

Menu Name:

ELEMENTARY LUNCH K-5

Include Cost:

Yes

Site:

Use Alternate Menu Name:

No

Wednesday - 10/01/2025

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protrn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002949 HOT POCKET SANDWICH PEPPERONI	EACH	1500	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	1500	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
002985 POTATO MCCAIN 8 CUT WEDGES	Servings	3000	130	1.00	560	0.00	*N/A*	6.00	0.00	0	19.01	1.00	2.00	*N/A*	10.0	0.00	10.01	\$0.000
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	7	0.01	14	*N/A*	*N/A*	0.07	*0.00	0	1.30	0.77	0.68	*N/A*	22.0	9.87	0.62	\$0.000
001800 VEG, CARROT & CELERY STICKS	SERVING	2000	33	0.00	68	*0.00	*N/A*	0.00	*0.00	0	5.67	1.70	0.57	*N/A*	17.0	3.40	0.20	\$0.000
003165 BAR VEG, PEAS FROZEN SYSCO	.5 CUP	2000	46	0.00	0	0.00	0.00	0.00	0.00	0	7.92	2.64	3.30	*N/A*	9.2	0.00	0.66	\$0.000
002009 VEG, BELL PEPPER STICKS	CUP	2000	24	0.00	2	*N/A*	*N/A*	0.17	*N/A*	0	6.01	1.61	1.20	*N/A*	0.0	80.76	0.00	\$0.000
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	2000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	6.0	3.80	0.00	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	500	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	500	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	109	1.75	1	*0.02	*0.00	12.25	*0.00	0	0.28	0.05	0.05	*0	1.6	0.16	0.03	\$0.000
002952 DRESSING 1000 ISLAND	TABLESPOONS	500	50	0.75	100	2.00	*N/A*	4.00	0.00	5	4.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	45	0.50	120	*N/A*	*N/A*	4.50	0.00	*N/A*	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000230 MILK,1% WHITE	CARTON	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			753	6.87	1357	*44.07	*0.00	22.37	*0.00	*27	113.54	11.33	27.33	*1	580.7	83.54	14.31	\$134.909
% of Calories				8.21%		*23.41 %	*N/A*	26.7%	*0.0%		60.3%		14.5%					
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=0										

Thursday - 10/02/2025

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
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
000392 SANDWICH, GRILLED CHEESE	EACH	1500	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
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

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
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	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	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
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
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
003149 BBQ GRILL MASTER	SERVINGS	500	11195	331.07	3825	*46.28	*0.00	850.53	0.00	2936	112.95	12.72	752.70	*814	567.1	21.83	369.99	\$0.000
Weighted Daily Average			2697	68.79	2673	*44.07	*0.00	177.32	*0.00	*544	117.35	13.34	*156.37	*195	*628.9	*41.52	*64.42	\$0.000
% of Calories				22.96 %		*6.54%	*0.00%	59.2%	*0.0%		17.4%		*23.2%					
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=0										

Friday - 10/03/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003078 TAMALE CHICKEN SALSA VERDE CHEESE LOS CABOS	1 TAMALE	50	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

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003077 TAMALES TWO CHEESE & GREEN CHILI LOS CABOS	1 TAMALES	50	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
000270 VEG, CORN CANNED - USDA	#8 SCOOP	100	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	100	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	100	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	100	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	50	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	50	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	50	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	50	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	100	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	50	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	50	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	30	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	65	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	5	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			1172	13.17	1983	*25.16	*0.09	34.73	*0.00	74	168.13	19.78	48.25	*0	676.9	2934.94	3.30	\$0.000
% of Calories				10.11 %		*8.59%	*0.00%	26.7%	*0.0%		57.4%		16.5%					
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=0										

