

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 28, 2026

Menu Name:	Nutrient Info Lunch	Include Cost:	No
Site:			
Use Alternate Menu Name:	No		

Monday - 02/02/2026Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990393 2-Chicken and Waffle	serving	1	466	4.67	547	12.87	0.00	22.02	0.00	37	46.89	4.60	18.88	*N/A*	42.7	0.00	1.56
990117 2-Pizza, Pepperoni-homemade	each	1	347	6.32	742	5.36	0.00	12.50	0.00	32	32.22	3.28	25.32	*N/A*	9.8	0.02	1.49
002018 2-Honey BBQ Pork Rib Sandwich	each	1	413	6.07	848	13.11	0.00	19.21	0.00	25	42.14	4.01	20.16	*N/A*	220.2	1.22	2.89
990557 2-Burrito, Los Cabos	each	1	296	4.05	499	1.09	0.00	8.94	0.00	18	40.86	8.81	15.12	*N/A*	200.0	1.20	2.70
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
001036 .																	
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	10.51	0.00	0.17	0.00	0	13.98	2.40	0.26	*N/A*	6.0	4.61	0.12
002590 2-Juice,Fruit Punch,4oz	1/2 cup	1	60	0.00	15	15.00	0.00	0.00	0.00	0	14.00	0.00	0.00	*N/A*	0.0	1.20	0.00
003505 2-Carrots, Baby	1/2 cup	1	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
990136 2-Beans, Seasoned Pinto	1/2 cup	1	546	0.00	771	0.00	0.00	3.11	0.00	0	92.95	48.29	26.99	*N/A*	340.8	0.16	9.00
001039 TOTAL																	

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Portion Values

Feb 2, 2026 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000804 2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000470 2-Soy Sauce packet	.5 oz	1	0	0.00	6	0.00	0.00	0.00	0.00	0	0.01	0.00	0.01	*N/A*	0.0	0.00	0.00
001039 TOTAL																	
001036 .																	
Weighted Daily Average			3186	31.17	4694	118.65	0.00	110.80	0.00	132	396.06	81.57	150.35	*0	1621.2	9.60	20.94
% of Calories				8.81%		14.90%	0.00%	31.3%	0.0%		49.7%		18.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Tuesday - 02/03/2026

Reimbursable Meal Total 4

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990626 Shepherd's Pie	serving	1	899	11.79	3522	4.43	0.00	27.18	1.00	56	132.43	10.76	27.01	*0	239.2	103.28	4.66
990388 2-Cheeseburger on a bun (Steak Burger Patty) Delux	1 each	1	434	9.50	1133	5.30	0.00	22.80	0.00	79	35.44	3.69	27.80	*0	341.3	4.69	3.88
001104 2-Wrap,Spicy Chicken	1 each	1	597	7.51	1158	2.09	0.00	28.54	0.00	40	55.32	5.16	23.21	*0	128.9	0.92	3.93

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Feb 2, 2026 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
002524 2-Corn Dog-only	1 each	1	240	2.50	470	7.00	0.00	9.00	0.00	40	30.00	2.00	9.00	*N/A*	100.0	0.00	1.50
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000477 2-Peaches, sliced, canned	1/2 cup	1	55	0.00	0	10.90	0.00	0.00	0.00	0	13.09	1.09	1.09	*N/A*	0.0	1.31	0.00
004515 2-Juice, Apple (4oz.)	1/2 cup	4	50	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001676 2-Beans, Green, canned	1/2 cup	1	21	0.00	146	2.09	0.00	0.00	0.00	0	4.18	2.09	1.04	*N/A*	20.9	2.51	0.75
003505 2-Carrots, Baby	1/2 cup	4	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	12	0.00	199	1.30	0.00	0.10	0.00	0	2.44	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000804 2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			964	10.96	2102	46.59	0.00	35.56	0.25	65	123.54	10.52	38.42	*0	584.9	29.95	4.61
% of Calories				10.23 %		19.33%	0.00%	33.2%	0.2%		51.3%		15.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Wednesday - 02/04/2026 Reimbursable Meal Total 4

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990613 2-Pasta w/Meat Sauce-elbow	serving	1	1094	8.86	544	3.80	0.00	21.26	0.00	73	179.37	10.56	50.55	*0	225.0	0.08	9.94
990614 2-Pasta, Meatless-elbow	serving	1	1023	7.30	486	3.80	0.00	18.15	0.00	48	177.33	9.04	41.36	*0	414.6	0.08	6.90
002525 2-Chicken, Spicy Sandwich Deluxe	each	1	442	3.00	799	6.30	0.00	17.10	0.00	25	50.44	6.69	22.50	*N/A*	247.7	4.69	4.68
990117 2-Pizza, Pepperoni-homemade	each	1	347	6.32	742	5.36	0.00	12.50	0.00	32	32.22	3.28	25.32	*N/A*	9.8	0.02	1.49
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000813 2-Raisins,Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0.00	0.00	0.00	0.00	0	27.18	1.75	0.88	*N/A*	17.5	0.00	0.95
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	4	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
990452 2-Celery & Carrot Sticks	1/2 cup	4	22	0.01	59	2.43	0.40	0.17	0.00	0	4.98	1.74	0.64	*N/A*	28.8	2.34	0.20

