BROC CHERRY TOM           | .5 CUP          | 2000      | 28                       | 0.00                   | 12                     | *N/A*            | *N/A*                         | 0.50      | *N/A*      | 0           | 5.52     | 0.50      | 1.50      | *N/A*       | 15.0       | 43.56      | 0.45      | \$0.000 |
| 000438 FRUIT, PEAR CANNED USDA        | #8 SCOOP        | 500       | 60                       | 0.00                   | 5                      | 12.00            | *N/A*                         | 0.00      | 0.00       | 0           | 15.00    | 2.00      | 0.00      | *N/A*       | 8.0        | 2.50       | 0.24      | \$0.000 |
| 002058 FRUIT, APPLE FRESH WHOLE       | 1 EACH          | 500       | 100                      | 0.00                   | 0                      | 19.00            | *N/A*                         | 0.00      | 0.00       | 0           | 25.00    | 4.00      | 0.00      | *N/A*       | 20.0       | 8.40       | 0.36      | \$0.000 |
| 000068 FRUIT, BANANAS FRESH           | EACH            | 500       | 90                       | 0.11                   | 1                      | 12.35            | 0.00                          | 0.33      | 0.00       | 0           | 23.07    | 2.63      | 1.10      | 3           | 5.0        | 8.79       | 0.26      | \$0.000 |
| 000086 FRUIT, ORANGES FRESH           | EACH            | 500       | 69                       | 0.00                   | 2                      | *N/A*            | *N/A*                         | 0.00      | 0.00       | 0           | 17.82    | 3.39      | 1.70      | *N/A*       | 59.4       | 82.98      | 0.15      | \$0.000 |
| 003163 BAR, MANGO (FRESH 4OZ PK)      | cup             | 1000      | 136                      | 0.21                   | 2                      | 30.87            | 0.00                          | 0.86      | 0.00       | 0           | 33.85    | 3.62      | 1.85      | 122         | 24.9       | 82.26      | 0.36      | \$0.000 |
| 001975 DRESSING, RANCH PACKET 12GRAMS | PACKET          | 500       | 45                       | 0.50                   | 120                    | *N/A*            | *N/A*                         | 4.50      | 0.00       | *N/A*       | 1.00     | 0.00      | 0.00      | *N/A*       | 0.0        | 0.00       | 0.00      | \$0.000 |
| 002265 DRESSING, ITALIAN LOW SODIUM   | 1 OZ            | 500       | 109                      | 1.75                   | 1                      | *0.02            | *0.00                         | 12.25     | *0.00      | 0           | 0.28     | 0.05      | 0.05      | *0          | 1.6        | 0.16       | 0.03      | \$0.000 |
| 002952 DRESSING 1000 ISLAND           | TABLESPOONS     | 500       | 50                       | 0.75                   | 100                    | 2.00             | *N/A*                         | 4.00      | 0.00       | 5           | 4.00     | 0.00      | 0.00      | *N/A*       | 0.0        | 0.00       | 0.00      | \$0.000 |
| 000230 MILK,1% WHITE                  | CARTON          | 900       | 130                      | 1.50                   | 160                    | 15.00            | *N/A*                         | 2.50      | 0.00       | 15          | 16.00    | 0.00      | 10.00     | *N/A*       | 400.0      | 1.20       | 0.00      | \$0.000 |
| 000228 MILK, NONFAT CHOCOLATE         | CARTON          | 2000      | 120                      | 0.00                   | 150                    | 19.00            | *N/A*                         | 0.00      | 0.00       | 5           | 22.00    | 0.00      | 9.00      | *N/A*       | 300.0      | 0.00       | 0.36      | \$0.000 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 31, 2025

|                               | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (RAE) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|-------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|---------|
| 000129 MILK, SOYMILK KIKKOMAN | SERVING      | 100       | 140                      | 0.50                   | 110                    | 15.00            | *N/A*                         | 4.50      | 0.00       | 0           | 17.00    | 2.00      | 8.00      | *N/A*       | 300.0      | 0.00       | 1.08      | \$0.000 |
| Weighted Daily Average        |              |           | 914                      | 3.56                   | 1832                   | *53.07           | *13.57                        | 23.87     | *0.00      | *37         | 144.48   | 16.77     | 41.37     | *41         | 420.9      | 81.04      | 5.61      | \$0.000 |
| % of Calories                 |              |           |                          | 3.51%                  |                        | *23.23 %         | *N/A*                         | 23.5%     | *0.0%      |             | 63.2%    |           | 18.1%     |             |            |            |           |         |
| Weekly Nutrient Guideline     |              |           | 600 - 700                | <10                    | 1225                   |                  | <10                           | <=0       |            |             |          |           |           |             |            |            |           |         |

Wednesday - 12/10/2025                      Reimbursable Meal Total 3000

|                                      | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (RAE) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost      |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|-----------|
| 002949 HOT POCKET SANDWICH PEPPERONI | EACH         | 1000      | 291                      | 6.02                   | 572                    | 3.01             | *N/A*                         | 12.04     | 0.00       | 25          | 36.13    | 1.00      | 9.03      | *N/A*       | 100.4      | 0.00       | 2.71      | \$0.000   |
| 002049 PIZZA, CHEESE WEDGE WG 4.6 OZ | EACH         | 1000      | 290                      | 4.00                   | 540                    | 15.00            | *N/A*                         | 11.00     | 0.00       | 15          | 34.00    | 4.00      | 15.00     | *N/A*       | 300.0      | 0.00       | 2.70      | \$269.818 |
| 000929 POCKET, TURKEY PIZZA 4 OZ     | EACH         | 1000      | 240                      | 1.50                   | 340                    | 2.00             | *N/A*                         | 7.00      | 0.00       | 20          | 32.00    | 4.00      | 12.00     | *N/A*       | 40.0       | 2.40       | 2.70      | \$0.000   |
| 002985 POTATO MCCAIN 8 CUT WEDGES    | Servings     | 3000      | 130                      | 1.00                   | 560                    | 0.00             | *N/A*                         | 6.00      | 0.00       | 0           | 19.01    | 1.00      | 2.00      | *N/A*       | 10.0       | 0.00       | 10.01     | \$0.000   |
| 002481 SALAD, SPINACH & ROMAINE      | 1EA #8 SCOOP | 2000      | 7                        | 0.01                   | 14                     | *N/A*            | *N/A*                         | 0.07      | *0.00      | 0           | 1.30     | 0.77      | 0.68      | *N/A*       | 22.0       | 9.87       | 0.62      | \$0.000   |
| 001800 VEG, CARROT & CELERY STICKS   | SERVING      | 2000      | 33                       | 0.00                   | 68                     | *0.00            | *N/A*                         | 0.00      | *0.00      | 0           | 5.67     | 1.70      | 0.57      | *N/A*       | 17.0       | 3.40       | 0.20      | \$0.000   |
| 003165 BAR VEG, PEAS FROZEN SYSCO    | .5 CUP       | 2000      | 46                       | 0.00                   | 0                      | 0.00             | 0.00                          | 0.00      | 0.00       | 0           | 7.92     | 2.64      | 3.30      | *N/A*       | 9.2        | 0.00       | 0.66      | \$0.000   |
| 002009 VEG, BELL PEPPER STICKS       | CUP          | 2000      | 24                       | 0.00                   | 2                      | *N/A*            | *N/A*                         | 0.17      | *N/A*      | 0           | 6.01     | 1.61      | 1.20      | *N/A*       | 0.0        | 80.76      | 0.00      | \$0.000   |
| 000415 FRUIT, PEACHES CAN USDA       | #8 SCOOP     | 2000      | 60                       | 0.00                   | 5                      | 13.00            | *N/A*                         | 0.00      | 0.00       | 0           | 14.00    | 1.00      | 0.00      | *N/A*       | 6.0        | 3.80       | 0.00      | \$0.000   |
| 002058 FRUIT, APPLE FRESH WHOLE      | 1 EACH       | 1000      | 100                      | 0.00                   | 0                      | 19.00            | *N/A*                         | 0.00      | 0.00       | 0           | 25.00    | 4.00      | 0.00      | *N/A*       | 20.0       | 8.40       | 0.36      | \$0.000   |
| 000068 FRUIT, BANANAS FRESH          | EACH         | 500       | 90                       | 0.11                   | 1                      | 12.35            | 0.00                          | 0.33      | 0.00       | 0           | 23.07    | 2.63      | 1.10      | 3           | 5.0        | 8.79       | 0.26      | \$0.000   |

