

Menu Name:

ELEMENTARY LUNCH 6-8

Include Cost:

Yes

Site:

Use Alternate Menu Name:

No

Thursday - 10/01/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protrn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001488 CHICKEN, ORANGE MANDARIN NOODLE	SERVING	1000	353	0.33	515	*11.23	*11.23	7.94	*0.00	41	55.57	3.45	18.22	*N/A*	28.2	*0.08	3.07	\$702.628
001035 EGG ROLL, VEGETABLE	SERVING 2 EACH	1000	260	1.00	400	6.00	2.00	8.00	0.00	0	42.00	6.00	8.00	0	60.0	0.00	2.00	\$19.820
000687 RICE, WHITE STEAMED	.5 CUP	1000	102	0.05	8	0.04	*0.00	0.20	*0.00	0	22.26	0.32	2.12	*0	15.1	*0.00	0.95	\$0.000
002856 CORN DOG, MINI CHICK TYSON	SERVING (6)	1000	315	3.64	570	6.06	*N/A*	16.98	*N/A*	49	27.89	2.42	14.55	*N/A*	24.3	0.00	1.75	\$228.916
003410 VEGETABLE, FZN CARROTS DICED NO SALT ADDED	#8 SCOOP	3000	27	0.00	43	3.00	*N/A*	0.00	0.00	0	6.00	2.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$7.339
000607 COOKIE, FORTUNE	COOKIE	3000	18	0.00	2	1.64	*N/A*	0.00	*N/A*	0	4.11	0.00	0.33	*N/A*	0.0	0.00	0.00	\$0.371
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	7	0.01	14	*N/A*	*N/A*	0.07	*0.00	0	1.30	0.77	0.68	*N/A*	22.0	9.87	0.62	\$0.000
003309 NOODLE, CHOW MEIN LA CHOY - DRY	#8 SCOOP	2000	130	1.50	250	0.00	0.00	5.00	*N/A*	0	19.01	2.00	3.00	*N/A*	0.0	0.00	1.60	\$0.000
003158 SALAD, SIDE VEGGIE	1 CUP	500	74	0.02	144	*3.21	*N/A*	0.41	*0.00	0	14.70	4.31	3.16	*N/A*	29.0	13.30	0.54	\$71.436
003435 BEANS, KIDNEY (SYSCO)	#8 SCOOP	2000	120	0.00	140	1.00	1.00	0.00	0.00	0	21.00	8.00	8.00	*N/A*	90.0	0.00	2.80	\$0.000
001358 VEG, BROCC CHERRY TOM	.5 CUP	2000	28	0.00	12	*N/A*	*N/A*	0.50	*N/A*	0	5.52	0.50	1.50	*N/A*	15.0	43.56	0.45	\$0.000
002672 FRUIT, PEAR CANNED DICED SYSCO	#8 SCOOP	2000	60	0.00	0	0.00	0.00	0.00	0.00	0	15.00	2.00	0.00	*N/A*	13.0	0.00	0.00	\$216.731
001355 FRUIT, STRAWBERRY	1/2 cup	2000	23	0.01	1	3.52	0.00	0.22	0.00	0	5.53	1.44	0.48	1	11.5	42.34	0.30	\$0.000
003163 BAR, MANGO (FRESH 4OZ PK)	cup	2000	136	0.21	2	30.87	0.00	0.86	0.00	0	33.85	3.62	1.85	122	24.9	82.26	0.36	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000230 MILK,1% WHITE	CARTON	800	130	0.00	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KICKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KICKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			947	2.92	987	*64.46	*6.99	16.63	*0.00	37	171.06	22.55	35.65	*83	*506.4	*154.64	*7.20	\$488.361
% of Calories				2.78%		*27.23 %	*2.95%	15.8%	*0.0%		72.3%		15.1%					
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10											

Friday - 10/02/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003415 BACON CHEESE BURGER	EACH	1000	334	6.00	719	3.00	*0.00	15.50	0.00	50	29.00	5.00	22.50	*N/A*	129.0	*0.00	*2.05	\$42.945
003391 VEGGIE BURGER, BLACK BEAN	EACH	1000	340	1.00	720	6.00	*1.00	9.50	0.00	0	52.00	10.00	17.00	*N/A*	*48.0	*0.00	*1.00	\$0.622
002928 SANDWICH CHICKEN BBQ GRILLED	EA	1000	289	0.00	651	11.89	*8.89	5.00	0.00	65	37.00	4.00	27.00	*N/A*	*48.0	*0.00	*1.00	\$46.272
003235 ONION RING, BREADED (4 PER SERV)	SERVING	3000	180	1.00	135	3.00	0.00	7.00	*N/A*	*N/A*	26.00	3.00	3.00	*N/A*	20.0	*N/A*	1.20	\$0.000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003158 SALAD, SIDE VEGGIE	1 CUP	500	74	0.02	144	*3.21	*N/A*	0.41	*0.00	0	14.70	4.31	3.16	*N/A*	29.0	13.30	0.54	\$71.436
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	7	0.01	14	*N/A*	*N/A*	0.07	*0.00	0	1.30	0.77	0.68	*N/A*	22.0	9.87	0.62	\$0.000
001800 VEG, CARROT & CELERY STICKS	SERVING	2000	33	0.00	68	*0.00	*N/A*	0.00	*0.00	0	5.67	1.70	0.57	*N/A*	17.0	3.40	0.20	\$0.000
003165 BAR VEG, PEAS FROZEN SYSCO	.5 CUP	2000	46	0.00	0	0.00	0.00	0.00	0.00	0	7.92	2.64	3.30	*N/A*	9.2	0.00	0.66	\$108.136
002009 VEG, BELL PEPPER STICKS	CUP	2000	24	0.00	2	*N/A*	*N/A*	0.17	*N/A*	0	6.01	1.61	1.20	*N/A*	0.0	80.76	0.00	\$0.000
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	2000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	6.0	3.80	0.00	\$12.667
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000230 MILK,1% WHITE	CARTON	800	130	0.00	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			837	3.43	1056	*47.07	*5.22	18.31	*0.00	*46	132.84	18.74	39.68	*1	*477.5	*101.15	*4.07	\$129.524
% of Calories				3.69%		*22.49 %	*2.49%	19.7%	*0.0%		63.5%		19.0%					
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10											

Monday - 10/05/2026

Reimbursable Meal Total 3000

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003206 CHICKEN, TENDERS FULLY COOKED BREADED-2 PER SVG	2 PIECES	1000	220	2.00	400	2.00	2.00	12.00	0.00	40	12.00	2.00	20.00	*N/A*	0.0	0.00	2.00	\$7.925
002847 PULL-APART ITALIAN GARLIC	PACKAGES	1000	304	6.08	527	5.06	*N/A*	13.16	0.00	30	32.40	2.02	14.18	*N/A*	344.3	0.00	1.82	\$268.290
003360 HOT DOG PORK & BEEF 6" ON A BUN (6-12)	SERVING	1000	370	7.00	970	6.00	*N/A*	19.50	0.00	55	31.00	3.00	17.00	*N/A*	*63.0	*0.00	*2.00	\$0.000
000866 POTATO, WEDGES	.5 CUP	3000	84	0.00	100	1.00	*N/A*	0.00	0.00	0	19.00	2.00	2.00	*N/A*	0.0	0.00	0.00	\$0.000
001983 VEG, GARBANZO BEANS	#8 SCOOP	2000	130	0.00	110	0.00	0.00	0.00	0.00	0	21.00	4.00	7.00	*N/A*	20.0	*N/A*	1.40	\$182.370
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	7	0.01	14	*N/A*	*N/A*	0.07	*0.00	0	1.30	0.77	0.68	*N/A*	22.0	9.87	0.62	\$0.000
000450 VEG, CARROTS BABY	BAG	2000	26	0.00	57	*N/A*	*N/A*	0.00	*N/A*	0	5.90	1.47	0.74	*N/A*	22.1	6.19	0.66	\$0.000
002587 FRUIT, DRIED CRANBERRIES	SERVING	1000	92	0.00	2	22.00	*N/A*	0.00	0.00	0	25.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002752 FRUIT, RAISINS UNSWEETENED	BOX	1000	114	0.00	4	23.00	*N/A*	0.00	0.00	0	30.00	1.00	1.00	*N/A*	0.0	0.00	0.00	\$0.000
003411 APPLESAUCE FANCY (SYSCO)	#8 SCOOP	2000	90	0.00	0	5.00	5.00	0.00	0.00	0	24.00	3.00	0.00	*N/A*	7.0	*N/A*	0.00	\$270.115
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000230 MILK,1% WHITE	CARTON	800	130	0.00	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	2000	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			910	5.12	1077	*64.26	*9.42	16.02	*0.00	52	153.22	15.05	41.15	*1	*744.7	*44.42	*4.23	\$400.865
% of Calories				5.06%		*28.25 %	*4.14%	15.8%	*0.0%		67.3%		18.1%					
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10											