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Feb 2, 2026 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990350 2-Chickpeas Roasted, Italian Seasoning	Serving-1/2 cup	1	186	1.25	171	1.22	0.00	9.33	0.00	0	19.85	6.12	6.12	*N/A*	48.9	0.00	1.81
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	12	0.00	199	1.30	0.00	0.10	0.00	0	2.44	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	2	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			1228	10.21	1196	42.68	0.40	35.35	0.00	56	176.68	13.28	52.98	*0	647.0	75.33	7.57
% of Calories				7.48%		13.90%	0.00%	25.9%	0.0%		57.6%		17.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Thursday - 02/05/2026

Reimbursable Meal Total 4

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990644 Sweet/Sour Beef w/Veggie Rice	serving	1	422	5.34	982	18.78	0.00	12.99	0.76	61	48.05	6.20	26.04	*N/A*	51.6	3.36	3.00
990333 2-Chicken Nuggets w/ Fries & Dinner Roll	serving	1	458	2.83	638	4.36	0.00	19.62	0.00	22	52.52	5.89	20.64	*0	43.4	0.00	3.29

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Feb 2, 2026 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990641 Grilled Cheese & Tomato Soup	serving	1	543	14.03	1890	14.97	0.00	31.08	0.00	50	54.29	4.91	19.83	*0	358.3	0.00	2.15
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000493 2-Pear, diced, canned	1/2 cup	1	63	0.00	0	0.00	0.00	0.00	0.00	0	17.12	2.70	0.00	*N/A*	11.7	1.08	0.00
002590 2-Juice,Fruit Punch,4oz	1/2 cup	4	60	0.00	15	15.00	0.00	0.00	0.00	0	14.00	0.00	0.00	*N/A*	0.0	1.20	0.00
001589 2-Broccoli,Fresh,Raw	1/2 cup	4	11	0.00	10	0.54	0.00	0.12	0.00	0	2.09	0.83	0.89	*N/A*	14.9	28.11	0.23
001681 2-Corn	1/2 cup	4	111	0.00	18	3.69	0.00	0.92	0.00	0	16.61	1.85	1.85	*N/A*	36.9	0.00	0.00
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000470 2-Soy Sauce packet	.5 oz	1	0	0.00	6	0.00	0.00	0.00	0.00	0	0.01	0.00	0.01	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			875	8.69	1279	51.31	0.00	30.52	0.19	44	111.44	9.61	34.90	*0	543.4	31.02	3.22
% of Calories				8.94%		23.46%	0.00%	31.4%	0.2%		50.9%		16.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Feb 2, 2026 thru Feb 28, 2026

Friday - 02/06/2026

Reimbursable Meal Total 4

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990631 Chili Cheese Fries w/Roll	serving	1	633	13.64	1069	11.41	0.00	34.77	1.26	94	50.33	4.36	28.78	*0	455.5	6.22	4.96
002525 2-Chicken, Spicy Sandwich Deluxe	each	1	442	3.00	799	6.30	0.00	17.10	0.00	25	50.44	6.69	22.50	*N/A*	247.7	4.69	4.68
990117 2-Pizza, Pepperoni-homemade	each	1	347	6.32	742	5.36	0.00	12.50	0.00	32	32.22	3.28	25.32	*N/A*	9.8	0.02	1.49
990346 2-Breaded Cheese Pocket	serving	1	290	3.11	476	2.07	1.04	10.35	0.00	36	28.99	0.00	19.67	*N/A*	469.0	0.00	2.07
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
002424 2-Mixed Fruit Cup	1/2 cup	1	70	0.00	0	4.98	0.00	0.00	0.00	0	16.94	1.00	0.00	*N/A*	5.0	1.20	0.00
004515 2-Juice, Apple (4oz.)	1/2 cup	4	50	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000275 2-Peas	1/2 cup	1	91	0.00	112	5.96	0.00	0.00	0.00	0	16.38	5.96	5.96	*N/A*	6.1	0.00	0.33
003505 2-Carrots, Baby	1/2 cup	1	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	12	0.00	199	1.30	0.00	0.10	0.00	0	2.44	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36