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 31, 2025

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (RAE) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost     |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|----------|
| 000086 FRUIT, ORANGES FRESH           | EACH         | 500       | 69                       | 0.00                   | 2                      | *N/A*            | *N/A*                         | 0.00      | 0.00       | 0           | 17.82    | 3.39      | 1.70      | *N/A*       | 59.4       | 82.98      | 0.15      | \$0.000  |
| 002265 DRESSING, ITALIAN LOW SODIUM   | 1 OZ         | 500       | 109                      | 1.75                   | 1                      | *0.02            | *0.00                         | 12.25     | *0.00      | 0           | 0.28     | 0.05      | 0.05      | *0          | 1.6        | 0.16       | 0.03      | \$0.000  |
| 002952 DRESSING 1000 ISLAND           | TABLESPOONS  | 500       | 50                       | 0.75                   | 100                    | 2.00             | *N/A*                         | 4.00      | 0.00       | 5           | 4.00     | 0.00      | 0.00      | *N/A*       | 0.0        | 0.00       | 0.00      | \$0.000  |
| 001975 DRESSING, RANCH PACKET 12GRAMS | PACKET       | 500       | 45                       | 0.50                   | 120                    | *N/A*            | *N/A*                         | 4.50      | 0.00       | *N/A*       | 1.00     | 0.00      | 0.00      | *N/A*       | 0.0        | 0.00       | 0.00      | \$0.000  |
| 000230 MILK,1% WHITE                  | CARTON       | 900       | 130                      | 1.50                   | 160                    | 15.00            | *N/A*                         | 2.50      | 0.00       | 15          | 16.00    | 0.00      | 10.00     | *N/A*       | 400.0      | 1.20       | 0.00      | \$0.000  |
| 000228 MILK, NONFAT CHOCOLATE         | CARTON       | 2000      | 120                      | 0.00                   | 150                    | 19.00            | *N/A*                         | 0.00      | 0.00       | 5           | 22.00    | 0.00      | 9.00      | *N/A*       | 300.0      | 0.00       | 0.36      | \$0.000  |
| 000129 MILK, SOYMILK KIKKOMAN         | SERVING      | 100       | 140                      | 0.50                   | 110                    | 15.00            | *N/A*                         | 4.50      | 0.00       | 0           | 17.00    | 2.00      | 8.00      | *N/A*       | 300.0      | 0.00       | 1.08      | \$0.000  |
| Weighted Daily Average                |              |           | 735                      | 5.83                   | 1292                   | *41.73           | *0.00                         | 20.59     | *0.00      | *29         | 112.38   | 11.56     | 27.59     | *1          | 540.7      | 84.50      | 14.17     | \$89.939 |
| % of Calories                         |              |           |                          | 7.14%                  |                        | *22.71 %         | *N/A*                         | 25.2%     | *0.0%      |             | 61.2%    |           | 15.0%     |             |            |            |           |          |
| Weekly Nutrient Guideline             |              |           | 600 - 700                | <10                    | 1225                   |                  | <10                           | <=0       |            |             |          |           |           |             |            |            |           |          |

Thursday - 12/11/2025

Reimbursable Meal Total 3000

|                                                     | Portion Size   | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (RAE) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|-----------------------------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|---------|
| 002018 CHICKEN FRIED CHICKEN W/ MASHED POTATOES     | EACH           | 1000      | 515                      | 10.77                  | 2067                   | *0.00            | *0.00                         | 24.06     | *0.00      | 20          | 62.92    | 4.36      | 13.78     | *0          | 61.0       | 27.52      | 2.08      | \$0.000 |
| 003228 BREAD DINNER ROLL WG FRANZ (1 SVG = 2 ROLLS) | 2 PIECES       | 1000      | 140                      | 0.00                   | 180                    | 2.00             | *N/A*                         | 1.00      | 0.00       | 0           | 26.00    | 2.00      | 6.00      | *N/A*       | 28.0       | 0.00       | 2.00      | \$0.000 |
| 000392 SANDWICH, GRILLED CHEESE                     | EACH           | 1000      | 537                      | 16.33                  | 1038                   | *4.00            | *N/A*                         | 31.83     | *0.00      | 80          | 36.00    | 4.00      | 28.00     | *N/A*       | 70.0       | 0.00       | 1.80      | \$0.000 |
| 003182 CHICKEN, TENDERS BREADED GOLDEN FLAT LARGE   | SERVING 2 EACH | 1000      | 200                      | 1.00                   | 710                    | *N/A*            | *N/A*                         | 7.00      | 0.00       | 35          | 16.00    | 0.00      | 17.00     | *N/A*       | 0.0        | 0.00       | 1.08      | \$0.000 |