Tuesday - 10/06/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003339 RICE CHICKEN FRIED	3/4 Cup	1000	248	0.38	351	*0.88	*0.38	2.67	*0.00	17	47.24	2.91	9.36	*N/A*	17.4	3.60	1.11	\$15.090
003418 EGGROLL, CHICKEN	EACH	1000	150	1.00	500	1.00	1.00	5.00	0.00	10	20.00	2.00	6.00	*N/A*	*N/A*	*N/A*	1.20	\$10.106
003011 TOFU TERIYAKI BOWL WHITE RICE	1C RICE/#16TOFU	1000	368	0.80	947	*5.50	*5.50	9.31	*0.00	0	58.31	0.14	13.93	*0	47.7	0.01	3.34	\$66.493
003421 DUMPLING BEEF AND VEGETABLE (6 PER SERVING)	1 SERVING 6 EA	1000	461	4.02	1533	35.01	35.01	10.05	0.00	20	71.15	7.02	21.09	*N/A*	*40.2	*N/A*	*3.12	\$48.107
002476 VEG, BROCCOLI STEAMED	.5 CUP	3000	26	0.00	22	1.00	*N/A*	0.00	0.00	0	5.00	3.00	3.00	*N/A*	0.0	0.00	0.00	\$0.000
000607 COOKIE, FORTUNE	COOKIE	3000	18	0.00	2	1.64	*N/A*	0.00	*N/A*	0	4.11	0.00	0.33	*N/A*	0.0	0.00	0.00	\$0.371
003158 SALAD, SIDE VEGGIE	1 CUP	500	74	0.02	144	*3.21	*N/A*	0.41	*0.00	0	14.70	4.31	3.16	*N/A*	29.0	13.30	0.54	\$71.436
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	1500	7	0.01	14	*N/A*	*N/A*	0.07	*0.00	0	1.30	0.77	0.68	*N/A*	22.0	9.87	0.62	\$0.000
003309 NOODLE, CHOW MEIN LA CHOY - DRY	#8 SCOOP	2000	130	1.50	250	0.00	0.00	5.00	*N/A*	0	19.01	2.00	3.00	*N/A*	0.0	0.00	1.60	\$0.000
002197 VEG, KIDNEY BEANS	1/2 CUP#8 SCOOP	2000	104	0.00	140	2.00	*N/A*	0.00	0.00	0	19.00	7.00	7.00	*N/A*	0.0	0.00	0.00	\$12.868

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)	Cost
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
002672 FRUIT, PEAR CANNED DICED SYSCO	#8 SCOOP	2000	60	0.00	0	0.00	0.00	0.00	0.00	0	15.00	2.00	0.00	*N/A*	13.0	0.00	0.00	\$216.731
001355 FRUIT, STRAWBERRY	1/2 cup	1000	23	0.01	1	3.52	0.00	0.22	0.00	0	5.53	1.44	0.48	1	11.5	42.34	0.30	\$0.000
003163 BAR, MANGO (FRESH 4OZ PK)	cup	500	136	0.21	2	30.87	0.00	0.86	0.00	0	33.85	3.62	1.85	122	24.9	82.26	0.36	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000230 MILK,1% WHITE	CARTON	800	130	0.00	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			925	3.20	1575	*52.86	*15.88	14.09	*0.00	23	166.07	20.42	39.28	*22	*419.1	*98.93	*5.29	\$219.079
% of Calories				3.11%		*22.86 %	*6.87%	13.7%	*0.0%		71.8%		17.0%					
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10											

Wednesday - 10/07/2026 Reimbursable Meal Total 3000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
002856 CORN DOG, MINI CHICK TYSON	SERVING (6)	1000	315	3.64	570	6.06	*N/A*	16.98	*N/A*	49	27.89	2.42	14.55	*N/A*	24.3	0.00	1.75	\$228.916
003492 CHEESE BITES MOZZARELLA (WILD MIKES FROM SYSCO)	SERVING (4 EA)	1000	280	6.00	460	1.00	1.00	10.00	0.00	35	28.00	2.00	19.00	*N/A*	453.0	*N/A*	2.00	\$19.227
000912 CORN DOG, CHICKEN WG 4 OZ (FOSTER FARMS)	SERVING	1000	240	2.50	470	7.00	7.00	9.00	0.00	40	30.00	2.00	9.00	*N/A*	100.0	*N/A*	1.50	\$180.033
002987 POTATO MCCAIN REG CRINKLE FRY	SERVINGS	3000	120	0.50	35	0.00	*N/A*	5.00	0.00	0	20.01	1.00	1.00	*N/A*	10.0	0.00	0.30	\$0.000
003064 LETTUCE GREEN LEAF	1/2 cup	2000	4	0.00	7	0.19	0.00	0.04	0.00	0	0.69	0.31	0.33	89	8.6	2.21	0.21	\$0.000
000042 VEG, PICKLES DILL	8 each	2000	5	0.00	390	*N/A*	*N/A*	0.00	*N/A*	*N/A*	1.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$27.112
000776 VEG, TOMATO FRESH	4 SLICES	2000	16	0.00	4	*N/A*	*N/A*	0.00	*N/A*	0	3.69	0.74	0.74	*N/A*	7.4	11.51	0.27	\$0.000
002279 VEG, ONION SLICED (PURPLE)	2 SLICES	2000	36	0.00	9	*N/A*	*N/A*	0.09	0.00	0	8.56	1.02	0.91	*N/A*	22.7	5.44	0.30	\$0.000
000419 FRUIT, MIXED USDA	#8 SCOOP	2000	60	0.00	10	*N/A*	*N/A*	0.00	0.00	0	17.00	0.00	0.00	*N/A*	0.0	0.80	0.00	\$12.667
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000230 MILK,1% WHITE	CARTON	800	130	0.00	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			690	4.64	957	*32.72	*4.59	18.17	*0.00	*49	111.05	8.07	26.65	*60	*569.7	*47.01	*3.00	\$176.381
% of Calories				6.05%		*18.97 %	*2.66%	23.7%	*0.0%		64.4%		15.4%					
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10											