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Portion Values

Feb 2, 2026 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			835	9.28	1208	45.02	0.26	30.29	0.32	58	99.94	8.04	41.33	*0	675.6	4.80	4.31
% of Calories				10.00 %		21.57%	0.00%	32.6%	0.3%		47.9%		19.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Monday - 02/09/2026

Reimbursable Meal Total 4

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
002967 2-Chicken,Mand Orange w/Rice	serving	1	379	3.49	227	9.18	0.00	4.23	0.00	56	65.73	2.36	19.34	*N/A*	20.4	0.00	3.80
002623 2-Beef Rib Grill Honey BBQ Sandwich-only	1 each	1	360	4.00	870	14.00	0.00	12.00	0.00	40	44.00	5.00	21.00	*N/A*	240.0	1.20	3.60
990530 2-Pizza, Cheese - Homemade	each	1	316	5.12	622	5.36	0.00	9.62	0.00	25	32.22	3.28	24.12	*N/A*	9.8	0.02	1.49
990557 2-Burrito, Los Cabos	each	1	296	4.05	499	1.09	0.00	8.94	0.00	18	40.86	8.81	15.12	*N/A*	200.0	1.20	2.70
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	4	53	0.00	1	10.51	0.00	0.17	0.00	0	13.98	2.40	0.26	*N/A*	6.0	4.61	0.12
002590 2-Juice,Fruit Punch,4oz	1/2 cup	4	60	0.00	15	15.00	0.00	0.00	0.00	0	14.00	0.00	0.00	*N/A*	0.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
003505 2-Carrots, Baby	1/2 cup	4	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
990136 2-Beans, Seasoned Pinto	1/2 cup	1	546	0.00	771	0.00	0.00	3.11	0.00	0	92.95	48.29	26.99	*N/A*	340.8	0.16	9.00
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
000470 2-Soy Sauce packet	.5 oz	1	0	0.00	6	0.00	0.00	0.00	0.00	0	0.01	0.00	0.01	*N/A*	0.0	0.00	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000804 2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	2	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			955	7.68	1237	59.23	0.00	25.30	0.00	46	139.48	23.49	42.91	*0	584.2	7.05	6.15
% of Calories				7.24%		24.81%	0.00%	23.8%	0.0%		58.4%		18.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Tuesday - 02/10/2026

Reimbursable Meal Total 4

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Feb 2, 2026 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
001210 2-Chicken w/Mashed Potato Bowl	Serving	1	714	7.78	3757	3.54	0.00	27.65	0.00	33	92.66	5.39	28.43	*0	37.5	41.14	2.84
002174 2-Turkey & Cheese Sandwich	1 each	1	333	2.50	1504	4.08	0.00	6.52	0.00	63	39.36	4.13	30.89	*0	160.8	0.92	1.54
001965 Sloppy Joe	Serving	1	248	2.01	244	4.46	*0.00	8.02	1.00	26	32.49	3.24	14.24	*0	223.6	0.29	3.69
002524 2-Corn Dog-only	1 each	1	240	2.50	470	7.00	0.00	9.00	0.00	40	30.00	2.00	9.00	*N/A*	100.0	0.00	1.50
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000477 2-Peaches, sliced, canned	1/2 cup	1	55	0.00	0	10.90	0.00	0.00	0.00	0	13.09	1.09	1.09	*N/A*	0.0	1.31	0.00
004515 2-Juice, Apple (4oz.)	1/2 cup	4	50	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001676 2-Beans, Green, canned	1/2 cup	1	21	0.00	146	2.09	0.00	0.00	0.00	0	4.18	2.09	1.04	*N/A*	20.9	2.51	0.75
003505 2-Carrots, Baby	1/2 cup	4	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Feb 2, 2026 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001870 2-Ranch packet, 12 gram	ea	2	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			818	7.21	1971	46.08	*0.00	28.45	0.25	52	108.01	8.63	37.18	*0	511.1	12.14	3.46
% of Calories				7.93%		22.53%	*0.00%	31.3%	0.3%		52.8%		18.2%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Wednesday - 02/11/2026

Reimbursable Meal Total 4

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
990425 2-Spaghetti w/Meatballs (All Natural)	serving	1	1122	10.30	1018	0.00	0.00	33.23	0.50	68	173.76	25.33	52.53	*0	227.0	18.50	16.61
990376 2-Meatless Pasta-spaghetti	serving	1	1004	8.61	1028	0.00	0.00	24.35	0.00	56	170.40	25.34	46.63	*0	409.7	18.72	15.62
990388 2-Cheeseburger on a bun (Steak Burger Patty) Delux	1 each	1	434	9.50	1133	5.30	0.00	22.80	0.00	79	35.44	3.69	27.80	*0	341.3	4.69	3.88
001231 2-Vegetarian Wrap	1 each	1	594	13.51	1621	3.16	0.00	37.56	0.00	55	47.28	4.94	17.35	*0	296.0	12.60	1.73
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000813 2-Raisins, Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0.00	0.00	0.00	0.00	0	27.18	1.75	0.88	*N/A*	17.5	0.00	0.95
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	4	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
990452 2-Celery & Carrot Sticks	1/2 cup	4	22	0.01	59	2.43	0.40	0.17	0.00	0	4.98	1.74	0.64	*N/A*	28.8	2.34	0.20