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

Monday - 10/06/2025 Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000912 CORN DOG, CHICKEN WG 4 OZ (SYSCO CLASSIC)	SERVING	250	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
002189 BREADSTICK, CHEESE 4 BITES	4 EACH	150	280	4.00	540	0.00	*N/A*	12.00	0.00	20	28.00	4.00	16.00	*N/A*	240.0	0.00	1.44	\$0.000
003009 POTATO FRY SIDEWINDER JR SMPLT	1/2 CUP	500	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	300	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	300	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	150	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	150	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	300	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	300	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	300	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
000064 FRUIT, APPLE FRESH	1/2 APPLE	200	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
000086 FRUIT, ORANGES FRESH	EACH	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	200	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	100	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	100	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	100	50	0.75	100	2.00	*N/A*	4.00	0.00	5	4.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000230 MILK,1% WHITE	CARTON	195	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	300	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	5	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
002677 SANDWICH, GRILLED CHEESE	EACH	100	477	16.33	928	*2.00	*N/A*	31.33	*0.00	80	23.00	3.00	25.00	*N/A*	36.0	0.00	1.00	\$0.000
Weighted Daily Average			950	7.81	1423	*66.95	*0.00	26.49	*0.00	*52	154.34	15.95	31.98	*54	509.7	28.87	4.83	\$0.000
% of Calories				7.40%		*28.19 %	*N/A*	25.1%	*0.0%		65.0%		13.5%					
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=0										

Tuesday - 10/07/2025

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001862 PIZZA, WG PEP 5"	EACH	1500	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	1500	360	8.00	510	4.00	*N/A*	17.00	0.00	35	34.00	3.00	20.00	*N/A*	450.0	6.00	2.70	\$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
003210 COOKIE, CHOCOLATE CHIP 1OZ (SYSCO)	EACH	3000	100	1.00	95	9.00	*N/A*	3.00	0.00	10	19.00	2.00	2.00	*N/A*	10.0	0.00	0.80	\$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

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
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
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			922	9.56	1100	*56.02	*0.00	25.59	*0.00	*54	139.28	18.14	42.16	*41	825.0	89.86	5.34	\$0.000
% of Calories				9.33%		*24.30 %	*N/A*	25.0%	*0.0%		60.4%		18.3%					
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=0										

Wednesday - 10/08/2025 Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002533 PANCAKES, BUTTERMILK WG	SERVING 2 EACH	3000	140	0.00	200	6.00	*N/A*	3.00	0.00	0	28.00	2.00	4.00	*N/A*	0.0	0.00	1.44	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003214 SAUSAGE PATTY, CHICKEN FULLY COOKED 1.43OZ (TYSON)	EACH	1500	100	2.00	180	*N/A*	*N/A*	7.00	*N/A*	45	1.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
001917 CHEESE, MOZZARELLA STRING	EACH	1500	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
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 SC	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
002707 JUICE, STRAW/KIWI 4.23 OZ SC	EACH	500	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	10.0	0.00	0.00	\$0.000
000999 JUICE, ORAN/TANG 4.23 OZ SC	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
000984 JUICE, GRAPE 4 OZ SUNCUP	SERVING	500	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	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	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

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	109	1.75	1	*0.02	*0.00	12.25	*0.00	0	0.28	0.05	0.05	*0	1.6	0.16	0.03	\$0.000
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			804	5.00	979	*41.42	*0.00	21.32	*0.00	*40	127.39	*10.32	31.97	*1	*630.7	*76.24	*2.76	\$0.000
% of Calories				5.60%		*20.61 %	*N/A*	23.9%	*0.0%		63.4%		15.9%					
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=0										

Thursday - 10/09/2025 Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003213 OVEN ROASTED CHICKEN W/ MASHED POTATOES	EACH	1500	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
002763 SANDWICH, VEGGIE STACKER	SANDWICH	1500	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
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

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
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
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	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
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
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			895	15.46	2257	*36.18	*0.30	38.88	*0.00	*74	103.03	11.09	*34.53	*116	*545.9	*44.73	*2.61	\$2.850
% of Calories				15.55 %		*16.17 %	*0.27%	39.1%	*0.0%		46.0%		*15.4%					
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=0										