Thursday - 10/08/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
002010 TURKEY AND GRAVY SM BATCHW/ROL	#8 SCOOP	1000	133	0.60	1058	*0.15	*0.00	3.28	*0.00	45	11.43	0.16	15.45	*N/A*	3.0	*0.01	1.94	\$0.558
002252 POTATO, MASHED (IDAHO) LS W/GR	1/2 CUP	1000	78	0.22	108	*0.00	*0.00	0.81	*0.00	0	16.72	1.36	1.78	*0	15.4	27.52	0.28	\$37.656
002777 SANDWICH, PB & GRAPE WG 2.6OZ	EACH	200	300	3.00	280	14.00	*N/A*	17.00	0.00	0	32.00	4.00	8.00	*N/A*	20.0	0.00	1.44	\$111.722
002778 SANDWICH, PB & STRAWWG 2.6OZ	EACH	200	300	3.50	370	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	44.0	0.00	1.00	\$116.948
003176 SANDWICH, PB & CHOCOLATE WG 2.6 OZ	EACH	150	298	3.45	273	10.99	9.53	16.24	0.01	0	32.04	3.74	9.30	*N/A*	46.3	0.00	1.08	\$7.299
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	150	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496
003241 WOWBUTTER & STRAWBERRY JAM WG (PEANUT FREE)	EACH	50	570	7.00	430	13.00	11.00	33.00	*N/A*	*N/A*	49.00	9.00	20.00	*N/A*	262.0	*N/A*	4.00	\$14.175
001917 CHEESE, MOZZARELLA STRING LAND O LAKES	EACH	1000	80	3.00	200	0.00	0.00	6.00	*N/A*	20	1.00	0.00	6.00	*N/A*	220.0	*N/A*	*N/A*	\$28.316
002635 CHICKEN, HOT AND SPICY WG SANDWICH	SERVING	1000	380	3.00	610	4.00	*1.00	15.50	0.00	20	42.00	6.00	20.00	*N/A*	78.0	0.00	3.00	\$9.798
003434 VEG, GREEN BEANS (SYSCO)	#8 SCOOP	3000	20	0.00	290	0.00	0.00	0.00	0.00	0	3.00	1.00	1.00	*N/A*	30.0	*N/A*	0.80	\$167.156

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	7	0.01	14	*N/A*	*N/A*	0.07	*0.00	0	1.30	0.77	0.68	*N/A*	22.0	9.87	0.62	\$0.000
001800 VEG, CARROT & CELERY STICKS	SERVING	2000	33	0.00	68	*0.00	*N/A*	0.00	*0.00	0	5.67	1.70	0.57	*N/A*	17.0	3.40	0.20	\$0.000
003468 PEANUT BUTTER CUP 1.1 OZ	CONTAINER	2000	180	3.00	130	3.00	2.00	14.99	0.00	0	8.00	2.00	7.00	*N/A*	16.0	*N/A*	0.50	\$1.411
002957 PEPPERONCINI WHOLE	SERVING (3)	2000	5	0.00	620	0.00	*N/A*	0.00	0.00	0	0.00	1.00	*N/A*	*N/A*	250.0	0.00	0.00	\$33.156
002009 VEG, BELL PEPPER STICKS	CUP	2000	24	0.00	2	*N/A*	*N/A*	0.17	*N/A*	0	6.01	1.61	1.20	*N/A*	0.0	80.76	0.00	\$0.000
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	2000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	6.0	3.80	0.00	\$12.667
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000230 MILK,1% WHITE	CARTON	800	130	0.00	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			740	5.27	1727	*43.40	*5.76	24.13	*0.00	*36	100.11	13.51	*34.24	*1	*697.3	*108.11	*4.20	\$247.445
% of Calories				6.41%		*23.46 %	*3.11%	29.3%	*0.0%		54.1%		*18.5%					
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10											

Friday - 10/09/2026

Reimbursable Meal Total 3000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
002729 TACO, TURKEY SOFT 10" TORTILLA	SERVINGS	1000	416	8.02	906	*0.00	*0.00	19.33	*0.00	75	37.59	1.00	20.62	*N/A*	405.4	*0.54	3.52	\$170.518
003055 TAMALE CHEESE WG (SYSCO)	SERVINGS	1000	379	7.99	469	0.00	0.00	26.95	0.00	35	28.95	0.00	11.98	*N/A*	265.5	0.00	1.00	\$17.844
001920 TACO, TURKEY HARD SHELL	SERVINGS	1000	336	7.52	466	*0.00	*0.00	21.83	0.00	75	16.61	0.00	17.62	*N/A*	265.4	*0.54	41.22	\$42.508
002673 VEG, CORN CANNED - SYSCO	#8 SCOOP	3000	54	0.00	152	5.42	*N/A*	0.54	0.00	0	10.83	1.08	1.08	*N/A*	3.2	0.00	0.00	\$136.438
003347 LETTUCE SHREDDED (1/4") FRESH	SERVINGS	2000	15	0.00	10	0.00	*N/A*	0.00	0.00	0	3.00	1.00	1.00	*N/A*	26.0	*N/A*	0.36	\$0.000
003348 SALSA MILD RED GOLD (SYSCO)	SERVING 2 TBSP	2000	40	0.00	280	4.00	4.00	0.00	0.00	0	8.00	4.00	0.00	*N/A*	0.0	*N/A*	0.00	\$173.939
000777 VEG, OLIVES SLICE	.25 CUP	2000	60	0.00	280	*N/A*	*N/A*	5.01	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$86.456
003159 BAR, BLACK BEAN SPICY (COLD)	#8 SCOOP	2000	110	0.00	337	*0.17	*0.17	0.00	*0.00	0	20.25	8.02	7.02	*N/A*	35.3	*2.69	*1.92	\$1.580
003137 CUCUMBER RAW	1/2C SERVING	2000	8	0.00	1	0.90	0.00	0.10	0.00	0	1.90	0.30	0.30	*N/A*	0.0	0.00	0.00	\$0.000
003427 CHEESE CHEDDAR MILD FEATHER SHREDDED YELLOW	SERVING	2000	110	5.00	180	0.00	0.00	9.00	0.00	30	0.00	0.00	6.00	*N/A*	200.0	*N/A*	0.00	\$58.658
003138 PINEAPPLE RAW	1/2C SERVING	2000	60	0.00	1	11.40	0.00	0.00	0.00	0	9.69	1.38	0.46	*N/A*	12.0	5806.00	0.05	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000230 MILK,1% WHITE	CARTON	800	130	0.00	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			910	11.27	1633	*44.30	*4.70	33.74	*0.00	89	110.23	14.76	37.82	*1	*839.0	*3906.53	*17.23	\$434.286
% of Calories				11.15 %		*19.47 %	*2.07%	33.4%	*0.0%		48.5%		16.6%					
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10											

Monday - 10/12/2026 Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003393 POCKET PEPPERONI STUFFED SANDWICH (SCHWANS) 4.46OZ	EACH	1000	300	5.00	590	5.00	1.00	12.00	0.00	30	31.00	3.00	19.00	70	240.0	0.00	2.70	\$164.178
002677 SANDWICH, GRILLED CHEESE	EACH	1000	317	10.33	1208	*2.00	*0.00	21.33	*0.00	50	23.00	3.00	15.00	*N/A*	296.0	*0.00	1.20	\$107.767
003394 SANDWICH, GRILLED HAM & CHEESE	SERVING	1000	503	12.24	1947	6.24	*0.00	25.48	0.00	111	44.24	6.00	35.69	*N/A*	332.0	*0.00	*2.20	\$105.682
003486 VEGETABLE FROZEN MIX 4 WAY (30#)	#8 SCOOP	3000	39	0.00	31	0.00	0.00	0.00	0.00	0	8.47	1.54	1.54	*N/A*	16.9	*N/A*	0.77	\$61.589
001983 VEG, GARBANZO BEANS	#8 SCOOP	2000	130	0.00	110	0.00	0.00	0.00	0.00	0	21.00	4.00	7.00	*N/A*	20.0	*N/A*	1.40	\$182.370
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	7	0.01	14	*N/A*	*N/A*	0.07	*0.00	0	1.30	0.77	0.68	*N/A*	22.0	9.87	0.62	\$0.000
000450 VEG, CARROTS BABY	BAG	2000	26	0.00	57	*N/A*	*N/A*	0.00	*N/A*	0	5.90	1.47	0.74	*N/A*	22.1	6.19	0.66	\$0.000
002587 FRUIT, DRIED CRANBERRIES	SERVING	1000	92	0.00	2	22.00	*N/A*	0.00	0.00	0	25.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002752 FRUIT, RAISINS UNSWEETENED	BOX	1000	114	0.00	4	23.00	*N/A*	0.00	0.00	0	30.00	1.00	1.00	*N/A*	0.0	0.00	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003411 APPLESAUCE FANCY (SYSCO)	#8 SCOOP	2000	90	0.00	0	5.00	5.00	0.00	0.00	0	24.00	3.00	0.00	*N/A*	7.0	*N/A*	0.00	\$270.115
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000230 MILK,1% WHITE	CARTON	800	130	0.00	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	2000	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			940	9.29	1624	*63.32	*9.09	20.74	*0.00	74	150.31	16.25	46.87	*24	*915.2	*44.42	*5.09	\$496.258
% of Calories				8.89%		*26.94 %	*3.87%	19.9%	*0.0%		64.0%		19.9%					
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10											