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990350 2-Chickpeas Roasted, Italian Seasoning	Serving-1/2 cup	1	186	1.25	171	1.22	0.00	9.33	0.00	0	19.85	6.12	6.12	*N/A*	48.9	0.00	1.81
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	12	0.00	199	1.30	0.00	0.10	0.00	0	2.44	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000804 2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	2	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			1290	14.32	1769	39.98	0.40	47.58	0.12	76	173.56	20.71	54.13	*0	741.3	87.74	11.27
% of Calories				9.99%		12.40%	0.00%	33.2%	0.1%		53.8%		16.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Thursday - 02/12/2026

Reimbursable Meal Total 4

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
990639 Birria Ramen	Servings	1	186	1.25	2234	2.37	0.00	6.29	0.00	56	11.13	2.45	18.99	*0	64.5	0.31	4.20

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Feb 2, 2026 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)
002525 2-Chicken, Spicy Sandwich Deluxe	each	1	442	3.00	799	6.30	0.00	17.10	0.00	25	50.44	6.69	22.50	*N/A*	247.7	4.69	4.68
990109 2-Grilled Ham & Cheese - lunch	ea	1	364	7.29	1027	4.76	0.00	20.24	0.00	39	33.76	4.00	17.33	*0	145.0	0.00	2.27
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000493 2-Pear, diced, canned	1/2 cup	1	63	0.00	0	0.00	0.00	0.00	0.00	0	17.12	2.70	0.00	*N/A*	11.7	1.08	0.00
002590 2-Juice,Fruit Punch,4oz	1/2 cup	4	60	0.00	15	15.00	0.00	0.00	0.00	0	14.00	0.00	0.00	*N/A*	0.0	1.20	0.00
001589 2-Broccoli,Fresh,Raw	1/2 cup	4	11	0.00	10	0.54	0.00	0.12	0.00	0	2.09	0.83	0.89	*N/A*	14.9	28.11	0.23
001681 2-Corn	1/2 cup	4	111	0.00	18	3.69	0.00	0.92	0.00	0	16.61	1.85	1.85	*N/A*	36.9	0.00	0.00
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	12	0.00	199	1.30	0.00	0.10	0.00	0	2.44	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001870 2-Ranch packet, 12 gram	ea	2	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			790	6.40	1508	45.71	0.00	27.53	0.00	41	97.92	8.82	33.10	*0	546.4	32.60	3.94
% of Calories				7.29%		23.14%	0.00%	31.4%	0.0%		49.6%		16.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Friday - 02/13/2026

Reimbursable Meal Total 4

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
990622 2-Pozole Chicken Verde	serving	1	519	2.79	1236	85.13	0.80	17.78	0.00	69	70.66	7.14	22.70	*0	162.0	51.37	3.94
990426 2-Fish Filet on Bun w/Tarter Sauce	Each	1	422	2.34	549	4.74	0.00	18.35	0.00	43	46.94	5.01	21.02	*0	210.2	0.13	2.90
990625 Wrap, Mac Burger	1 each	1	512	8.30	999	4.38	0.00	28.00	1.00	45	45.59	3.29	15.50	*0	121.8	6.19	3.39
990346 2-Breaded Cheese Pocket	serving	1	290	3.11	476	2.07	1.04	10.35	0.00	36	28.99	0.00	19.67	*N/A*	469.0	0.00	2.07
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
002424 2-Mixed Fruit Cup	1/2 cup	1	70	0.00	0	4.98	0.00	0.00	0.00	0	16.94	1.00	0.00	*N/A*	5.0	1.20	0.00
004515 2-Juice, Apple (4oz.)	1/2 cup	4	50	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000275 2-Peas	1/2 cup	1	91	0.00	112	5.96	0.00	0.00	0.00	0	16.38	5.96	5.96	*N/A*	6.1	0.00	0.33