Base Menu Spreadsheet

Yuba City USD

Portion Values

Dec 1, 2025 thru Dec 31, 2025

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (RAE) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|---------|
| 000433 VEG, MIXED FROZEN              | .5 CUP       | 3000      | 60                       | 0.00                   | 39                     | 3.00             | *N/A*                         | 0.00      | 0.00       | 0           | 12.00    | 3.00      | 2.00      | *N/A*       | 0.0        | 0.00       | 0.00      | \$0.000 |
| 003064 LETTUCE GREEN LEAF             | 1/2 cup      | 2000      | 4                        | 0.00                   | 7                      | 0.19             | 0.00                          | 0.04      | 0.00       | 0           | 0.69     | 0.31      | 0.33      | 89          | 8.6        | 2.21       | 0.21      | \$0.000 |
| 000042 VEG, PICKLES DILL              | 8 each       | 1500      | 5                        | 0.00                   | 390                    | *N/A*            | *N/A*                         | 0.00      | *N/A*      | *N/A*       | 1.00     | 0.00      | 0.00      | *N/A*       | *N/A*      | *N/A*      | *N/A*     | \$0.000 |
| 002957 PEPPERONCINI WHOLE             | SERVING (3)  | 1500      | 5                        | 0.00                   | 620                    | 0.00             | *N/A*                         | 0.00      | 0.00       | 0           | 0.00     | 1.00      | *N/A*     | *N/A*       | 250.0      | 0.00       | 0.00      | \$0.000 |
| 000776 VEG, TOMATO FRESH              | 4 SLICES     | 1500      | 16                       | 0.00                   | 4                      | *N/A*            | *N/A*                         | 0.00      | *N/A*      | 0           | 3.69     | 0.74      | 0.74      | *N/A*       | 7.4        | 11.51      | 0.27      | \$0.000 |
| 000450 VEG, CARROTS BABY              | BAG          | 1000      | 26                       | 0.00                   | 57                     | *N/A*            | *N/A*                         | 0.00      | *N/A*      | 0           | 5.90     | 1.47      | 0.74      | *N/A*       | 22.1       | 6.19       | 0.66      | \$0.000 |
| 000415 FRUIT, PEACHES CAN USDA        | #8 SCOOP     | 500       | 60                       | 0.00                   | 5                      | 13.00            | *N/A*                         | 0.00      | 0.00       | 0           | 14.00    | 1.00      | 0.00      | *N/A*       | 6.0        | 3.80       | 0.00      | \$0.000 |
| 000438 FRUIT, PEAR CANNED USDA        | #8 SCOOP     | 500       | 60                       | 0.00                   | 5                      | 12.00            | *N/A*                         | 0.00      | 0.00       | 0           | 15.00    | 2.00      | 0.00      | *N/A*       | 8.0        | 2.50       | 0.24      | \$0.000 |
| 002265 DRESSING, ITALIAN LOW SODIUM   | 1 OZ         | 1500      | 109                      | 1.75                   | 1                      | *0.02            | *0.00                         | 12.25     | *0.00      | 0           | 0.28     | 0.05      | 0.05      | *0          | 1.6        | 0.16       | 0.03      | \$0.000 |
| 001975 DRESSING, RANCH PACKET 12GRAMS | PACKET       | 1500      | 45                       | 0.50                   | 120                    | *N/A*            | *N/A*                         | 4.50      | 0.00       | *N/A*       | 1.00     | 0.00      | 0.00      | *N/A*       | 0.0        | 0.00       | 0.00      | \$0.000 |
| 002952 DRESSING 1000 ISLAND           | TABLESPOONS  | 1500      | 50                       | 0.75                   | 100                    | 2.00             | *N/A*                         | 4.00      | 0.00       | 5           | 4.00     | 0.00      | 0.00      | *N/A*       | 0.0        | 0.00       | 0.00      | \$0.000 |
| 000230 MILK,1% WHITE                  | CARTON       | 900       | 130                      | 1.50                   | 160                    | 15.00            | *N/A*                         | 2.50      | 0.00       | 15          | 16.00    | 0.00      | 10.00     | *N/A*       | 400.0      | 1.20       | 0.00      | \$0.000 |
| 000228 MILK, NONFAT CHOCOLATE         | CARTON       | 2000      | 120                      | 0.00                   | 150                    | 19.00            | *N/A*                         | 0.00      | 0.00       | 5           | 22.00    | 0.00      | 9.00      | *N/A*       | 300.0      | 0.00       | 0.36      | \$0.000 |
| 000129 MILK, SOYMILK KIKKOMAN         | SERVING      | 100       | 140                      | 0.50                   | 110                    | 15.00            | *N/A*                         | 4.50      | 0.00       | 0           | 17.00    | 2.00      | 8.00      | *N/A*       | 300.0      | 0.00       | 1.08      | \$0.000 |
| Weighted Daily Average                |              |           | 794                      | 11.34                  | 2165                   | *27.97           | *0.00                         | 32.60     | *0.00      | *55         | 91.25    | 8.61      | *33.72    | *59         | *527.9     | *19.95     | *3.14     | \$0.000 |
| % of Calories                         |              |           |                          | 12.85 %                |                        | *14.09 %         | *0.00%                        | 37.0%     | *0.0%      |             | 46.0%    |           | *17.0%    |             |            |            |           |         |
| Weekly Nutrient Guideline             |              |           | 600 - 700                | <10                    | 1225                   |                  | <10                           | <=0       |            |             |          |           |           |             |            |            |           |         |

Friday - 12/12/2025

Reimbursable Meal Total 3000

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 31, 2025

|                                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (RAE) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|-----------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|---------|
| 003078 TAMALES CHICKEN SALSA VERDE CHEESE LOS CABOS | 1 TAMALES    | 1000      | 309                      | 6.53                   | 622                    | 1.06             | 0.00                          | 13.76     | 0.00       | 56          | 28.40    | 2.70      | 17.27     | *N/A*       | 202.6                  | 3.59       | 1.37      | \$0.000 |
| 003077 TAMALES TWO CHEESE & GREEN CHILI LOS CABOS   | 1 TAMALES    | 1000      | 345                      | 9.47                   | 712                    | 1.58             | 0.00                          | 18.01     | 0.00       | 36          | 29.67    | 2.56      | 15.95     | *N/A*       | 418.6                  | 2.45       | 0.87      | \$0.000 |
| 002797 CHICKEN FIESTA BOWL                          | BOWL         | 1000      | 432                      | 2.12                   | 1064                   | *0.52            | *0.52                         | 9.87      | *0.00      | 84          | 54.82    | 10.05     | 31.21     | *0          | 112.8                  | 20.12      | 3.78      | \$0.000 |
| 000270 VEG, CORN CANNED - USDA                      | #8 SCOOP     | 3000      | 65                       | 0.00                   | 15                     | *N/A*            | *N/A*                         | 1.00      | 0.00       | 0           | 15.00    | 2.00      | 2.00      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 002217 HS RICE CILANTRO LIME                        | 1 cup        | 1500      | 360                      | 0.64                   | 294                    | *0.00            | *0.00                         | 7.49      | 0.00       | 0           | 66.28    | 4.06      | 8.08      | *0          | 10.7                   | 0.29       | 1.52      | \$0.000 |
| 002462 VEG, LETT SHREDDED                           | .5           | 2000      | 5                        | 0.00                   | 3                      | *N/A*            | *N/A*                         | 0.00      | *N/A*      | 0           | 1.00     | 0.33      | 0.33      | *N/A*       | 6.7                    | 1.00       | 0.12      | \$0.000 |
| 001051 SALSA, COMMODITY                             | #8 SCOOP     | 2000      | 35                       | 0.00                   | 124                    | *N/A*            | *N/A*                         | 0.00      | 0.00       | 0           | 7.09     | 3.54      | 0.00      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 000630 VEG, JALAPENO PEPPERS                        | #30 SCOOP    | 2000      | 5                        | 0.00                   | 290                    | *N/A*            | *N/A*                         | 0.00      | 0.00       | 0           | 1.00     | 1.00      | 0.00      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 000777 VEG, OLIVES SLICE                            | .25 CUP      | 2000      | 60                       | 0.00                   | 280                    | *N/A*            | *N/A*                         | 5.01      | 0.00       | 0           | 2.00     | 0.00      | 0.00      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 003160 BAR, PINTO BEAN (COLD)                       | #8 SCOOP     | 2000      | 148                      | 0.00                   | 404                    | *0.18            | *0.18                         | 1.50      | *0.00      | 0           | 27.27    | 9.03      | 9.02      | *0          | 0.4                    | 0.02       | 0.02      | \$0.000 |
| 003137 CUCUMBER RAW                                 | 1/2C SERVING | 2000      | 8                        | 0.00                   | 1                      | 0.90             | 0.00                          | 0.10      | 0.00       | 0           | 1.90     | 0.30      | 0.30      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 000986 CHEESE, CHEDDAR                              | OZ           | 3000      | 81                       | 4.05                   | 202                    | *N/A*            | *N/A*                         | 6.07      | 0.00       | 20          | 0.00     | 0.00      | 7.09      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 002639 FRUIT, FRESH PINEAPPLE TAJIN                 | #8 SCOOP     | 1500      | 69                       | 0.00                   | 76                     | *0.00            | *N/A*                         | 0.00      | *0.00      | 0           | 17.72    | 2.53      | 0.00      | *N/A*       | 25.3                   | 54.52      | 0.46      | \$0.000 |
| 003138 PINEAPPLE RAW                                | 1/2C SERVING | 1500      | 60                       | 0.00                   | 1                      | 11.40            | 0.00                          | 0.00      | 0.00       | 0           | 9.69     | 1.38      | 0.46      | *N/A*       | 12.0                   | 5806.00    | 0.05      | \$0.000 |
| 000230 MILK,1% WHITE                                | CARTON       | 900       | 130                      | 1.50                   | 160                    | 15.00            | *N/A*                         | 2.50      | 0.00       | 15          | 16.00    | 0.00      | 10.00     | *N/A*       | 400.0                  | 1.20       | 0.00      | \$0.000 |
| 000228 MILK, NONFAT CHOCOLATE                       | CARTON       | 2000      | 120                      | 0.00                   | 150                    | 19.00            | *N/A*                         | 0.00      | 0.00       | 5           | 22.00    | 0.00      | 9.00      | *N/A*       | 300.0                  | 0.00       | 0.36      | \$0.000 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 31, 2025