Tuesday - 10/13/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001488 CHICKEN, ORANGE MANDARIN NOODLE	SERVING	1000	353	0.33	515	*11.23	*11.23	7.94	*0.00	41	55.57	3.45	18.22	*N/A*	28.2	*0.08	3.07	\$702.628
001035 EGG ROLL, VEGETABLE	SERVING 2 EACH	1000	260	1.00	400	6.00	2.00	8.00	0.00	0	42.00	6.00	8.00	0	60.0	0.00	2.00	\$19.820

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000687 RICE, WHITE STEAMED	.5 CUP	1000	102	0.05	8	0.04	*0.00	0.20	*0.00	0	22.26	0.32	2.12	*0	15.1	*0.00	0.95	\$0.000
003441 CHICKEN, SWEET THAI	2.3 OUNCES	1000	195	2.30	760	19.00	*N/A*	7.59	0.00	42	20.00	0.00	10.70	*N/A*	3.0	*0.00	0.64	\$7.402
002476 VEG, BROCCOLI STEAMED	.5 CUP	3000	26	0.00	22	1.00	*N/A*	0.00	0.00	0	5.00	3.00	3.00	*N/A*	0.0	0.00	0.00	\$0.000
000607 COOKIE, FORTUNE	COOKIE	3000	18	0.00	2	1.64	*N/A*	0.00	*N/A*	0	4.11	0.00	0.33	*N/A*	0.0	0.00	0.00	\$0.371
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	7	0.01	14	*N/A*	*N/A*	0.07	*0.00	0	1.30	0.77	0.68	*N/A*	22.0	9.87	0.62	\$0.000
003309 NOODLE, CHOW MEIN LA CHOY - DRY	#8 SCOOP	2000	130	1.50	250	0.00	0.00	5.00	*N/A*	0	19.01	2.00	3.00	*N/A*	0.0	0.00	1.60	\$0.000
002197 VEG, KIDNEY BEANS	1/2 CUP#8 SCOOP	2000	104	0.00	140	2.00	*N/A*	0.00	0.00	0	19.00	7.00	7.00	*N/A*	0.0	0.00	0.00	\$12.868
001358 VEG, BROCC CHERRY TOM	.5 CUP	2000	28	0.00	12	*N/A*	*N/A*	0.50	*N/A*	0	5.52	0.50	1.50	*N/A*	15.0	43.56	0.45	\$0.000
002672 FRUIT, PEAR CANNED DICED SYSCO	#8 SCOOP	2000	60	0.00	0	0.00	0.00	0.00	0.00	0	15.00	2.00	0.00	*N/A*	13.0	0.00	0.00	\$216.731
001355 FRUIT, STRAWBERRY	1/2 cup	1000	23	0.01	1	3.52	0.00	0.22	0.00	0	5.53	1.44	0.48	1	11.5	42.34	0.30	\$0.000
003163 BAR, MANGO (FRESH 4OZ PK)	cup	500	136	0.21	2	30.87	0.00	0.86	0.00	0	33.85	3.62	1.85	122	24.9	82.26	0.36	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000230 MILK,1% WHITE	CARTON	800	130	0.00	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			808	2.36	1004	*50.29	*6.33	12.93	*0.00	35	144.88	19.07	35.09	*22	*418.3	*97.18	*4.60	\$403.857
% of Calories				2.63%		*24.90 %	*3.13%	14.4%	*0.0%		71.7%		17.4%					
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10											

Wednesday - 10/14/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003415 BACON CHEESE BURGER	EACH	1000	334	6.00	719	3.00	*0.00	15.50	0.00	50	29.00	5.00	22.50	*N/A*	129.0	*0.00	*2.05	\$42.945
003391 VEGGIE BURGER, BLACK BEAN	EACH	1000	340	1.00	720	6.00	*1.00	9.50	0.00	0	52.00	10.00	17.00	*N/A*	*48.0	*0.00	*1.00	\$0.622
002928 SANDWICH CHICKEN BBQ GRILLED	EA	1000	289	0.00	651	11.89	*8.89	5.00	0.00	65	37.00	4.00	27.00	*N/A*	*48.0	*0.00	*1.00	\$46.272
002987 POTATO MCCAIN REG CRINKLE FRY	SERVINGS	3000	120	0.50	35	0.00	*N/A*	5.00	0.00	0	20.01	1.00	1.00	*N/A*	10.0	0.00	0.30	\$0.000
003064 LETTUCE GREEN LEAF	1/2 cup	2000	4	0.00	7	0.19	0.00	0.04	0.00	0	0.69	0.31	0.33	89	8.6	2.21	0.21	\$0.000
000042 VEG, PICKLES DILL	8 each	2000	5	0.00	390	*N/A*	*N/A*	0.00	*N/A*	*N/A*	1.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$27.112
000776 VEG, TOMATO FRESH	4 SLICES	2000	16	0.00	4	*N/A*	*N/A*	0.00	*N/A*	0	3.69	0.74	0.74	*N/A*	7.4	11.51	0.27	\$0.000
002279 VEG, ONION SLICED (PURPLE)	2 SLICES	2000	36	0.00	9	*N/A*	*N/A*	0.09	0.00	0	8.56	1.02	0.91	*N/A*	22.7	5.44	0.30	\$0.000
000419 FRUIT, MIXED USDA	#8 SCOOP	2000	60	0.00	10	*N/A*	*N/A*	0.00	0.00	0	17.00	0.00	0.00	*N/A*	0.0	0.80	0.00	\$12.667
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000230 MILK,1% WHITE	CARTON	800	130	0.00	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			732	2.93	1154	*34.99	*5.22	16.17	*0.00	*46	121.76	12.26	34.63	*60	*452.3	*47.01	*2.60	\$63.602
% of Calories				3.60%		*19.12 %	*2.85%	19.9%	*0.0%		66.5%		18.9%					
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10											

Thursday - 10/15/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002796 LASAGNA, SHEET PAN BEEF	SERVINGS	1000	179	4.15	379	*0.29	*0.22	8.45	*0.00	33	11.04	1.18	15.70	*0	12.1	2.84	1.24	\$3.596
003220 MAC & CHEESE JTM (W/MILK)	6 OZ SERVING	1000	327	9.01	793	4.13	*N/A*	16.19	0.00	47	29.21	2.00	15.75	*N/A*	398.1	0.09	1.00	\$309.917
003228 BREAD DINNER ROLL WG FRANZ (1 SVG = 2 ROLLS)	2 PIECES	1000	140	0.00	180	2.00	*N/A*	1.00	0.00	0	26.00	2.00	6.00	*N/A*	28.0	0.00	2.00	\$0.000
003409 BUFFALO CHICKEN MAC AND CHEESE	#6 SCOOP	1000	486	11.17	1831	*4.34	*N/A*	24.58	*0.00	79	40.53	3.57	25.39	*N/A*	427.3	0.58	2.03	\$518.655
003434 VEG, GREEN BEANS (SYSCO)	#8 SCOOP	2000	20	0.00	290	0.00	0.00	0.00	0.00	0	3.00	1.00	1.00	*N/A*	30.0	*N/A*	0.80	\$167.156

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	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
003468 PEANUT BUTTER CUP 1.1 OZ	CONTAINER	2000	180	3.00	130	3.00	2.00	14.99	0.00	0	8.00	2.00	7.00	*N/A*	16.0	*N/A*	0.50	\$1.411
002957 PEPPERONCINI WHOLE	SERVING (3)	2000	5	0.00	620	0.00	*N/A*	0.00	0.00	0	0.00	1.00	*N/A*	*N/A*	250.0	0.00	0.00	\$33.156
002009 VEG, BELL PEPPER STICKS	CUP	2000	24	0.00	2	*N/A*	*N/A*	0.17	*N/A*	0	6.01	1.61	1.20	*N/A*	0.0	80.76	0.00	\$0.000
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	2000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	6.0	3.80	0.00	\$12.667
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000230 MILK,1% WHITE	CARTON	800	130	0.00	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			807	10.20	1955	*42.16	*3.33	27.98	*0.00	61	102.70	12.52	*38.06	*1	*857.3	*100.11	*3.94	\$427.453
% of Calories				11.38 %		*20.90 %	*1.65%	31.2%	*0.0%		50.9%		*18.9%					
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10											