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
003505 2-Carrots, Baby	1/2 cup	1	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0.00	0.00	0.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			821	6.65	1202	62.25	0.46	28.46	0.25	58	106.63	8.14	36.86	*0	618.9	15.32	4.04
% of Calories				7.29%		30.33%	0.00%	31.2%	0.3%		52.0%		18.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Monday - 02/16/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990393 2-Chicken and Waffle	serving	1	466	4.67	547	12.87	0.00	22.02	0.00	37	46.89	4.60	18.88	*N/A*	42.7	0.00	1.56
990117 2-Pizza, Pepperoni-homemade	each	1	347	6.32	742	5.36	0.00	12.50	0.00	32	32.22	3.28	25.32	*N/A*	9.8	0.02	1.49
002018 2-Honey BBQ Pork Rib Sandwich	each	1	413	6.07	848	13.11	0.00	19.21	0.00	25	42.14	4.01	20.16	*N/A*	220.2	1.22	2.89
990557 2-Burrito, Los Cabos	each	1	296	4.05	499	1.09	0.00	8.94	0.00	18	40.86	8.81	15.12	*N/A*	200.0	1.20	2.70
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Feb 2, 2026 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990392 Other																	
001039 TOTAL																	
001036 .																	
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	10.51	0.00	0.17	0.00	0	13.98	2.40	0.26	*N/A*	6.0	4.61	0.12
002590 2-Juice,Fruit Punch,4oz	1/2 cup	1	60	0.00	15	15.00	0.00	0.00	0.00	0	14.00	0.00	0.00	*N/A*	0.0	1.20	0.00
003505 2-Carrots, Baby	1/2 cup	1	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
990136 2-Beans, Seasoned Pinto	1/2 cup	1	546	0.00	771	0.00	0.00	3.11	0.00	0	92.95	48.29	26.99	*N/A*	340.8	0.16	9.00
001039 TOTAL																	
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000804 2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000470 2-Soy Sauce packet	.5 oz	1	0	0.00	6	0.00	0.00	0.00	0.00	0	0.01	0.00	0.01	*N/A*	0.0	0.00	0.00
001039 TOTAL																	

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001036 .																	
Weighted Daily Average			3186	31.17	4694	118.65	0.00	110.80	0.00	132	396.06	81.57	150.35	*0	1621.2	9.60	20.94
% of Calories				8.81%		14.90%	0.00%	31.3%	0.0%		49.7%		18.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Tuesday - 02/17/2026 Reimbursable Meal Total 4

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990626 Shepherd's Pie	serving	1	899	11.79	3522	4.43	0.00	27.18	1.00	56	132.43	10.76	27.01	*0	239.2	103.28	4.66
990388 2-Cheeseburger on a bun (Steak Burger Patty) Delux	1 each	1	434	9.50	1133	5.30	0.00	22.80	0.00	79	35.44	3.69	27.80	*0	341.3	4.69	3.88
001104 2-Wrap,Spicy Chicken	1 each	1	597	7.51	1158	2.09	0.00	28.54	0.00	40	55.32	5.16	23.21	*0	128.9	0.92	3.93
002524 2-Corn Dog-only	1 each	1	240	2.50	470	7.00	0.00	9.00	0.00	40	30.00	2.00	9.00	*N/A*	100.0	0.00	1.50
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000477 2-Peaches, sliced, canned	1/2 cup	1	55	0.00	0	10.90	0.00	0.00	0.00	0	13.09	1.09	1.09	*N/A*	0.0	1.31	0.00
004515 2-Juice, Apple (4oz.)	1/2 cup	4	50	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001676 2-Beans, Green, canned	1/2 cup	1	21	0.00	146	2.09	0.00	0.00	0.00	0	4.18	2.09	1.04	*N/A*	20.9	2.51	0.75

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
003505 2-Carrots, Baby	1/2 cup	4	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	12	0.00	199	1.30	0.00	0.10	0.00	0	2.44	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000804 2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			964	10.96	2102	46.59	0.00	35.56	0.25	65	123.54	10.52	38.42	*0	584.9	29.95	4.61
% of Calories				10.23 %		19.33%	0.00%	33.2%	0.2%		51.3%		15.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Wednesday - 02/18/2026 Reimbursable Meal Total 4

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990613 2-Pasta w/Meat Sauce-elbow	serving	1	1094	8.86	544	3.80	0.00	21.26	0.00	73	179.37	10.56	50.55	*0	225.0	0.08	9.94