Friday - 10/10/2025 Reimbursable Meal Total 3000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003215 BEEF, TACO (2 PER SERVING)	EACH	1500	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	1500	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
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
000986 CHEESE, CHEDDAR	OZ	3000	81	4.05	202	*N/A*	*N/A*	6.07	0.00	20	0.00	0.00	7.09	*N/A*	0.0	0.00	0.00	\$0.000
002639 FRUIT, FRESH PINEAPPLE TAJIN	#8 SCOOP	1500	69	0.00	76	*0.00	*N/A*	0.00	*0.00	0	17.72	2.53	0.00	*N/A*	25.3	54.52	0.46	\$0.000
003138 PINEAPPLE RAW	1/2C SERVING	1500	60	0.00	1	11.40	0.00	0.00	0.00	0	9.69	1.38	0.46	*N/A*	12.0	5806.00	0.05	\$0.000
000230 MILK,1% WHITE	CARTON	500	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
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			868	8.31	1629	*25.25	*0.12	26.66	*1.07	61	117.45	19.21	42.99	*0	574.9	2933.14	4.08	\$0.000
% of Calories				8.62%		*11.64 %	*0.00%	27.6%	*1.1%		54.1%		19.8%					
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=0										

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

Monday - 10/13/2025 Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003074 Homestyle Chicken Nugget (GK)	5 Each	1500	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	1500	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
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
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
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			823	5.10	1232	*58.56	*0.00	24.28	*0.00	*34	126.53	12.52	31.39	*45	414.4	86.90	6.40	\$0.000
% of Calories				5.58%		*28.46 %	*N/A*	26.6%	*0.0%		61.5%		15.3%					
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=0										

Tuesday - 10/14/2025

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003153 SANDWICH SWISS DUNKER	1/2 SANDWICHES	1500	361	11.01	1360	*1.42	*1.21	22.54	*1.99	82	15.08	2.55	22.24	*0	227.4	*10.49	1.62	\$0.000
002704 SPAGHETTI W/ CHEESE ST SCRATCH	HEAPING # 6 SCP	1500	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
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 COLICHERY 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

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
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			716	7.57	1566	*39.70	*0.60	19.07	*1.00	*55	102.94	15.00	37.81	*41	608.6	*90.87	4.11	\$0.000
% of Calories				9.52%		*22.18 %	*0.67%	24.0%	*1.3%		57.5%		21.1%					
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=0										

Wednesday - 10/15/2025 Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003204 POTATO BBQ CHICKEN BOMB	EACH	1500	596	7.62	1011	*2.00	*N/A*	15.14	*0.00	117	63.84	4.51	47.54	*N/A*	54.2	3.40	4.74	\$0.000
002071 WRAP, VEGETARIAN 2/2	EACH	1500	612	17.51	1165	*0.00	*0.00	35.57	*0.00	80	42.58	6.74	28.70	*0	63.8	113.45	3.93	\$0.000
002984 POTATO MCCAIN SPIRAL FRIES	1/2 cup	3000	188	1.25	450	0.00	*N/A*	10.01	0.00	0	25.01	1.25	2.50	*N/A*	12.5	0.00	0.50	\$0.000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	7	0.01	14	*N/A*	*N/A*	0.07	*0.00	0	1.30	0.77	0.68	*N/A*	22.0	9.87	0.62	\$0.000
001800 VEG, CARROT & CELERY STICKS	SERVING	2000	33	0.00	68	*0.00	*N/A*	0.00	*0.00	0	5.67	1.70	0.57	*N/A*	17.0	3.40	0.20	\$0.000
003165 BAR VEG, PEAS FROZEN SYSCO	.5 CUP	2000	46	0.00	0	0.00	0.00	0.00	0.00	0	7.92	2.64	3.30	*N/A*	9.2	0.00	0.66	\$0.000
002009 VEG, BELL PEPPER STICKS	CUP	2000	24	0.00	2	*N/A*	*N/A*	0.17	*N/A*	0	6.01	1.61	1.20	*N/A*	0.0	80.76	0.00	\$0.000
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	2000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	6.0	3.80	0.00	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	500	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	500	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	109	1.75	1	*0.02	*0.00	12.25	*0.00	0	0.28	0.05	0.05	*0	1.6	0.16	0.03	\$0.000
002952 DRESSING 1000 ISLAND	TABLESPOONS	500	50	0.75	100	2.00	*N/A*	4.00	0.00	5	4.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	45	0.50	120	*N/A*	*N/A*	4.50	0.00	*N/A*	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000230 MILK,1% WHITE	CARTON	500	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
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			1124	14.67	1779	*36.06	*0.00	40.20	*0.00	*105	137.69	14.70	53.93	*1	442.0	141.97	6.44	\$0.000
% of Calories				11.75 %		*12.83 %	*N/A*	32.2%	*0.0%		49.0%		19.2%					
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=0										