Friday - 10/16/2026

Reimbursable Meal Total 3000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003078 TAMALES CHICKEN SALSA VERDE CHEESE LOS CABOS	1 TAMALES	1000	309	6.53	622	1.06	0.00	13.76	0.00	56	28.40	2.70	17.27	*N/A*	202.6	3.59	1.37	\$26.052
003431 QUESADILLA, MOZZARELLA CHEESE	EACH	1000	696	17.71	1818	*0.00	*0.00	28.82	*0.00	81	44.11	1.00	61.75	*N/A*	160.0	*0.00	2.30	\$118.101
003179 TACO, CHICKEN SOFT (10" TORTILLA)	SERVINGS	1000	360	4.75	640	*0.38	*0.32	11.37	*0.00	58	37.68	1.43	24.24	*0	269.1	*0.22	3.02	\$117.948
002673 VEG, CORN CANNED - SYSCO	#8 SCOOP	3000	54	0.00	152	5.42	*N/A*	0.54	0.00	0	10.83	1.08	1.08	*N/A*	3.2	0.00	0.00	\$136.438
003347 LETTUCE SHREDDED (1/4") FRESH	SERVINGS	2000	15	0.00	10	0.00	*N/A*	0.00	0.00	0	3.00	1.00	1.00	*N/A*	26.0	*N/A*	0.36	\$0.000
003348 SALSA MILD RED GOLD (SYSCO)	SERVING 2 TBSP	2000	40	0.00	280	4.00	4.00	0.00	0.00	0	8.00	4.00	0.00	*N/A*	0.0	*N/A*	0.00	\$173.939
000777 VEG, OLIVES SLICE	.25 CUP	2000	60	0.00	280	*N/A*	*N/A*	5.01	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$86.456
003159 BAR, BLACK BEAN SPICY (COLD)	#8 SCOOP	2000	110	0.00	337	*0.17	*0.17	0.00	*0.00	0	20.25	8.02	7.02	*N/A*	35.3	*2.69	*1.92	\$1.580
003137 CUCUMBER RAW	1/2C SERVING	2000	8	0.00	1	0.90	0.00	0.10	0.00	0	1.90	0.30	0.30	*N/A*	0.0	0.00	0.00	\$0.000
003427 CHEESE CHEDDAR MILD FEATHER SHREDDED YELLOW	SERVING	2000	110	5.00	180	0.00	0.00	9.00	0.00	30	0.00	0.00	6.00	*N/A*	200.0	*N/A*	0.00	\$58.658
003138 PINEAPPLE RAW	1/2C SERVING	2000	60	0.00	1	11.40	0.00	0.00	0.00	0	9.69	1.38	0.46	*N/A*	12.0	5806.00	0.05	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000230 MILK,1% WHITE	CARTON	800	130	0.00	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			988	13.09	2046	*44.78	*4.80	29.02	*0.00	92	119.24	16.14	55.50	*1	*737.5	*3907.44	*4.22	\$444.697
% of Calories				11.92 %		*18.13 %	*1.94%	26.4%	*0.0%		48.3%		22.5%					
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10											

Monday - 10/19/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001862 PIZZA PEPPERONI 5" WG (WILD MIKES)	EACH	1000	417	8.13	640	5.08	0.00	17.28	0.00	41	36.60	1.02	19.32	*N/A*	374.1	6.10	2.03	\$407.387
001861 PIZZA CHEESE 5" WG (WILD MIKES)	EACH	1000	360	8.00	510	4.00	*N/A*	17.00	0.00	35	34.00	3.00	20.00	*N/A*	450.0	6.00	2.70	\$344.443
003361 MEAT LOVERS PIZZA 5" WG	SERVINGS	1000	368	6.58	746	8.34	*2.00	17.17	0.00	53	34.12	3.50	21.05	*70	242.8	0.00	*2.45	\$297.084
003486 VEGETABLE FROZEN MIX 4 WAY (30#)	#8 SCOOP	3000	39	0.00	31	0.00	0.00	0.00	0.00	0	8.47	1.54	1.54	*N/A*	16.9	*N/A*	0.77	\$61.589
001983 VEG, GARBANZO BEANS	#8 SCOOP	2000	130	0.00	110	0.00	0.00	0.00	0.00	0	21.00	4.00	7.00	*N/A*	20.0	*N/A*	1.40	\$182.370
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	7	0.01	14	*N/A*	*N/A*	0.07	*0.00	0	1.30	0.77	0.68	*N/A*	22.0	9.87	0.62	\$0.000
000450 VEG, CARROTS BABY	BAG	2000	26	0.00	57	*N/A*	*N/A*	0.00	*N/A*	0	5.90	1.47	0.74	*N/A*	22.1	6.19	0.66	\$0.000
002587 FRUIT, DRIED CRANBERRIES	SERVING	1000	92	0.00	2	22.00	*N/A*	0.00	0.00	0	25.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002752 FRUIT, RAISINS UNSWEETENED	BOX	1000	114	0.00	4	23.00	*N/A*	0.00	0.00	0	30.00	1.00	1.00	*N/A*	0.0	0.00	0.00	\$0.000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003411 APPLESAUCE FANCY (SYSCO)	#8 SCOOP	2000	90	0.00	0	5.00	5.00	0.00	0.00	0	24.00	3.00	0.00	*N/A*	7.0	*N/A*	0.00	\$270.115
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000230 MILK,1% WHITE	CARTON	800	130	0.00	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	2000	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			948	7.67	1007	*64.71	*9.42	18.28	*0.00	53	152.46	14.75	43.76	*24	*981.5	*48.45	*5.45	\$720.020
% of Calories				7.28%		*27.30 %	*3.97%	17.4%	*0.0%		64.3%		18.5%					
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10											

Tuesday - 10/20/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003352 CHICKEN, TERIYAKI SMOKED NOODLE BOWL YANGS	SERVINGS	1000	330	1.33	689	*9.00	*9.00	8.37	*0.00	70	45.16	3.45	22.00	*N/A*	28.0	*0.08	3.06	\$118.206
002979 TOFU TERI WITH NOODLES	HEAPING #16	1000	718	4.34	6005	*35.21	*35.21	36.60	*0.00	0	84.17	4.32	22.35	*0	81.6	0.12	5.65	\$332.969