|                               | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (RAE) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|-------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|---------|
| 000129 MILK, SOYMILK KIKKOMAN | SERVING      | 100       | 140                      | 0.50                   | 110                    | 15.00            | *N/A*                         | 4.50      | 0.00       | 0           | 17.00    | 2.00      | 8.00      | *N/A*       | 300.0      | 0.00       | 1.08      | \$0.000 |
| Weighted Daily Average        |              |           | 1050                     | 10.88                  | 2089                   | *25.14           | *0.29                         | 30.00     | *0.00      | 86          | 146.34   | 20.62     | 50.54     | *0          | 603.4      | 2940.17    | 3.39      | \$0.000 |
| % of Calories                 |              |           |                          | 9.33%                  |                        | *9.58%           | *0.00%                        | 25.7%     | *0.0%      |             | 55.7%    |           | 19.3%     |             |            |            |           |         |
| Weekly Nutrient Guideline     |              |           | 600 - 700                | <10                    | 1225                   |                  | <10                           | <=0       |            |             |          |           |           |             |            |            |           |         |

Monday - 12/15/2025

Reimbursable Meal Total 3000

|                                                  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (RAE) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|--------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|---------|
| 000912 CORN DOG, CHICKEN WG 4 OZ (SYSCO CLASSIC) | SERVING      | 1000      | 240                      | 2.50                   | 390                    | *N/A*            | *N/A*                         | 8.00      | 0.00       | 40          | 30.00    | 5.00      | 9.00      | *N/A*       | 80.0       | 0.00       | 1.80      | \$0.000 |
| 003203 POTATO CHEESE BOMB                        | EACH         | 1000      | 477                      | 9.01                   | 883                    | 5.13             | *N/A*                         | 16.69     | 0.00       | 47          | 60.21    | 5.00      | 20.75     | *N/A*       | 422.1      | 0.09       | 2.90      | \$0.000 |
| 003095 CHICKEN BONELESS WING H&S W/G TYSON       | SERVINGS     | 1000      | 201                      | 2.01                   | 342                    | 1.00             | 0.00                          | 10.05     | 0.00       | 45          | 10.05    | 1.00      | 19.10     | *N/A*       | 0.0        | 0.00       | 1.00      | \$0.000 |
| 003009 POTATO FRY SIDEWINDER JR SMPLT            | 1/2 CUP      | 3000      | 166                      | 0.83                   | 465                    | 0.00             | *N/A*                         | 6.64      | 0.00       | 0           | 26.54    | 1.66      | 1.66      | *N/A*       | 0.0        | 0.00       | 0.83      | \$0.000 |
| 002212 BEAN, VEGETARIAN BAKED LS                 | 1/2 CUP      | 1500      | 110                      | 0.00                   | 140                    | *N/A*            | *N/A*                         | 1.00      | 0.00       | 0           | 20.00    | 5.00      | 7.00      | *N/A*       | 0.0        | 0.00       | 0.00      | \$0.000 |
| 003064 LETTUCE GREEN LEAF                        | 1/2 cup      | 1500      | 4                        | 0.00                   | 7                      | 0.19             | 0.00                          | 0.04      | 0.00       | 0           | 0.69     | 0.31      | 0.33      | 89          | 8.6        | 2.21       | 0.21      | \$0.000 |
| 002408 VEG, CARROTS RANCH                        | BAG          | 1500      | 25                       | 0.00                   | 200                    | 4.00             | *N/A*                         | 0.00      | 0.00       | 0           | 7.00     | 2.00      | 1.00      | *N/A*       | 20.0       | 4.80       | 0.36      | \$0.000 |
| 002407 VEG, CARROTS CHILI LIME                   | BAG          | 1500      | 25                       | 0.00                   | 200                    | 4.00             | *N/A*                         | 0.00      | 0.00       | 0           | 6.00     | 2.00      | 1.00      | *N/A*       | 20.0       | 4.80       | 0.36      | \$0.000 |
| 000097 FRUIT, RAISINS                            | BOX          | 1500      | 129                      | 0.04                   | 11                     | 28.03            | 0.00                          | 0.11      | 0.00       | 0           | 34.11    | 1.94      | 1.42      | 0           | 26.7       | 0.99       | 0.77      | \$0.000 |
| 002587 FRUIT, DRIED CRANBERRIES                  | SERVING      | 1500      | 92                       | 0.00                   | 2                      | 22.00            | *N/A*                         | 0.00      | 0.00       | 0           | 25.00    | 2.00      | 0.00      | *N/A*       | 0.0        | 0.00       | 0.00      | \$0.000 |
| 002669 FRUIT, APPLESAUCE USDA                    | #8 SCOOP     | 1000      | 58                       | 0.00                   | 2                      | 12.44            | *N/A*                         | 0.00      | 0.00       | 0           | 15.84    | 1.13      | 0.00      | *N/A*       | 0.0        | 2.71       | 2.04      | \$0.000 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 31, 2025

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (RAE) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|---------|
| 000086 FRUIT, ORANGES FRESH           | EACH         | 1000      | 69                       | 0.00                   | 2                      | *N/A*            | *N/A*                         | 0.00      | 0.00       | 0           | 17.82    | 3.39      | 1.70      | *N/A*       | 59.4       | 82.98      | 0.15      | \$0.000 |
| 000068 FRUIT, BANANAS FRESH           | EACH         | 1000      | 90                       | 0.11                   | 1                      | 12.35            | 0.00                          | 0.33      | 0.00       | 0           | 23.07    | 2.63      | 1.10      | 3           | 5.0        | 8.79       | 0.26      | \$0.000 |
| 000064 FRUIT, APPLE FRESH             | 1/2 APPLE    | 1000      | 50                       | 0.00                   | 1                      | 9.54             | *N/A*                         | 0.00      | 0.00       | 0           | 12.65    | 2.02      | 0.01      | *N/A*       | 10.2       | 4.58       | 0.18      | \$0.000 |
| 002265 DRESSING, ITALIAN LOW SODIUM   | 1 OZ         | 500       | 109                      | 1.75                   | 1                      | *0.02            | *0.00                         | 12.25     | *0.00      | 0           | 0.28     | 0.05      | 0.05      | *0          | 1.6        | 0.16       | 0.03      | \$0.000 |
| 001975 DRESSING, RANCH PACKET 12GRAMS | PACKET       | 500       | 45                       | 0.50                   | 120                    | *N/A*            | *N/A*                         | 4.50      | 0.00       | *N/A*       | 1.00     | 0.00      | 0.00      | *N/A*       | 0.0        | 0.00       | 0.00      | \$0.000 |
| 002952 DRESSING 1000 ISLAND           | TABLESPOONS  | 500       | 50                       | 0.75                   | 100                    | 2.00             | *N/A*                         | 4.00      | 0.00       | 5           | 4.00     | 0.00      | 0.00      | *N/A*       | 0.0        | 0.00       | 0.00      | \$0.000 |
| 000230 MILK,1% WHITE                  | CARTON       | 900       | 130                      | 1.50                   | 160                    | 15.00            | *N/A*                         | 2.50      | 0.00       | 15          | 16.00    | 0.00      | 10.00     | *N/A*       | 400.0      | 1.20       | 0.00      | \$0.000 |
| 000228 MILK, NONFAT CHOCOLATE         | CARTON       | 2000      | 120                      | 0.00                   | 150                    | 19.00            | *N/A*                         | 0.00      | 0.00       | 5           | 22.00    | 0.00      | 9.00      | *N/A*       | 300.0      | 0.00       | 0.36      | \$0.000 |
| 000129 MILK, SOYMILK KIKKOMAN         | SERVING      | 100       | 140                      | 0.50                   | 110                    | 15.00            | *N/A*                         | 4.50      | 0.00       | 0           | 17.00    | 2.00      | 8.00      | *N/A*       | 300.0      | 0.00       | 1.08      | \$0.000 |
| Weighted Daily Average                |              |           | 911                      | 6.37                   | 1473                   | *60.60           | *0.00                         | 23.26     | *0.00      | *53         | 150.40   | 15.08     | 33.53     | *45         | 560.2      | 39.83      | 4.74      | \$0.000 |
| % of Calories                         |              |           |                          | 6.29%                  |                        | *26.61 %         | *N/A*                         | 23.0%     | *0.0%      |             | 66.0%    |           | 14.7%     |             |            |            |           |         |
| Weekly Nutrient Guideline             |              |           | 600 - 700                | <10                    | 1225                   |                  | <10                           | <=0       |            |             |          |           |           |             |            |            |           |         |