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Feb 2, 2026 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990614 2-Pasta, Meatless-elbow	serving	1	1023	7.30	486	3.80	0.00	18.15	0.00	48	177.33	9.04	41.36	*0	414.6	0.08	6.90
002525 2-Chicken, Spicy Sandwich Deluxe	each	1	442	3.00	799	6.30	0.00	17.10	0.00	25	50.44	6.69	22.50	*N/A*	247.7	4.69	4.68
990117 2-Pizza, Pepperoni-homemade	each	1	347	6.32	742	5.36	0.00	12.50	0.00	32	32.22	3.28	25.32	*N/A*	9.8	0.02	1.49
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000813 2-Raisins,Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0.00	0.00	0.00	0.00	0	27.18	1.75	0.88	*N/A*	17.5	0.00	0.95
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	4	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
990452 2-Celery & Carrot Sticks	1/2 cup	4	22	0.01	59	2.43	0.40	0.17	0.00	0	4.98	1.74	0.64	*N/A*	28.8	2.34	0.20
990350 2-Chickpeas Roasted, Italian Seasoning	Serving-1/2 cup	1	186	1.25	171	1.22	0.00	9.33	0.00	0	19.85	6.12	6.12	*N/A*	48.9	0.00	1.81
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	12	0.00	199	1.30	0.00	0.10	0.00	0	2.44	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001870 2-Ranch packet, 12 gram	ea	2	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			1228	10.21	1196	42.68	0.40	35.35	0.00	56	176.68	13.28	52.98	*0	647.0	75.33	7.57
% of Calories				7.48%		13.90%	0.00%	25.9%	0.0%		57.6%		17.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Thursday - 02/19/2026

Reimbursable Meal Total 4

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990644 Sweet/Sour Beef w/Veggie Rice	serving	1	422	5.34	982	18.78	0.00	12.99	0.76	61	48.05	6.20	26.04	*N/A*	51.6	3.36	3.00
990333 2-Chicken Nuggets w/ Fries & Dinner Roll	serving	1	458	2.83	638	4.36	0.00	19.62	0.00	22	52.52	5.89	20.64	*0	43.4	0.00	3.29
990641 Grilled Cheese & Tomato Soup	serving	1	543	14.03	1890	14.97	0.00	31.08	0.00	50	54.29	4.91	19.83	*0	358.3	0.00	2.15
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000493 2-Pear, diced, canned	1/2 cup	1	63	0.00	0	0.00	0.00	0.00	0.00	0	17.12	2.70	0.00	*N/A*	11.7	1.08	0.00
002590 2-Juice,Fruit Punch,4oz	1/2 cup	4	60	0.00	15	15.00	0.00	0.00	0.00	0	14.00	0.00	0.00	*N/A*	0.0	1.20	0.00
001589 2-Broccoli,Fresh,Raw	1/2 cup	4	11	0.00	10	0.54	0.00	0.12	0.00	0	2.09	0.83	0.89	*N/A*	14.9	28.11	0.23
001681 2-Corn	1/2 cup	4	111	0.00	18	3.69	0.00	0.92	0.00	0	16.61	1.85	1.85	*N/A*	36.9	0.00	0.00

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Feb 2, 2026 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000470 2-Soy Sauce packet	.5 oz	1	0	0.00	6	0.00	0.00	0.00	0.00	0	0.01	0.00	0.01	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			875	8.69	1279	51.31	0.00	30.52	0.19	44	111.44	9.61	34.90	*0	543.4	31.02	3.22
% of Calories				8.94%		23.46%	0.00%	31.4%	0.2%		50.9%		16.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Friday - 02/20/2026

Reimbursable Meal Total 4

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990631 Chili Cheese Fries w/Roll	serving	1	633	13.64	1069	11.41	0.00	34.77	1.26	94	50.33	4.36	28.78	*0	455.5	6.22	4.96
002525 2-Chicken, Spicy Sandwich Deluxe	each	1	442	3.00	799	6.30	0.00	17.10	0.00	25	50.44	6.69	22.50	*N/A*	247.7	4.69	4.68
990117 2-Pizza, Pepperoni-homemade	each	1	347	6.32	742	5.36	0.00	12.50	0.00	32	32.22	3.28	25.32	*N/A*	9.8	0.02	1.49
990346 2-Breaded Cheese Pocket	serving	1	290	3.11	476	2.07	1.04	10.35	0.00	36	28.99	0.00	19.67	*N/A*	469.0	0.00	2.07

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
002424 2-Mixed Fruit Cup	1/2 cup	1	70	0.00	0	4.98	0.00	0.00	0.00	0	16.94	1.00	0.00	*N/A*	5.0	1.20	0.00
004515 2-Juice, Apple (4oz.)	1/2 cup	4	50	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000275 2-Peas	1/2 cup	1	91	0.00	112	5.96	0.00	0.00	0.00	0	16.38	5.96	5.96	*N/A*	6.1	0.00	0.33
003505 2-Carrots, Baby	1/2 cup	1	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	12	0.00	199	1.30	0.00	0.10	0.00	0	2.44	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			835	9.28	1208	45.02	0.26	30.29	0.32	58	99.94	8.04	41.33	*0	675.6	4.80	4.31
% of Calories				10.00 %		21.57%	0.00%	32.6%	0.3%		47.9%		19.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Monday - 02/23/2026