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003493 DUMPLING CHICKEN AND VEGETABLE (6 PER SERVING)	1 SERVING 6 EA	1000	441	5.21	1472	34.08	33.03	62.54	0.00	36	72.30	5.04	22.76	*0	*62.5	*0.00	*2.08	\$16.857
002476 VEG, BROCCOLI STEAMED	.5 CUP	3000	26	0.00	22	1.00	*N/A*	0.00	0.00	0	5.00	3.00	3.00	*N/A*	0.0	0.00	0.00	\$0.000
000607 COOKIE, FORTUNE	COOKIE	3000	18	0.00	2	1.64	*N/A*	0.00	*N/A*	0	4.11	0.00	0.33	*N/A*	0.0	0.00	0.00	\$0.371
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	7	0.01	14	*N/A*	*N/A*	0.07	*0.00	0	1.30	0.77	0.68	*N/A*	22.0	9.87	0.62	\$0.000
003309 NOODLE, CHOW MEIN LA CHOY - DRY	#8 SCOOP	2000	130	1.50	250	0.00	0.00	5.00	*N/A*	0	19.01	2.00	3.00	*N/A*	0.0	0.00	1.60	\$0.000
002197 VEG, KIDNEY BEANS	1/2 CUP#8 SCOOP	2000	104	0.00	140	2.00	*N/A*	0.00	0.00	0	19.00	7.00	7.00	*N/A*	0.0	0.00	0.00	\$12.868
001358 VEG, BROCC CHERRY TOM	.5 CUP	2000	28	0.00	12	*N/A*	*N/A*	0.50	*N/A*	0	5.52	0.50	1.50	*N/A*	15.0	43.56	0.45	\$0.000
002672 FRUIT, PEAR CANNED DICED SYSCO	#8 SCOOP	2000	60	0.00	0	0.00	0.00	0.00	0.00	0	15.00	2.00	0.00	*N/A*	13.0	0.00	0.00	\$216.731
001355 FRUIT, STRAWBERRY	1/2 cup	1000	23	0.01	1	3.52	0.00	0.22	0.00	0	5.53	1.44	0.48	1	11.5	42.34	0.30	\$0.000
003163 BAR, MANGO (FRESH 4OZ PK)	cup	500	136	0.21	2	30.87	0.00	0.86	0.00	0	33.85	3.62	1.85	122	24.9	82.26	0.36	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000230 MILK,1% WHITE	CARTON	800	130	0.00	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			1001	4.76	3165	*64.30	*27.67	40.85	*0.00	43	165.48	20.08	44.44	*22	*440.2	*97.22	*5.97	\$316.584
% of Calories				4.28%		*25.69 %	*11.06 %	36.7%	*0.0%		66.1%		17.8%					
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10											

Wednesday - 10/21/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003419 CHICKEN, BREADED WG SANDWICH	SERVING	1000	350	2.00	670	*3.00	*N/A*	12.50	0.00	35	40.00	6.00	22.00	*N/A*	*48.0	*0.00	*1.00	\$181.073
003413 BREADSTICK CHEESE FILLED (SYSCO)	2 PIECES	1000	440	7.00	620	2.00	2.00	14.00	0.00	30	54.00	2.00	24.00	*N/A*	428.0	*N/A*	4.00	\$336.893
003414 SAUCE MARINARA DIPPING CUP (SYSCO)	CONTAINER	1000	30	0.00	260	1.00	1.00	0.50	0.00	0	6.00	1.00	1.00	*N/A*	*N/A*	*N/A*	0.40	\$2.799
003420 CARNE ASADA BRISKET FRIES	SERVING	1000	507	14.34	1079	*2.00	*0.00	28.90	*0.00	117	29.13	1.31	32.08	*N/A*	468.3	*2.02	2.03	\$209.555
002987 POTATO MCCAIN REG CRINKLE FRY	SERVINGS	3000	120	0.50	35	0.00	*N/A*	5.00	0.00	0	20.01	1.00	1.00	*N/A*	10.0	0.00	0.30	\$0.000
003064 LETTUCE GREEN LEAF	1/2 cup	2000	4	0.00	7	0.19	0.00	0.04	0.00	0	0.69	0.31	0.33	89	8.6	2.21	0.21	\$0.000
000042 VEG, PICKLES DILL	8 each	2000	5	0.00	390	*N/A*	*N/A*	0.00	*N/A*	*N/A*	1.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$27.112
000776 VEG, TOMATO FRESH	4 SLICES	2000	16	0.00	4	*N/A*	*N/A*	0.00	*N/A*	0	3.69	0.74	0.74	*N/A*	7.4	11.51	0.27	\$0.000
002279 VEG, ONION SLICED (PURPLE)	2 SLICES	2000	36	0.00	9	*N/A*	*N/A*	0.09	0.00	0	8.56	1.02	0.91	*N/A*	22.7	5.44	0.30	\$0.000
000419 FRUIT, MIXED USDA	#8 SCOOP	2000	60	0.00	10	*N/A*	*N/A*	0.00	0.00	0	17.00	0.00	0.00	*N/A*	0.0	0.80	0.00	\$12.667

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000230 MILK,1% WHITE	CARTON	800	130	0.00	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			854	8.37	1333	*30.70	*2.92	24.81	*0.00	*68	125.47	9.36	38.82	*60	*692.0	*47.69	*3.73	\$277.096
% of Calories				8.82%		*14.38 %	*1.37%	26.1%	*0.0%		58.8%		18.2%					
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10											

Thursday - 10/22/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003303 STEAK SALISBURY WITH BROWN GRAVY	STEAK PATTIES	1000	230	6.00	868	*0.00	*0.00	15.93	*0.00	45	9.72	1.00	*0.13	*N/A*	55.2	*0.00	1.80	\$0.622
000687 RICE, WHITE STEAMED	.5 CUP	1000	102	0.05	8	0.04	*0.00	0.20	*0.00	0	22.26	0.32	2.12	*0	15.1	*0.00	0.95	\$0.000
002763 SANDWICH, VEGGIE STACKER	SANDWICH	1000	358	10.00	1274	*3.00	*0.00	20.50	*0.00	50	32.75	4.46	17.46	*N/A*	315.3	*3.70	1.36	\$105.068

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calc¹ (mg)	Vit-C (mg)	Iron (mg)	Cost
003095 CHICKEN BONELESS WING H&S W/G TYSON	SERVINGS	1000	201	2.01	342	1.00	0.00	10.05	0.00	45	10.05	1.00	19.10	*N/A*	0.0	0.00	1.00	\$201.295
003434 VEG, GREEN BEANS (SYSCO)	#8 SCOOP	3000	20	0.00	290	0.00	0.00	0.00	0.00	0	3.00	1.00	1.00	*N/A*	30.0	*N/A*	0.80	\$167.156
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	7	0.01	14	*N/A*	*N/A*	0.07	*0.00	0	1.30	0.77	0.68	*N/A*	22.0	9.87	0.62	\$0.000
001800 VEG, CARROT & CELERY STICKS	SERVING	2000	33	0.00	68	*0.00	*N/A*	0.00	*0.00	0	5.67	1.70	0.57	*N/A*	17.0	3.40	0.20	\$0.000
003468 PEANUT BUTTER CUP 1.1 OZ	CONTAINER	2000	180	3.00	130	3.00	2.00	14.99	0.00	0	8.00	2.00	7.00	*N/A*	16.0	*N/A*	0.50	\$1.411
002957 PEPPERONCINI WHOLE	SERVING (3)	2000	5	0.00	620	0.00	*N/A*	0.00	0.00	0	0.00	1.00	*N/A*	*N/A*	250.0	0.00	0.00	\$33.156
002009 VEG, BELL PEPPER STICKS	CUP	2000	24	0.00	2	*N/A*	*N/A*	0.17	*N/A*	0	6.01	1.61	1.20	*N/A*	0.0	80.76	0.00	\$0.000
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	2000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	6.0	3.80	0.00	\$12.667
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000230 MILK,1% WHITE	CARTON	800	130	0.00	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			734	8.11	1821	*39.92	*3.25	26.80	*0.00	54	93.03	12.19	*30.39	*1	*707.4	*100.17	*3.83	\$308.111
% of Calories				9.94%		*21.75 %	*1.77%	32.9%	*0.0%		50.7%		*16.6%					
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10											