Tuesday - 12/16/2025

Reimbursable Meal Total 3000

|                             | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (RAE) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|-----------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|---------|
| 001862 PIZZA, WG PEP 5"     | EACH         | 1000      | 360                      | 7.00                   | 570                    | 4.00             | *N/A*                         | 16.00     | 0.00       | 35          | 34.00    | 3.00      | 20.00     | *N/A*       | 400.0      | 9.00       | 1.80      | \$0.000 |
| 001861 PIZZA, WG CHEESE 5"  | EACH         | 1000      | 360                      | 8.00                   | 510                    | 4.00             | *N/A*                         | 17.00     | 0.00       | 35          | 34.00    | 3.00      | 20.00     | *N/A*       | 450.0      | 6.00       | 2.70      | \$0.000 |
| 003212 HAWAIIAN PIZZA 5" WG | SERVINGS     | 1000      | 401                      | 8.66                   | 677                    | 5.51             | *N/A*                         | 18.32     | 0.00       | 53          | 37.22    | 3.12      | 24.74     | *N/A*       | *450.0     | *6.00      | *2.70     | \$0.178 |

# Base Menu Spreadsheet

Yuba City USD

## Portion Values

Dec 1, 2025 thru Dec 31, 2025

|                                       | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (RAE) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|---------------------------------------|-----------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|---------|
| 000424 VEG, GREEN BEANS               | #8 SCOOP        | 3000      | 16                       | 0.00                   | 140                    | 1.00             | *N/A*                         | 0.00      | 0.00       | 0           | 3.00     | 2.00      | 1.00      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 002481 SALAD, SPINACH & ROMAINE       | 1EA #8 SCOOP    | 2000      | 7                        | 0.01                   | 14                     | *N/A*            | *N/A*                         | 0.07      | *0.00      | 0           | 1.30     | 0.77      | 0.68      | *N/A*       | 22.0                   | 9.87       | 0.62      | \$0.000 |
| 000941 NOODLE, CHOW MEIN              | SERVING         | 2000      | 105                      | 0.00                   | 35                     | *N/A*            | *N/A*                         | 1.51      | 0.00       | 0           | 20.57    | 2.01      | 4.01      | *N/A*       | 10.0                   | 0.00       | 1.36      | \$0.000 |
| 002197 VEG, KIDNEY BEANS              | 1/2 CUP#8 SCOOP | 2000      | 104                      | 0.00                   | 140                    | 2.00             | *N/A*                         | 0.00      | 0.00       | 0           | 19.00    | 7.00      | 7.00      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 001358 VEG, 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 |
| 000438 FRUIT, PEAR CANNED USDA        | #8 SCOOP        | 1000      | 60                       | 0.00                   | 5                      | 12.00            | *N/A*                         | 0.00      | 0.00       | 0           | 15.00    | 2.00      | 0.00      | *N/A*       | 8.0                    | 2.50       | 0.24      | \$0.000 |
| 002058 FRUIT, APPLE FRESH WHOLE       | 1 EACH          | 1000      | 100                      | 0.00                   | 0                      | 19.00            | *N/A*                         | 0.00      | 0.00       | 0           | 25.00    | 4.00      | 0.00      | *N/A*       | 20.0                   | 8.40       | 0.36      | \$0.000 |
| 000068 FRUIT, BANANAS FRESH           | EACH            | 500       | 90                       | 0.11                   | 1                      | 12.35            | 0.00                          | 0.33      | 0.00       | 0           | 23.07    | 2.63      | 1.10      | 3           | 5.0                    | 8.79       | 0.26      | \$0.000 |
| 000086 FRUIT, ORANGES FRESH           | EACH            | 500       | 69                       | 0.00                   | 2                      | *N/A*            | *N/A*                         | 0.00      | 0.00       | 0           | 17.82    | 3.39      | 1.70      | *N/A*       | 59.4                   | 82.98      | 0.15      | \$0.000 |
| 003163 BAR, MANGO (FRESH 4OZ PK)      | cup             | 1000      | 136                      | 0.21                   | 2                      | 30.87            | 0.00                          | 0.86      | 0.00       | 0           | 33.85    | 3.62      | 1.85      | 122         | 24.9                   | 82.26      | 0.36      | \$0.000 |
| 001975 DRESSING, RANCH PACKET 12GRAMS | PACKET          | 500       | 45                       | 0.50                   | 120                    | *N/A*            | *N/A*                         | 4.50      | 0.00       | *N/A*       | 1.00     | 0.00      | 0.00      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 002265 DRESSING, ITALIAN LOW SODIUM   | 1 OZ            | 500       | 109                      | 1.75                   | 1                      | *0.02            | *0.00                         | 12.25     | *0.00      | 0           | 0.28     | 0.05      | 0.05      | *0          | 1.6                    | 0.16       | 0.03      | \$0.000 |
| 002952 DRESSING 1000 ISLAND           | TABLESPOONS     | 500       | 50                       | 0.75                   | 100                    | 2.00             | *N/A*                         | 4.00      | 0.00       | 5           | 4.00     | 0.00      | 0.00      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 000230 MILK,1% WHITE                  | CARTON          | 900       | 130                      | 1.50                   | 160                    | 15.00            | *N/A*                         | 2.50      | 0.00       | 15          | 16.00    | 0.00      | 10.00     | *N/A*       | 400.0                  | 1.20       | 0.00      | \$0.000 |
| 000228 MILK, NONFAT CHOCOLATE         | CARTON          | 2000      | 120                      | 0.00                   | 150                    | 19.00            | *N/A*                         | 0.00      | 0.00       | 5           | 22.00    | 0.00      | 9.00      | *N/A*       | 300.0                  | 0.00       | 0.36      | \$0.000 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 31, 2025

|                               | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (RAE) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|-------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|---------|
| 000129 MILK, SOYMILK KIKKOMAN | SERVING      | 100       | 140                      | 0.50                   | 110                    | 15.00            | *N/A*                         | 4.50      | 0.00       | 0           | 17.00    | 2.00      | 8.00      | *N/A*       | 300.0      | 0.00       | 1.08      | \$0.000 |
| Weighted Daily Average        |              |           | 835                      | 8.95                   | 1051                   | *47.52           | *0.00                         | 23.19     | *0.00      | *50         | 121.35   | 16.18     | 41.74     | *41         | *823.3     | *89.36     | *4.69     | \$0.059 |
| % of Calories                 |              |           |                          | 9.65%                  |                        | *22.76 %         | *N/A*                         | 25.0%     | *0.0%      |             | 58.1%    |           | 20.0%     |             |            |            |           |         |
| Weekly Nutrient Guideline     |              |           | 600 - 700                | <10                    | 1225                   |                  | <10                           | <=0       |            |             |          |           |           |             |            |            |           |         |