Reimbursable Meal Total 4

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Feb 2, 2026 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcium (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
002967 2-Chicken,Mand Orange w/Rice	serving	1	379	3.49	227	9.18	0.00	4.23	0.00	56	65.73	2.36	19.34	*N/A*	20.4	0.00	3.80
002623 2-Beef Rib Grill Honey BBQ Sandwich-only	1 each	1	360	4.00	870	14.00	0.00	12.00	0.00	40	44.00	5.00	21.00	*N/A*	240.0	1.20	3.60
990530 2-Pizza, Cheese - Homemade	each	1	316	5.12	622	5.36	0.00	9.62	0.00	25	32.22	3.28	24.12	*N/A*	9.8	0.02	1.49
990557 2-Burrito, Los Cabos	each	1	296	4.05	499	1.09	0.00	8.94	0.00	18	40.86	8.81	15.12	*N/A*	200.0	1.20	2.70
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	4	53	0.00	1	10.51	0.00	0.17	0.00	0	13.98	2.40	0.26	*N/A*	6.0	4.61	0.12
002590 2-Juice,Fruit Punch,4oz	1/2 cup	4	60	0.00	15	15.00	0.00	0.00	0.00	0	14.00	0.00	0.00	*N/A*	0.0	1.20	0.00
003505 2-Carrots, Baby	1/2 cup	4	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
990136 2-Beans, Seasoned Pinto	1/2 cup	1	546	0.00	771	0.00	0.00	3.11	0.00	0	92.95	48.29	26.99	*N/A*	340.8	0.16	9.00
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
000470 2-Soy Sauce packet	.5 oz	1	0	0.00	6	0.00	0.00	0.00	0.00	0	0.01	0.00	0.01	*N/A*	0.0	0.00	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000804 2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	2	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			955	7.68	1237	59.23	0.00	25.30	0.00	46	139.48	23.49	42.91	*0	584.2	7.05	6.15
% of Calories				7.24%		24.81%	0.00%	23.8%	0.0%		58.4%		18.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Tuesday - 02/24/2026

Reimbursable Meal Total 4

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
001210 2-Chicken w/Mashed Potato Bowl	Serving	1	714	7.78	3757	3.54	0.00	27.65	0.00	33	92.66	5.39	28.43	*0	37.5	41.14	2.84
002174 2-Turkey & Cheese Sandwich	1 each	1	333	2.50	1504	4.08	0.00	6.52	0.00	63	39.36	4.13	30.89	*0	160.8	0.92	1.54
001965 Sloppy Joe	Serving	1	248	2.01	244	4.46	*0.00	8.02	1.00	26	32.49	3.24	14.24	*0	223.6	0.29	3.69
002524 2-Corn Dog-only	1 each	1	240	2.50	470	7.00	0.00	9.00	0.00	40	30.00	2.00	9.00	*N/A*	100.0	0.00	1.50
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000477 2-Peaches, sliced, canned	1/2 cup	1	55	0.00	0	10.90	0.00	0.00	0.00	0	13.09	1.09	1.09	*N/A*	0.0	1.31	0.00

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
004515 2-Juice, Apple (4oz.)	1/2 cup	4	50	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001676 2-Beans, Green, canned	1/2 cup	1	21	0.00	146	2.09	0.00	0.00	0.00	0	4.18	2.09	1.04	*N/A*	20.9	2.51	0.75
003505 2-Carrots, Baby	1/2 cup	4	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	2	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			818	7.21	1971	46.08	*0.00	28.45	0.25	52	108.01	8.63	37.18	*0	511.1	12.14	3.46
% of Calories				7.93%		22.53%	*0.00%	31.3%	0.3%		52.8%		18.2%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Wednesday - 02/25/2026

Reimbursable Meal Total 4

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
990425 2-Spaghetti w/Meatballs (All Natural)	serving	1	1122	10.30	1018	0.00	0.00	33.23	0.50	68	173.76	25.33	52.53	*0	227.0	18.50	16.61
990376 2-Meatless Pasta-spaghetti	serving	1	1004	8.61	1028	0.00	0.00	24.35	0.00	56	170.40	25.34	46.63	*0	409.7	18.72	15.62