Monday - 10/26/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003206 CHICKEN, TENDERS FULLY COOKED BREADED-2 PER SVG	2 PIECES	1000	220	2.00	400	2.00	2.00	12.00	0.00	40	12.00	2.00	20.00	*N/A*	0.0	0.00	2.00	\$7.925
002847 PULL-APART ITALIAN GARLIC	PACKAGES	1000	304	6.08	527	5.06	*N/A*	13.16	0.00	30	32.40	2.02	14.18	*N/A*	344.3	0.00	1.82	\$268.290
003360 HOT DOG PORK & BEEF 6" ON A BUN (6-12)	SERVING	1000	370	7.00	970	6.00	*N/A*	19.50	0.00	55	31.00	3.00	17.00	*N/A*	*63.0	*0.00	*2.00	\$0.000
000866 POTATO, WEDGES	.5 CUP	3000	84	0.00	100	1.00	*N/A*	0.00	0.00	0	19.00	2.00	2.00	*N/A*	0.0	0.00	0.00	\$0.000
001983 VEG, GARBANZO BEANS	#8 SCOOP	2000	130	0.00	110	0.00	0.00	0.00	0.00	0	21.00	4.00	7.00	*N/A*	20.0	*N/A*	1.40	\$182.370
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	7	0.01	14	*N/A*	*N/A*	0.07	*0.00	0	1.30	0.77	0.68	*N/A*	22.0	9.87	0.62	\$0.000
000450 VEG, CARROTS BABY	BAG	2000	26	0.00	57	*N/A*	*N/A*	0.00	*N/A*	0	5.90	1.47	0.74	*N/A*	22.1	6.19	0.66	\$0.000
002587 FRUIT, DRIED CRANBERRIES	SERVING	1000	92	0.00	2	22.00	*N/A*	0.00	0.00	0	25.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002752 FRUIT, RAISINS UNSWEETENED	BOX	1000	114	0.00	4	23.00	*N/A*	0.00	0.00	0	30.00	1.00	1.00	*N/A*	0.0	0.00	0.00	\$0.000
003411 APPLESAUCE FANCY (SYSCO)	#8 SCOOP	2000	90	0.00	0	5.00	5.00	0.00	0.00	0	24.00	3.00	0.00	*N/A*	7.0	*N/A*	0.00	\$270.115

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000230 MILK,1% WHITE	CARTON	800	130	0.00	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	2000	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			910	5.12	1077	*64.26	*9.42	16.02	*0.00	52	153.22	15.05	41.15	*1	*744.7	*44.42	*4.23	\$400.865
% of Calories				5.06%		*28.25 %	*4.14%	15.8%	*0.0%		67.3%		18.1%					
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10											

Tuesday - 10/27/2026 Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003339 RICE CHICKEN FRIED	3/4 Cup	1000	248	0.38	351	*0.88	*0.38	2.67	*0.00	17	47.24	2.91	9.36	*N/A*	17.4	3.60	1.11	\$15.090
003418 EGGROLL, CHICKEN	EACH	1000	150	1.00	500	1.00	1.00	5.00	0.00	10	20.00	2.00	6.00	*N/A*	*N/A*	*N/A*	1.20	\$10.106
003011 TOFU TERIYAKI BOWL WHITE RICE	1C RICE/#16TOFU	1000	368	0.80	947	*5.50	*5.50	9.31	*0.00	0	58.31	0.14	13.93	*0	47.7	0.01	3.34	\$66.493

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003421 DUMPLING BEEF AND VEGETABLE (6 PER SERVING)	1 SERVING 6 EA	1000	461	4.02	1533	35.01	35.01	10.05	0.00	20	71.15	7.02	21.09	*N/A*	*40.2	*N/A*	*3.12	\$48.107
002476 VEG, BROCCOLI STEAMED	.5 CUP	3000	26	0.00	22	1.00	*N/A*	0.00	0.00	0	5.00	3.00	3.00	*N/A*	0.0	0.00	0.00	\$0.000
000607 COOKIE, FORTUNE	COOKIE	3000	18	0.00	2	1.64	*N/A*	0.00	*N/A*	0	4.11	0.00	0.33	*N/A*	0.0	0.00	0.00	\$0.371
003158 SALAD, SIDE VEGGIE	1 CUP	500	74	0.02	144	*3.21	*N/A*	0.41	*0.00	0	14.70	4.31	3.16	*N/A*	29.0	13.30	0.54	\$71.436
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	1500	7	0.01	14	*N/A*	*N/A*	0.07	*0.00	0	1.30	0.77	0.68	*N/A*	22.0	9.87	0.62	\$0.000
003309 NOODLE, CHOW MEIN LA CHOY - DRY	#8 SCOOP	2000	130	1.50	250	0.00	0.00	5.00	*N/A*	0	19.01	2.00	3.00	*N/A*	0.0	0.00	1.60	\$0.000
002197 VEG, KIDNEY BEANS	1/2 CUP#8 SCOOP	2000	104	0.00	140	2.00	*N/A*	0.00	0.00	0	19.00	7.00	7.00	*N/A*	0.0	0.00	0.00	\$12.868
001358 VEG, BROCC CHERRY TOM	.5 CUP	2000	28	0.00	12	*N/A*	*N/A*	0.50	*N/A*	0	5.52	0.50	1.50	*N/A*	15.0	43.56	0.45	\$0.000
002672 FRUIT, PEAR CANNED DICED SYSCO	#8 SCOOP	2000	60	0.00	0	0.00	0.00	0.00	0.00	0	15.00	2.00	0.00	*N/A*	13.0	0.00	0.00	\$216.731
001355 FRUIT, STRAWBERRY	1/2 cup	1000	23	0.01	1	3.52	0.00	0.22	0.00	0	5.53	1.44	0.48	1	11.5	42.34	0.30	\$0.000
003163 BAR, MANGO (FRESH 4OZ PK)	cup	500	136	0.21	2	30.87	0.00	0.86	0.00	0	33.85	3.62	1.85	122	24.9	82.26	0.36	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000230 MILK,1% WHITE	CARTON	800	130	0.00	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			925	3.20	1575	*52.86	*15.88	14.09	*0.00	23	166.07	20.42	39.28	*22	*419.1	*98.93	*5.29	\$219.079
% of Calories				3.11%		*22.86 %	*6.87%	13.7%	*0.0%		71.8%		17.0%					
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10											

Wednesday - 10/28/2026 Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
002856 CORN DOG, MINI CHICK TYSON	SERVING (6)	1000	315	3.64	570	6.06	*N/A*	16.98	*N/A*	49	27.89	2.42	14.55	*N/A*	24.3	0.00	1.75	\$228.916
003492 CHEESE BITES MOZZARELLA (WILD MIKES FROM SYSCO)	SERVING (4 EA)	1000	280	6.00	460	1.00	1.00	10.00	0.00	35	28.00	2.00	19.00	*N/A*	453.0	*N/A*	2.00	\$19.227
000912 CORN DOG, CHICKEN WG 4 OZ (FOSTER FARMS)	SERVING	1000	240	2.50	470	7.00	7.00	9.00	0.00	40	30.00	2.00	9.00	*N/A*	100.0	*N/A*	1.50	\$180.033
002987 POTATO MCCAIN REG CRINKLE FRY	SERVINGS	3000	120	0.50	35	0.00	*N/A*	5.00	0.00	0	20.01	1.00	1.00	*N/A*	10.0	0.00	0.30	\$0.000
003064 LETTUCE GREEN LEAF	1/2 cup	2000	4	0.00	7	0.19	0.00	0.04	0.00	0	0.69	0.31	0.33	89	8.6	2.21	0.21	\$0.000
000042 VEG, PICKLES DILL	8 each	2000	5	0.00	390	*N/A*	*N/A*	0.00	*N/A*	*N/A*	1.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$27.112
000776 VEG, TOMATO FRESH	4 SLICES	2000	16	0.00	4	*N/A*	*N/A*	0.00	*N/A*	0	3.69	0.74	0.74	*N/A*	7.4	11.51	0.27	\$0.000
002279 VEG, ONION SLICED (PURPLE)	2 SLICES	2000	36	0.00	9	*N/A*	*N/A*	0.09	0.00	0	8.56	1.02	0.91	*N/A*	22.7	5.44	0.30	\$0.000
000419 FRUIT, MIXED USDA	#8 SCOOP	2000	60	0.00	10	*N/A*	*N/A*	0.00	0.00	0	17.00	0.00	0.00	*N/A*	0.0	0.80	0.00	\$12.667
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000230 MILK,1% WHITE	CARTON	800	130	0.00	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			690	4.64	957	*32.72	*4.59	18.17	*0.00	*49	111.05	8.07	26.65	*60	*569.7	*47.01	*3.00	\$176.381
% of Calories				6.05%		*18.97 %	*2.66%	23.7%	*0.0%		64.4%		15.4%					
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10											