Wednesday - 12/17/2025                      Reimbursable Meal Total 3000

|                                                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (RAE) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|-----------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|---------|
| 003240 PANCAKE, BUTTERMILK 4IN (2 PER SERVING)            | SERVING      | 2000      | 147                      | 0.00                   | 367                    | 4.67             | *N/A*                         | 2.00      | *N/A*      | 0           | 28.00    | 1.33      | 4.00      | 0           | 33.3       | 0.00       | 1.67      | \$0.000 |
| 003214 SAUSAGE PATTY, CHICKEN FULLY COOKED 1.43OZ (TYSON) | EACH         | 1000      | 100                      | 2.00                   | 180                    | *N/A*            | *N/A*                         | 7.00      | *N/A*      | 45          | 1.00     | *N/A*     | 8.00      | *N/A*       | *N/A*      | *N/A*      | *N/A*     | \$0.000 |
| 000349 SYRUP, PANCAKE                                     | TABLESPOON   | 2000      | 50                       | 0.00                   | 22                     | 6.50             | *N/A*                         | 0.00      | 0.00       | 0           | 13.00    | 0.00      | 0.00      | *N/A*       | 0.0        | 0.00       | 0.00      | \$0.000 |
| 001917 CHEESE, MOZZARELLA STRING                          | EACH         | 1000      | 60                       | 2.00                   | 210                    | *N/A*            | *N/A*                         | 2.50      | 0.00       | 10          | 1.00     | 0.00      | 8.00      | *N/A*       | 200.0      | 0.00       | 0.00      | \$0.000 |
| 003084 BREAKFAST BURGER                                   | SANWICHES    | 1000      | 394                      | 10.49                  | 786                    | *2.00            | *0.00                         | 26.71     | *0.00      | 196         | 16.77    | 1.00      | 25.29     | *N/A*       | 179.6      | 0.00       | 2.80      | \$0.000 |
| 001501 POTATO, HASHBROWN OVAL PATTY                       | SERVING      | 3000      | 140                      | 1.50                   | 290                    | *N/A*            | *N/A*                         | 8.00      | 0.00       | 0           | 15.00    | 2.00      | 3.00      | *N/A*       | 0.0        | 1.20       | 0.00      | \$0.000 |
| 000837 YOGURT, RASP/PEACH 4 OZ                            | SERVING      | 3000      | 110                      | 0.50                   | 55                     | *N/A*            | *N/A*                         | 1.00      | *N/A*      | 4           | 22.00    | 0.00      | 4.00      | *N/A*       | 100.0      | 0.00       | 0.00      | \$0.000 |
| 001001 JUICE, APPLE 4.23 OZ SUNCUP                        | EACH         | 500       | 60                       | 0.00                   | 5                      | 13.00            | *N/A*                         | 0.00      | 0.00       | 0           | 14.00    | 0.00      | 0.00      | *N/A*       | 100.0      | 0.00       | 0.00      | \$0.000 |
| 003234 JUICE, CRAN/RASP 4.23 OZ SUNCUP                    | EACH         | 500       | 60                       | 0.00                   | 10                     | 12.00            | *N/A*                         | 0.00      | 0.00       | 0           | 14.00    | 0.00      | 0.00      | *N/A*       | *N/A*      | 0.00       | 0.00      | \$0.000 |
| 000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP                    | EACH         | 500       | 60                       | 0.00                   | 10                     | 13.00            | *N/A*                         | 0.00      | 0.00       | 0           | 15.00    | 0.00      | 0.00      | *N/A*       | 190.0      | 0.00       | 0.00      | \$0.000 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 31, 2025

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (RAE) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------------------|------------|-----------|---------|
| 002180 JUICE, GRAPE 4.23 OZ SUNCUP    | EACH         | 500       | 80                       | 0.00                   | 10                     | 19.00            | *N/A*                         | 0.00      | 0.00       | 0           | 20.00    | 0.00      | 0.00      | *N/A*       | 100.0                  | 0.00       | 0.00      | \$0.000 |
| 002481 SALAD, SPINACH & ROMAINE       | 1EA #8 SCOOP | 2000      | 7                        | 0.01                   | 14                     | *N/A*            | *N/A*                         | 0.07      | *0.00      | 0           | 1.30     | 0.77      | 0.68      | *N/A*       | 22.0                   | 9.87       | 0.62      | \$0.000 |
| 001800 VEG, CARROT & CELERY STICKS    | SERVING      | 1500      | 33                       | 0.00                   | 68                     | *0.00            | *N/A*                         | 0.00      | *0.00      | 0           | 5.67     | 1.70      | 0.57      | *N/A*       | 17.0                   | 3.40       | 0.20      | \$0.000 |
| 003165 BAR VEG, PEAS FROZEN SYSCO     | .5 CUP       | 1500      | 46                       | 0.00                   | 0                      | 0.00             | 0.00                          | 0.00      | 0.00       | 0           | 7.92     | 2.64      | 3.30      | *N/A*       | 9.2                    | 0.00       | 0.66      | \$0.000 |
| 002009 VEG, BELL PEPPER STICKS        | CUP          | 1500      | 24                       | 0.00                   | 2                      | *N/A*            | *N/A*                         | 0.17      | *N/A*      | 0           | 6.01     | 1.61      | 1.20      | *N/A*       | 0.0                    | 80.76      | 0.00      | \$0.000 |
| 000415 FRUIT, PEACHES CAN USDA        | #8 SCOOP     | 750       | 60                       | 0.00                   | 5                      | 13.00            | *N/A*                         | 0.00      | 0.00       | 0           | 14.00    | 1.00      | 0.00      | *N/A*       | 6.0                    | 3.80       | 0.00      | \$0.000 |
| 002058 FRUIT, APPLE FRESH WHOLE       | 1 EACH       | 750       | 100                      | 0.00                   | 0                      | 19.00            | *N/A*                         | 0.00      | 0.00       | 0           | 25.00    | 4.00      | 0.00      | *N/A*       | 20.0                   | 8.40       | 0.36      | \$0.000 |
| 000068 FRUIT, BANANAS FRESH           | EACH         | 750       | 90                       | 0.11                   | 1                      | 12.35            | 0.00                          | 0.33      | 0.00       | 0           | 23.07    | 2.63      | 1.10      | 3           | 5.0                    | 8.79       | 0.26      | \$0.000 |
| 000086 FRUIT, ORANGES FRESH           | EACH         | 750       | 69                       | 0.00                   | 2                      | *N/A*            | *N/A*                         | 0.00      | 0.00       | 0           | 17.82    | 3.39      | 1.70      | *N/A*       | 59.4                   | 82.98      | 0.15      | \$0.000 |
| 001975 DRESSING, RANCH PACKET 12GRAMS | PACKET       | 500       | 45                       | 0.50                   | 120                    | *N/A*            | *N/A*                         | 4.50      | 0.00       | *N/A*       | 1.00     | 0.00      | 0.00      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 002265 DRESSING, ITALIAN LOW SODIUM   | 1 OZ         | 500       | 109                      | 1.75                   | 1                      | *0.02            | *0.00                         | 12.25     | *0.00      | 0           | 0.28     | 0.05      | 0.05      | *0          | 1.6                    | 0.16       | 0.03      | \$0.000 |
| 002952 DRESSING 1000 ISLAND           | TABLESPOONS  | 500       | 50                       | 0.75                   | 100                    | 2.00             | *N/A*                         | 4.00      | 0.00       | 5           | 4.00     | 0.00      | 0.00      | *N/A*       | 0.0                    | 0.00       | 0.00      | \$0.000 |
| 000230 MILK,1% WHITE                  | CARTON       | 900       | 130                      | 1.50                   | 160                    | 15.00            | *N/A*                         | 2.50      | 0.00       | 15          | 16.00    | 0.00      | 10.00     | *N/A*       | 400.0                  | 1.20       | 0.00      | \$0.000 |
| 000228 MILK, NONFAT CHOCOLATE         | CARTON       | 2000      | 120                      | 0.00                   | 150                    | 19.00            | *N/A*                         | 0.00      | 0.00       | 5           | 22.00    | 0.00      | 9.00      | *N/A*       | 300.0                  | 0.00       | 0.36      | \$0.000 |
| 000129 MILK, SOYMILK KIKKOMAN         | SERVING      | 100       | 140                      | 0.50                   | 110                    | 15.00            | *N/A*                         | 4.50      | 0.00       | 0           | 17.00    | 2.00      | 8.00      | *N/A*       | 300.0                  | 0.00       | 1.08      | \$0.000 |
| Weighted Daily Average                |              |           | 903                      | 7.83                   | 1237                   | *46.70           | *0.00                         | 26.98     | *0.00      | *96         | 132.64   | *9.54     | 36.39     | *1          | *694.4                 | *76.24     | *3.36     | \$0.000 |
| % of Calories                         |              |           |                          | 7.80%                  |                        | *20.69 %         | *N/A*                         | 26.9%     | *0.0%      |             | 58.8%    |           | 16.1%     |             |                        |            |           |         |
| Weekly Nutrient Guideline             |              |           | 600 - 700                | <10                    | 1225                   |                  | <10                           | <=0       |            |             |          |           |           |             |                        |            |           |         |