Thursday - 10/16/2025

Reimbursable Meal Total 3000

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003211 TURKEY & GRAVY W/ MASHED POTATOES	EACH	1000	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
002777 SANDWICH, PB & GRAPE WG 2.6OZ	EACH	250	300	3.00	280	14.00	*N/A*	17.00	0.00	0	32.00	4.00	8.00	*N/A*	20.0	0.00	1.44	\$0.000
002778 SANDWICH, PB & STRAWWG 2.6OZ	EACH	250	300	3.50	370	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	44.0	0.00	1.00	\$0.000
003176 SANDWICH, PB & CHOCOLATE WG 2.6 OZ	EACH	500	298	3.45	273	10.99	9.53	16.24	0.01	0	32.04	3.74	9.30	*N/A*	46.3	0.00	1.08	\$0.000
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	500	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$0.000
002277 SANDWICH, SB & GRAPE WG 2.8OZ	EACH	500	310	2.00	250	*N/A*	*N/A*	17.00	0.00	0	33.00	5.00	10.00	*N/A*	40.0	0.00	2.70	\$0.000
001917 CHEESE, MOZZARELLA STRING	EACH	2000	60	2.00	210	*N/A*	*N/A*	2.50	0.00	10	1.00	0.00	8.00	*N/A*	200.0	0.00	0.00	\$0.000
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
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	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
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

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	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			699	5.50	1538	*41.11	*4.84	25.59	*0.00	*30	90.46	11.01	*29.39	*60	*644.2	*37.89	*2.86	\$0.000
% of Calories				7.08%		*23.53 %	*0.00%	32.9%	*0.0%		51.8%		*16.8%					
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=0										

Friday - 10/17/2025

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003071 BURRITO SUPER BEEF BEAN CHEESE	SERVINGS	1500	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
003073 QUESADILLA TWO CHEESE & GREEN CHILI LOS CACOS	SERVINGS	1500	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
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

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000630 VEG, JALAPENO PEPPERS	#30 SCOOP	2000	5	0.00	290	*N/A*	*N/A*	0.00	0.00	0	1.00	1.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000777 VEG, OLIVES SLICE	.25 CUP	2000	60	0.00	280	*N/A*	*N/A*	5.01	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
003160 BAR, PINTO BEAN (COLD)	#8 SCOOP	2000	148	0.00	404	*0.18	*0.18	1.50	*0.00	0	27.27	9.03	9.02	*0	0.4	0.02	0.02	\$0.000
003137 CUCUMBER RAW	1/2C SERVING	2000	8	0.00	1	0.90	0.00	0.10	0.00	0	1.90	0.30	0.30	*N/A*	0.0	0.00	0.00	\$0.000
000986 CHEESE, CHEDDAR	OZ	3000	81	4.05	202	*N/A*	*N/A*	6.07	0.00	20	0.00	0.00	7.09	*N/A*	0.0	0.00	0.00	\$0.000
002639 FRUIT, FRESH PINEAPPLE TAJIN	#8 SCOOP	1500	69	0.00	76	*0.00	*N/A*	0.00	*0.00	0	17.72	2.53	0.00	*N/A*	25.3	54.52	0.46	\$0.000
003138 PINEAPPLE RAW	1/2C SERVING	1500	60	0.00	1	11.40	0.00	0.00	0.00	0	9.69	1.38	0.46	*N/A*	12.0	5806.00	0.05	\$0.000
000230 MILK,1% WHITE	CARTON	500	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
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			1078	13.01	1894	*25.30	*0.13	33.53	*0.00	72	147.12	21.77	49.09	*0	462.8	2936.27	16.59	\$0.000
% of Calories				10.86 %		*9.39%	*0.01%	28.0%	*0.0%		54.6%		18.2%					
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=0										