Thursday - 10/29/2026 Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002010 TURKEY AND GRAVY SM BATCHW/ROL	#8 SCOOP	1000	133	0.60	1058	*0.15	*0.00	3.28	*0.00	45	11.43	0.16	15.45	*N/A*	3.0	*0.01	1.94	\$0.558
002252 POTATO, MASHED (IDAHO) LS W/GR	1/2 CUP	1000	78	0.22	108	*0.00	*0.00	0.81	*0.00	0	16.72	1.36	1.78	*0	15.4	27.52	0.28	\$37.656
002777 SANDWICH, PB & GRAPE WG 2.6OZ	EACH	200	300	3.00	280	14.00	*N/A*	17.00	0.00	0	32.00	4.00	8.00	*N/A*	20.0	0.00	1.44	\$111.722
002778 SANDWICH, PB & STRAWWG 2.6OZ	EACH	200	300	3.50	370	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	44.0	0.00	1.00	\$116.948

Base Menu Spreadsheet

Yuba City USD

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
003176 SANDWICH, PB & CHOCOLATE WG 2.6 OZ	EACH	150	298	3.45	273	10.99	9.53	16.24	0.01	0	32.04	3.74	9.30	*N/A*	46.3	0.00	1.08	\$7.299
003177 SANDWICH, PB & RASPBERRY JAM WG 2.6 OZ	EACH	150	300	3.50	270	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	40.0	0.00	1.10	\$7.496
003241 WOWBUTTER & STRAWBERRY JAM WG (PEANUT FREE)	EACH	50	570	7.00	430	13.00	11.00	33.00	*N/A*	*N/A*	49.00	9.00	20.00	*N/A*	262.0	*N/A*	4.00	\$14.175
001917 CHEESE, MOZZARELLA STRING LAND O LAKES	EACH	1000	80	3.00	200	0.00	0.00	6.00	*N/A*	20	1.00	0.00	6.00	*N/A*	220.0	*N/A*	*N/A*	\$28.316
002635 CHICKEN, HOT AND SPICY WG SANDWICH	SERVING	1000	380	3.00	610	4.00	*1.00	15.50	0.00	20	42.00	6.00	20.00	*N/A*	78.0	0.00	3.00	\$9.798
003434 VEG, GREEN BEANS (SYSCO)	#8 SCOOP	3000	20	0.00	290	0.00	0.00	0.00	0.00	0	3.00	1.00	1.00	*N/A*	30.0	*N/A*	0.80	\$167.156
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	7	0.01	14	*N/A*	*N/A*	0.07	*0.00	0	1.30	0.77	0.68	*N/A*	22.0	9.87	0.62	\$0.000
001800 VEG, CARROT & CELERY STICKS	SERVING	2000	33	0.00	68	*0.00	*N/A*	0.00	*0.00	0	5.67	1.70	0.57	*N/A*	17.0	3.40	0.20	\$0.000
003468 PEANUT BUTTER CUP 1.1 OZ	CONTAINER	2000	180	3.00	130	3.00	2.00	14.99	0.00	0	8.00	2.00	7.00	*N/A*	16.0	*N/A*	0.50	\$1.411
002957 PEPPERONCINI WHOLE	SERVING (3)	2000	5	0.00	620	0.00	*N/A*	0.00	0.00	0	0.00	1.00	*N/A*	*N/A*	250.0	0.00	0.00	\$33.156
002009 VEG, BELL PEPPER STICKS	CUP	2000	24	0.00	2	*N/A*	*N/A*	0.17	*N/A*	0	6.01	1.61	1.20	*N/A*	0.0	80.76	0.00	\$0.000
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	2000	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	6.0	3.80	0.00	\$12.667
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000230 MILK,1% WHITE	CARTON	800	130	0.00	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			740	5.27	1727	*43.40	*5.76	24.13	*0.00	*36	100.11	13.51	*34.24	*1	*697.3	*108.11	*4.20	\$247.445
% of Calories				6.41%		*23.46 %	*3.11%	29.3%	*0.0%		54.1%		*18.5%					
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10											

Friday - 10/30/2026

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002729 TACO, TURKEY SOFT 10" TORTILLA	SERVINGS	1000	416	8.02	906	*0.00	*0.00	19.33	*0.00	75	37.59	1.00	20.62	*N/A*	405.4	*0.54	3.52	\$170.518
003055 TAMALE CHEESE WG (SYSCO)	SERVINGS	1000	379	7.99	469	0.00	0.00	26.95	0.00	35	28.95	0.00	11.98	*N/A*	265.5	0.00	1.00	\$17.844
001920 TACO, TURKEY HARD SHELL	SERVINGS	1000	336	7.52	466	*0.00	*0.00	21.83	0.00	75	16.61	0.00	17.62	*N/A*	265.4	*0.54	41.22	\$42.508
002673 VEG, CORN CANNED - SYSCO	#8 SCOOP	3000	54	0.00	152	5.42	*N/A*	0.54	0.00	0	10.83	1.08	1.08	*N/A*	3.2	0.00	0.00	\$136.438
003347 LETTUCE SHREDDED (1/4") FRESH	SERVINGS	2000	15	0.00	10	0.00	*N/A*	0.00	0.00	0	3.00	1.00	1.00	*N/A*	26.0	*N/A*	0.36	\$0.000
003348 SALSA MILD RED GOLD (SYSCO)	SERVING 2 TBSP	2000	40	0.00	280	4.00	4.00	0.00	0.00	0	8.00	4.00	0.00	*N/A*	0.0	*N/A*	0.00	\$173.939
000777 VEG, OLIVES SLICE	.25 CUP	2000	60	0.00	280	*N/A*	*N/A*	5.01	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$86.456
003159 BAR, BLACK BEAN SPICY (COLD)	#8 SCOOP	2000	110	0.00	337	*0.17	*0.17	0.00	*0.00	0	20.25	8.02	7.02	*N/A*	35.3	*2.69	*1.92	\$1.580
003137 CUCUMBER RAW	1/2C SERVING	2000	8	0.00	1	0.90	0.00	0.10	0.00	0	1.90	0.30	0.30	*N/A*	0.0	0.00	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003427 CHEESE CHEDDAR MILD FEATHER SHREDDED YELLOW	SERVING	2000	110	5.00	180	0.00	0.00	9.00	0.00	30	0.00	0.00	6.00	*N/A*	200.0	*N/A*	0.00	\$58.658
003138 PINEAPPLE RAW	1/2C SERVING	2000	60	0.00	1	11.40	0.00	0.00	0.00	0	9.69	1.38	0.46	*N/A*	12.0	5806.00	0.05	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19.00	*N/A*	0.00	0.00	0	25.00	4.00	0.00	*N/A*	20.0	8.40	0.36	\$0.000
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	1000	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000230 MILK,1% WHITE	CARTON	800	130	0.00	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19.00	*N/A*	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36	\$0.000
003320 MILK, NONFAT STRAWBERRY	CARTON	500	120	0.00	110	19.00	7.00	0.00	0.00	5	21.00	0.00	9.00	*N/A*	340.0	0.00	0.00	\$0.000
000129 MILK, SOYMILK VANILLA KIKKOMAN (8OZ)	SERVING	100	138	0.53	116	11.64	10.58	4.76	0.00	0	13.76	2.12	8.47	*N/A*	*N/A*	*N/A*	*N/A*	\$202.162
003380 MILK, SOYMILK CHOCOLATE KIKKOMAN (8OZ)	SERVING	100	150	1.00	30	12.00	12.00	4.50	0.00	0	18.00	4.00	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$11.940
Weighted Daily Average			910	11.27	1633	*44.30	*4.70	33.74	*0.00	89	110.23	14.76	37.82	*1	*839.0	*3906.53	*17.23	\$434.286
% of Calories				11.15 %		*19.47 %	*2.07%	33.4%	*0.0%		48.5%		16.6%					
Weekly Nutrient Guideline			600 - 700	<10	<=1225		<10											

		Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (mcg RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages		855	6.29	1480	*48.66	*7.85	22.13	*0.00	*53	131.46	15.12	*38.15	*22	*653.6	*626.45	*5.65	\$334.842
% of Calories			6.62%		*22.76 %	*3.67%	23.3%	*0.0%		61.5%		*17.8%					

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

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