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 31, 2025

Thursday - 12/18/2025      Reimbursable Meal Total 3000

|                                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (RAE) | Calcmm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|-----------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|-------------|------------|-----------|---------|
| 003213 OVEN ROASTED CHICKEN W/ MASHED POTATOES      | EACH         | 1000      | 491                      | 11.21                  | 1865                   | *0.65            | *0.61                         | 24.01     | *0.00      | 52          | 54.21    | 2.19      | 16.94     | *112        | 78.5        | 28.33      | 1.75      | \$5.700 |
| 003228 BREAD DINNER ROLL WG FRANZ (1 SVG = 2 ROLLS) | 2 PIECES     | 1000      | 140                      | 0.00                   | 180                    | 2.00             | *N/A*                         | 1.00      | 0.00       | 0           | 26.00    | 2.00      | 6.00      | *N/A*       | 28.0        | 0.00       | 2.00      | \$0.000 |
| 002763 SANDWICH, VEGGIE STACKER                     | SANDWICH     | 1000      | 518                      | 16.00                  | 994                    | *3.00            | *N/A*                         | 30.50     | *0.00      | 80          | 32.75    | 4.46      | 27.46     | *N/A*       | 55.3        | 3.70       | 1.16      | \$0.000 |
| 002475 CHICKEN, POPCORN WG 10 EACH RC               | SERVING (10) | 1000      | 180                      | 2.00                   | 420                    | 0.00             | *N/A*                         | 9.00      | 0.00       | 20          | 12.00    | 3.00      | 12.00     | *N/A*       | 40.0        | 0.00       | 1.80      | \$0.000 |
| 000433 VEG, MIXED FROZEN                            | .5 CUP       | 3000      | 60                       | 0.00                   | 39                     | 3.00             | *N/A*                         | 0.00      | 0.00       | 0           | 12.00    | 3.00      | 2.00      | *N/A*       | 0.0         | 0.00       | 0.00      | \$0.000 |
| 003064 LETTUCE GREEN LEAF                           | 1/2 cup      | 2000      | 4                        | 0.00                   | 7                      | 0.19             | 0.00                          | 0.04      | 0.00       | 0           | 0.69     | 0.31      | 0.33      | 89          | 8.6         | 2.21       | 0.21      | \$0.000 |
| 000042 VEG, PICKLES DILL                            | 8 each       | 1500      | 5                        | 0.00                   | 390                    | *N/A*            | *N/A*                         | 0.00      | *N/A*      | *N/A*       | 1.00     | 0.00      | 0.00      | *N/A*       | *N/A*       | *N/A*      | *N/A*     | \$0.000 |
| 002957 PEPPERONCINI WHOLE                           | SERVING (3)  | 1500      | 5                        | 0.00                   | 620                    | 0.00             | *N/A*                         | 0.00      | 0.00       | 0           | 0.00     | 1.00      | *N/A*     | *N/A*       | 250.0       | 0.00       | 0.00      | \$0.000 |
| 000776 VEG, TOMATO FRESH                            | 4 SLICES     | 1500      | 16                       | 0.00                   | 4                      | *N/A*            | *N/A*                         | 0.00      | *N/A*      | 0           | 3.69     | 0.74      | 0.74      | *N/A*       | 7.4         | 11.51      | 0.27      | \$0.000 |
| 000450 VEG, CARROTS BABY                            | BAG          | 1000      | 26                       | 0.00                   | 57                     | *N/A*            | *N/A*                         | 0.00      | *N/A*      | 0           | 5.90     | 1.47      | 0.74      | *N/A*       | 22.1        | 6.19       | 0.66      | \$0.000 |
| 000415 FRUIT, PEACHES CAN USDA                      | #8 SCOOP     | 500       | 60                       | 0.00                   | 5                      | 13.00            | *N/A*                         | 0.00      | 0.00       | 0           | 14.00    | 1.00      | 0.00      | *N/A*       | 6.0         | 3.80       | 0.00      | \$0.000 |
| 000438 FRUIT, PEAR CANNED USDA                      | #8 SCOOP     | 500       | 60                       | 0.00                   | 5                      | 12.00            | *N/A*                         | 0.00      | 0.00       | 0           | 15.00    | 2.00      | 0.00      | *N/A*       | 8.0         | 2.50       | 0.24      | \$0.000 |
| 002265 DRESSING, ITALIAN LOW SODIUM                 | 1 OZ         | 1500      | 109                      | 1.75                   | 1                      | *0.02            | *0.00                         | 12.25     | *0.00      | 0           | 0.28     | 0.05      | 0.05      | *0          | 1.6         | 0.16       | 0.03      | \$0.000 |
| 001975 DRESSING, RANCH PACKET 12GRAMS               | PACKET       | 1500      | 45                       | 0.50                   | 120                    | *N/A*            | *N/A*                         | 4.50      | 0.00       | *N/A*       | 1.00     | 0.00      | 0.00      | *N/A*       | 0.0         | 0.00       | 0.00      | \$0.000 |
| 002952 DRESSING 1000 ISLAND                         | TABLESPOONS  | 1500      | 50                       | 0.75                   | 100                    | 2.00             | *N/A*                         | 4.00      | 0.00       | 5           | 4.00     | 0.00      | 0.00      | *N/A*       | 0.0         | 0.00       | 0.00      | \$0.000 |
| 000230 MILK,1% WHITE                                | CARTON       | 900       | 130                      | 1.50                   | 160                    | 15.00            | *N/A*                         | 2.50      | 0.00       | 15          | 16.00    | 0.00      | 10.00     | *N/A*       | 400.0       | 1.20       | 0.00      | \$0.000 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 31, 2025

|                               | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (RAE) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|-------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|---------|
| 000228 MILK, NONFAT CHOCOLATE | CARTON       | 2000      | 120                      | 0.00                   | 150                    | 19.00            | *N/A*                         | 0.00      | 0.00       | 5           | 22.00    | 0.00      | 9.00      | *N/A*       | 300.0      | 0.00       | 0.36      | \$0.000 |
| 000129 MILK, SOYMILK KIKKOMAN | SERVING      | 100       | 140                      | 0.50                   | 110                    | 15.00            | *N/A*                         | 4.50      | 0.00       | 0           | 17.00    | 2.00      | 8.00      | *N/A*       | 300.0      | 0.00       | 1.08      | \$0.000 |
| Weighted Daily Average        |              |           | 773                      | 11.71                  | 1987                   | *27.85           | *0.20                         | 32.80     | *0.00      | *61         | 85.93    | 9.04      | *32.93    | *97         | *542.2     | *21.46     | *3.06     | \$1.900 |
| % of Calories                 |              |           |                          | 13.63 %                |                        | *14.41 %         | *0.31%                        | 38.2%     | *0.0%      |             | 44.5%    |           | *17.0%    |             |            |            |           |         |
| Weekly Nutrient Guideline     |              |           | 600 - 700                | <10                    | 1225                   |                  | <10                           | <=0       |            |             |          |           |           |             |            |            |           |         |