Monday - 10/20/2025

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002678 BURGER, CHEESE	EACH	1500	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	1500	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

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000391 POTATO, SMILES	SERVINGS (6)	3000	130	0.50	180	0.00	*N/A*	4.50	0.00	0	20.00	2.00	2.00	*N/A*	0.0	2.40	0.36	\$0.000
002212 BEAN, VEGETARIAN BAKED LS	1/2 CUP	1500	110	0.00	140	*N/A*	*N/A*	1.00	0.00	0	20.00	5.00	7.00	*N/A*	0.0	0.00	0.00	\$0.000
003064 LETTUCE GREEN LEAF	1/2 cup	1500	4	0.00	7	0.19	0.00	0.04	0.00	0	0.69	0.31	0.33	89	8.6	2.21	0.21	\$0.000
002408 VEG, CARROTS RANCH	BAG	1500	25	0.00	200	4.00	*N/A*	0.00	0.00	0	7.00	2.00	1.00	*N/A*	20.0	4.80	0.36	\$0.000
002407 VEG, CARROTS CHILI LIME	BAG	1500	25	0.00	200	4.00	*N/A*	0.00	0.00	0	6.00	2.00	1.00	*N/A*	20.0	4.80	0.36	\$0.000
000097 FRUIT, RAISINS	BOX	1500	129	0.04	11	28.03	0.00	0.11	0.00	0	34.11	1.94	1.42	0	26.7	0.99	0.77	\$0.000
002587 FRUIT, DRIED CRANBERRIES	SERVING	1500	92	0.00	2	22.00	*N/A*	0.00	0.00	0	25.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002669 FRUIT, APPLESAUCE USDA	#8 SCOOP	1000	58	0.00	2	12.44	*N/A*	0.00	0.00	0	15.84	1.13	0.00	*N/A*	0.0	2.71	2.04	\$0.000
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK KIKKOMAN	SERVING	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			948	7.28	1350	*62.56	*0.00	25.54	*0.00	*42	145.93	19.26	41.58	*45	450.3	42.20	7.87	\$0.000
% of Calories				6.91%		*26.40 %	*N/A*	24.2%	*0.0%		61.6%		17.5%					
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=0										

Tuesday - 10/21/2025 Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001488 CHICKEN, ORANGE MANDARIN nood	SERVING	1500	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	1500	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
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	30	0.06	7	*N/A*	*N/A*	0.20	*N/A*	1	6.67	0.18	0.42	*N/A*	1.5	0.12	0.18	\$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, BROCCOLI 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

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000086 FRUIT, ORANGES FRESH	EACH	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			996	3.70	2163	*55.46	*17.60	28.52	*0.00	*30	155.54	17.00	41.15	*41	430.4	81.37	6.24	\$0.000
% of Calories				3.34%		*22.27 %	*N/A*	25.8%	*0.0%		62.5%		16.5%					
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=0										

Wednesday - 10/22/2025

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002949 HOT POCKET SANDWICH PEPPERONI	EACH	1500	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	1500	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
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