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Feb 2, 2026 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990388 2-Cheeseburger on a bun (Steak Burger Patty) Delux	1 each	1	434	9.50	1133	5.30	0.00	22.80	0.00	79	35.44	3.69	27.80	*0	341.3	4.69	3.88
001231 2-Vegetarian Wrap	1 each	1	594	13.51	1621	3.16	0.00	37.56	0.00	55	47.28	4.94	17.35	*0	296.0	12.60	1.73
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000813 2-Raisins, Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0.00	0.00	0.00	0.00	0	27.18	1.75	0.88	*N/A*	17.5	0.00	0.95
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	4	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
990452 2-Celery & Carrot Sticks	1/2 cup	4	22	0.01	59	2.43	0.40	0.17	0.00	0	4.98	1.74	0.64	*N/A*	28.8	2.34	0.20
990350 2-Chickpeas Roasted, Italian Seasoning	Serving-1/2 cup	1	186	1.25	171	1.22	0.00	9.33	0.00	0	19.85	6.12	6.12	*N/A*	48.9	0.00	1.81
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	12	0.00	199	1.30	0.00	0.10	0.00	0	2.44	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000804 2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Feb 2, 2026 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001870 2-Ranch packet, 12 gram	ea	2	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			1290	14.32	1769	39.98	0.40	47.58	0.12	76	173.56	20.71	54.13	*0	741.3	87.74	11.27
% of Calories				9.99%		12.40%	0.00%	33.2%	0.1%		53.8%		16.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Thursday - 02/26/2026

Reimbursable Meal Total 4

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
990639 Birria Ramen	Servings	1	186	1.25	2234	2.37	0.00	6.29	0.00	56	11.13	2.45	18.99	*0	64.5	0.31	4.20
002525 2-Chicken, Spicy Sandwich Deluxe	each	1	442	3.00	799	6.30	0.00	17.10	0.00	25	50.44	6.69	22.50	*N/A*	247.7	4.69	4.68
990109 2-Grilled Ham & Cheese - lunch	ea	1	364	7.29	1027	4.76	0.00	20.24	0.00	39	33.76	4.00	17.33	*0	145.0	0.00	2.27
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000493 2-Pear, diced, canned	1/2 cup	1	63	0.00	0	0.00	0.00	0.00	0.00	0	17.12	2.70	0.00	*N/A*	11.7	1.08	0.00
002590 2-Juice,Fruit Punch,4oz	1/2 cup	4	60	0.00	15	15.00	0.00	0.00	0.00	0	14.00	0.00	0.00	*N/A*	0.0	1.20	0.00
001589 2-Broccoli,Fresh,Raw	1/2 cup	4	11	0.00	10	0.54	0.00	0.12	0.00	0	2.09	0.83	0.89	*N/A*	14.9	28.11	0.23
001681 2-Corn	1/2 cup	4	111	0.00	18	3.69	0.00	0.92	0.00	0	16.61	1.85	1.85	*N/A*	36.9	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	12	0.00	199	1.30	0.00	0.10	0.00	0	2.44	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	2	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			790	6.40	1508	45.71	0.00	27.53	0.00	41	97.92	8.82	33.10	*0	546.4	32.60	3.94
% of Calories				7.29%		23.14%	0.00%	31.4%	0.0%		49.6%		16.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Friday - 02/27/2026

Reimbursable Meal Total 4

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990168 Week 2																	
990622 2-Pozole Chicken Verde	serving	1	519	2.79	1236	85.13	0.80	17.78	0.00	69	70.66	7.14	22.70	*0	162.0	51.37	3.94
990426 2-Fish Filet on Bun w/Tarter Sauce	Each	1	422	2.34	549	4.74	0.00	18.35	0.00	43	46.94	5.01	21.02	*0	210.2	0.13	2.90
990625 Wrap, Mac Burger	1 each	1	512	8.30	999	4.38	0.00	28.00	1.00	45	45.59	3.29	15.50	*0	121.8	6.19	3.39

Base Menu Spreadsheet

Portion Values

Feb 2, 2026 thru Feb 28, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990346 2-Breaded Cheese Pocket	serving	1	290	3.11	476	2.07	1.04	10.35	0.00	36	28.99	0.00	19.67	*N/A*	469.0	0.00	2.07
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
002424 2-Mixed Fruit Cup	1/2 cup	1	70	0.00	0	4.98	0.00	0.00	0.00	0	16.94	1.00	0.00	*N/A*	5.0	1.20	0.00
004515 2-Juice, Apple (4oz.)	1/2 cup	4	50	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000275 2-Peas	1/2 cup	1	91	0.00	112	5.96	0.00	0.00	0.00	0	16.38	5.96	5.96	*N/A*	6.1	0.00	0.33
003505 2-Carrots, Baby	1/2 cup	1	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	2	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0.00	0.00	0.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			821	6.65	1202	62.25	0.46	28.46	0.25	58	106.63	8.14	36.86	*0	618.9	15.32	4.04
% of Calories				7.29%		30.33%	0.00%	31.2%	0.3%		52.0%		18.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages		1176	11	1817	56	*0.15	39.98	0.14	63	153.33	19.28	52.22	*0	707	30.56	6.95

Portion Values

Feb 2, 2026 thru Feb 28, 2026

% of Calories			8.62%		18.96%	*0.00%	30.6%	0.1%		52.2%		17.8%			
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**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.