Friday - 12/19/2025

Reimbursable Meal Total 3000

|                                          | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (RAE) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|---------|
| 003215 BEEF, TACO (2 PER SERVING)        | EACH         | 1000      | 396                      | 4.31                   | 511                    | *0.58            | *0.00                         | 19.23     | *2.13      | 55          | 39.32    | 2.73      | 19.77     | *0          | 298.5      | 2.36       | 2.78      | \$0.000 |
| 003075 BURRITO BEAN AND CHEESE LOS CABOS | 1 BURRITO    | 1000      | 321                      | 3.54                   | 475                    | 1.75             | 0.00                          | 8.79      | 0.00       | 15          | 44.17    | 8.17      | 16.71     | *N/A*       | 171.1      | 1.64       | 3.85      | \$0.000 |
| 000343 TACO, POCKET TURKEY               | EACH         | 1000      | 260                      | 2.50                   | 390                    | 1.00             | *N/A*                         | 8.00      | 0.00       | 35          | 31.00    | 4.00      | 17.00     | *N/A*       | 80.0       | 1.20       | 2.70      | \$0.000 |
| 000270 VEG, CORN CANNED - USDA           | #8 SCOOP     | 3000      | 65                       | 0.00                   | 15                     | *N/A*            | *N/A*                         | 1.00      | 0.00       | 0           | 15.00    | 2.00      | 2.00      | *N/A*       | 0.0        | 0.00       | 0.00      | \$0.000 |
| 002462 VEG, LETT SHREDDED                | .5           | 2000      | 5                        | 0.00                   | 3                      | *N/A*            | *N/A*                         | 0.00      | *N/A*      | 0           | 1.00     | 0.33      | 0.33      | *N/A*       | 6.7        | 1.00       | 0.12      | \$0.000 |
| 001051 SALSA, COMMODITY                  | #8 SCOOP     | 2000      | 35                       | 0.00                   | 124                    | *N/A*            | *N/A*                         | 0.00      | 0.00       | 0           | 7.09     | 3.54      | 0.00      | *N/A*       | 0.0        | 0.00       | 0.00      | \$0.000 |
| 000630 VEG, JALAPENO PEPPERS             | #30 SCOOP    | 2000      | 5                        | 0.00                   | 290                    | *N/A*            | *N/A*                         | 0.00      | 0.00       | 0           | 1.00     | 1.00      | 0.00      | *N/A*       | 0.0        | 0.00       | 0.00      | \$0.000 |
| 000777 VEG, OLIVES SLICE                 | .25 CUP      | 2000      | 60                       | 0.00                   | 280                    | *N/A*            | *N/A*                         | 5.01      | 0.00       | 0           | 2.00     | 0.00      | 0.00      | *N/A*       | 0.0        | 0.00       | 0.00      | \$0.000 |
| 003160 BAR, PINTO BEAN (COLD)            | #8 SCOOP     | 2000      | 148                      | 0.00                   | 404                    | *0.18            | *0.18                         | 1.50      | *0.00      | 0           | 27.27    | 9.03      | 9.02      | *0          | 0.4        | 0.02       | 0.02      | \$0.000 |
| 003137 CUCUMBER RAW                      | 1/2C SERVING | 2000      | 8                        | 0.00                   | 1                      | 0.90             | 0.00                          | 0.10      | 0.00       | 0           | 1.90     | 0.30      | 0.30      | *N/A*       | 0.0        | 0.00       | 0.00      | \$0.000 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2025 thru Dec 31, 2025

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (RAE) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|---------|
| 000986 CHEESE, CHEDDAR              | OZ           | 3000      | 81                       | 4.05                   | 202                    | *N/A*            | *N/A*                         | 6.07      | 0.00       | 20          | 0.00     | 0.00      | 7.09      | *N/A*       | 0.0        | 0.00       | 0.00      | \$0.000 |
| 002639 FRUIT, FRESH PINEAPPLE TAJIN | #8 SCOOP     | 1500      | 69                       | 0.00                   | 76                     | *0.00            | *N/A*                         | 0.00      | *0.00      | 0           | 17.72    | 2.53      | 0.00      | *N/A*       | 25.3       | 54.52      | 0.46      | \$0.000 |
| 003138 PINEAPPLE RAW                | 1/2C SERVING | 1500      | 60                       | 0.00                   | 1                      | 11.40            | 0.00                          | 0.00      | 0.00       | 0           | 9.69     | 1.38      | 0.46      | *N/A*       | 12.0       | 5806.00    | 0.05      | \$0.000 |
| 000230 MILK,1% WHITE                | CARTON       | 900       | 130                      | 1.50                   | 160                    | 15.00            | *N/A*                         | 2.50      | 0.00       | 15          | 16.00    | 0.00      | 10.00     | *N/A*       | 400.0      | 1.20       | 0.00      | \$0.000 |
| 000228 MILK, NONFAT CHOCOLATE       | CARTON       | 2000      | 120                      | 0.00                   | 150                    | 19.00            | *N/A*                         | 0.00      | 0.00       | 5           | 22.00    | 0.00      | 9.00      | *N/A*       | 300.0      | 0.00       | 0.36      | \$0.000 |
| 000129 MILK, SOYMILK KIKKOMAN       | SERVING      | 100       | 140                      | 0.50                   | 110                    | 15.00            | *N/A*                         | 4.50      | 0.00       | 0           | 17.00    | 2.00      | 8.00      | *N/A*       | 300.0      | 0.00       | 1.08      | \$0.000 |
| Weighted Daily Average              |              |           | 834                      | 7.97                   | 1601                   | *25.19           | *0.12                         | 24.39     | *0.71      | 63          | 113.74   | 18.46     | 42.85     | *0          | 536.6      | 2933.04    | 3.73      | \$0.000 |
| % of Calories                       |              |           |                          | 8.60%                  |                        | *12.08 %         | *0.00%                        | 26.3%     | *0.8%      |             | 54.6%    |           | 20.6%     |             |            |            |           |         |
| Weekly Nutrient Guideline           |              |           | 600 - 700                | <10                    | 1225                   |                  | <10                           | <=0       |            |             |          |           |           |             |            |            |           |         |

|                   |  | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Total Sugars (g) | Added Sugars <sup>1</sup> (g) | T-Fat (g) | Tr-Fat (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vlt-A (RAE) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost    |
|-------------------|--|--------------------------|------------------------|------------------------|------------------|-------------------------------|-----------|------------|-------------|----------|-----------|-----------|-------------|------------|------------|-----------|---------|
| Weighted Averages |  | 880                      | 8                      | 1594                   | *41.50           | *1.42                         | 27.50     | *0.09      | *59         | 123.90   | *14.91    | *38.48    | *32         | *559.9     | *635.41    | *6.01     | \$6.127 |
| % of Calories     |  |                          | 8.63%                  |                        | *18.86 %         | *N/A*                         | 28.1%     | *0.1%      |             | 56.3%    |           | *17.5%    |             |            |            |           |         |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
\* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - 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.