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001800 VEG, CARROT & CELERY STICKS	SERVING	2000	33	0.00	68	*0.00	*N/A*	0.00	*0.00	0	5.67	1.70	0.57	*N/A*	17.0	3.40	0.20	\$0.000
003165 BAR VEG, PEAS FROZEN SYSCO	.5 CUP	2000	46	0.00	0	0.00	0.00	0.00	0.00	0	7.92	2.64	3.30	*N/A*	9.2	0.00	0.66	\$0.000
002009 VEG, BELL PEPPER STICKS	CUP	2000	24	0.00	2	*N/A*	*N/A*	0.17	*N/A*	0	6.01	1.61	1.20	*N/A*	0.0	80.76	0.00	\$0.000
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	2000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	6.0	3.80	0.00	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	500	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	500	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	109	1.75	1	*0.02	*0.00	12.25	*0.00	0	0.28	0.05	0.05	*0	1.6	0.16	0.03	\$0.000
002952 DRESSING 1000 ISLAND	TABLESPOONS	500	50	0.75	100	2.00	*N/A*	4.00	0.00	5	4.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	45	0.50	120	*N/A*	*N/A*	4.50	0.00	*N/A*	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000230 MILK,1% WHITE	CARTON	900	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			752	7.00	1364	*44.07	*0.00	22.10	*0.00	*29	113.40	11.06	27.60	*1	594.0	83.70	14.17	\$134.909
% of Calories				8.38%		*23.44 %	*N/A*	26.4%	*0.0%		60.3%		14.7%					
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=0										

Thursday - 10/23/2025

Reimbursable Meal Total 3000

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002018 CHICKEN FRIED CHICKEN W/ MASHED POTATOES	EACH	1500	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
000392 SANDWICH, GRILLED CHEESE	EACH	1500	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
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
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	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
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
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

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK KIKKOMAN	SERVING	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			915	15.54	2387	*36.36	*0.00	39.31	*0.00	*60	108.88	11.68	*33.48	*60	*557.9	*42.63	*2.95	\$0.000
% of Calories				15.29 %		*15.90 %	*0.00%	38.7%	*0.0%		47.6%		*14.6%					
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=0										

Friday - 10/24/2025

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003078 TAMALE CHICKEN SALSA VERDE CHEESE LOS CABOS	1 TAMALE	1500	309	6.53	622	1.06	0.00	13.76	0.00	56	28.40	2.70	17.27	*N/A*	202.6	3.59	1.37	\$0.000
003077 TAMALE TWO CHEESE & GREEN CHILI LOS CABOS	1 TAMALE	1500	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
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

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
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			1015	12.84	1956	*25.40	*0.12	32.01	*0.00	74	137.75	18.15	45.67	*0	669.4	2934.47	2.50	\$0.000
% of Calories				11.39 %		*10.01 %	*0.00%	28.4%	*0.0%		54.3%		18.0%					
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=0										

Monday - 10/27/2025

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000912 CORN DOG, CHICKEN WG 4 OZ (SYSCO CLASSIC)	SERVING	1500	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	1500	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
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000097 FRUIT, RAISINS	BOX	1500	129	0.04	11	28.03	0.00	0.11	0.00	0	34.11	1.94	1.42	0	26.7	0.99	0.77	\$0.000
002587 FRUIT, DRIED CRANBERRIES	SERVING	1500	92	0.00	2	22.00	*N/A*	0.00	0.00	0	25.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002669 FRUIT, APPLESAUCE USDA	#8 SCOOP	1000	58	0.00	2	12.44	*N/A*	0.00	0.00	0	15.84	1.13	0.00	*N/A*	0.0	2.71	2.04	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000064 FRUIT, APPLE FRESH	1/2 APPLE	1000	50	0.00	1	9.54	*N/A*	0.00	0.00	0	12.65	2.02	0.01	*N/A*	10.2	4.58	0.18	\$0.000
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	109	1.75	1	*0.02	*0.00	12.25	*0.00	0	0.28	0.05	0.05	*0	1.6	0.16	0.03	\$0.000
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	45	0.50	120	*N/A*	*N/A*	4.50	0.00	*N/A*	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002952 DRESSING 1000 ISLAND	TABLESPOONS	500	50	0.75	100	2.00	*N/A*	4.00	0.00	5	4.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
000230 MILK,1% WHITE	CARTON	900	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			963	7.61	1571	*61.12	*0.00	24.02	*0.00	*52	162.08	16.42	32.12	*45	643.9	39.85	5.19	\$0.000
% of Calories				7.11%		*25.39 %	*N/A*	22.4%	*0.0%		67.3%		13.3%					
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=0										

Tuesday - 10/28/2025

Reimbursable Meal Total 3000

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001862 PIZZA, WG PEP 5"	EACH	1500	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	1500	360	8.00	510	4.00	*N/A*	17.00	0.00	35	34.00	3.00	20.00	*N/A*	450.0	6.00	2.70	\$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
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 COL 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

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK KIKKOMAN	SERVING	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			822	8.56	1005	*47.02	*0.00	22.59	*0.00	*44	120.28	16.14	40.16	*41	815.0	89.86	4.54	\$0.000
% of Calories				9.37%		*22.88 %	*N/A*	24.7%	*0.0%		58.5%		19.5%					
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=0										

Wednesday - 10/29/2025

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002533 PANCAKES, BUTTERMILK WG	SERVING 2 EACH	3000	140	0.00	200	6.00	*N/A*	3.00	0.00	0	28.00	2.00	4.00	*N/A*	0.0	0.00	1.44	\$0.000
003214 SAUSAGE PATTY, CHICKEN FULLY COOKED 1.43OZ (TYSON)	EACH	1500	100	2.00	180	*N/A*	*N/A*	7.00	*N/A*	45	1.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
001917 CHEESE, MOZZARELLA STRING	EACH	1500	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
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 SC	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
002707 JUICE, STRAW/KIWI 4.23 OZ SC	EACH	500	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	10.0	0.00	0.00	\$0.000
000999 JUICE, ORAN/TANG 4.23 OZ SC	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
000984 JUICE, GRAPE 4 OZ SUNCUP	SERVING	500	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	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

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
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			804	5.00	979	*41.42	*0.00	21.32	*0.00	*40	127.39	*10.32	31.97	*1	*630.7	*76.24	*2.76	\$0.000
% of Calories				5.60%		*20.61 %	*N/A*	23.9%	*0.0%		63.4%		15.9%					
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=0										

Thursday - 10/30/2025

Reimbursable Meal Total 3000

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003213 OVEN ROASTED CHICKEN W/ MASHED POTATOES	EACH	1500	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
002763 SANDWICH, VEGGIE STACKER	SANDWICH	1500	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
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
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	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
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
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			895	15.46	2257	*36.18	*0.30	38.88	*0.00	*74	103.03	11.09	*34.53	*116	*545.9	*44.73	*2.61	\$2.850
% of Calories				15.55 %		*16.17 %	*0.27%	39.1%	*0.0%		46.0%		*15.4%					
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=0										

Friday - 10/31/2025 Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003215 BEEF, TACO (2 PER SERVING)	EACH	1500	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	1500	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
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
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
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			867	8.44	1636	*25.25	*0.12	26.39	*1.07	63	117.32	18.94	43.26	*0	588.2	2933.30	3.94	\$0.000
% of Calories				8.76%		*11.65 %	*0.00%	27.4%	*1.1%		54.1%		20.0%					
Weekly Nutrient Guideline			550 - 650	<10	1110		<10	<=0										

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages		977	12	1656	*42.38	*1.05	34.64	*0.14	*75	127.69	*14.97	*42.99	*39	*585.7	*691.09	*8.30	\$11.979
% of Calories			10.91%		*17.35 %	*N/A*	31.9%	*0.1%		52.3%		*17.6%					

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes required nutrient values
Added Sugars target is informational only, with an effective date of July 1, 2027.

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