

Menu Name:

PRE-SCHOOL LUNCH

Include Cost:

Yes

Site:

Use Alternate Menu Name:

No

Monday - 11/03/2025

Reimbursable Meal Total 300

	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)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003074 Homestyle Chicken Nugget (GK)	5 Each	300	182	1.62	328	0.00	*N/A*	9.90	0.00	34	9.50	0.00	13.50	*N/A*	22.0	87.00	1.00	\$0.000
002676 POTATO, TATER BARRELS SYSCO	10 BARRELS	300	170	1.50	360	0.00	*N/A*	9.00	0.00	0	19.00	1.00	2.00	*N/A*	0.0	3.60	0.36	\$0.000
002669 FRUIT, APPLESAUCE USDA	#8 SCOOP	300	58	0.00	2	12.44	*N/A*	0.00	0.00	0	15.84	1.13	0.00	*N/A*	0.0	2.71	2.04	\$0.000
000230 MILK,1% WHITE	CARTON	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000129 MILK, SOYMILK KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			540	4.59	849	27.44	*N/A*	21.47	0.00	48	60.37	2.20	25.43	*0	418.7	94.47	3.43	\$0.000
% of Calories				7.65%		20.33%	*N/A*	35.8%	0.0%		44.7%		18.8%					
Weekly Nutrient Guideline			739 - 0	<10			<0	<=30					12.74		338.62	16.68	3.95	

Tuesday - 11/04/2025

Reimbursable Meal Total 300

	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)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002704 SPAGHETTI W/ CHEESE ST SCRATCH	HEAPING # 6 SCP	300	200	2.01	843	*2.28	*N/A*	3.42	*0.00	10	31.58	3.18	13.05	*N/A*	219.0	10.17	2.23	\$0.000
000424 VEG, GREEN BEANS	#8 SCOOP	300	16	0.00	140	1.00	*N/A*	0.00	0.00	0	3.00	2.00	1.00	*N/A*	0.0	0.00	0.00	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	100	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

Yuba City USD

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000068 FRUIT, BANANAS FRESH	EACH	100	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	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000230 MILK,1% WHITE	CARTON	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000129 MILK, SOYMILK KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			433	3.52	1142	*28.73	*0.00	6.10	*0.00	24	72.57	8.58	24.92	*1	643.8	44.72	2.53	\$0.000
% of Calories				7.32%		*26.54 %	*N/A*	12.7%	*0.0%		67.0%		23.0%					
Weekly Nutrient Guideline			739 - 0	<10			<0	<=30					12.74		338.62	16.68	3.95	

Wednesday - 11/05/2025

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002928 SANDWICH CHICKEN BBQ GRILLED	EA	300	280	0.00	690	*3.00	*N/A*	5.10	*0.00	65	34.00	4.18	27.40	*N/A*	*48.0	*1.20	*1.29	\$0.000
003235 ONION RING, BREADED (4 PER SERV)	SERVING	300	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
002090 VEG, CARROTS STEAMED	#8 SCOOP	300	27	0.00	43	3.00	*N/A*	1.00	0.00	24	6.00	2.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	100	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	100	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	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000230 MILK,1% WHITE	CARTON	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			704	2.50	1027	*34.45	*0.00	15.78	*0.00	*104	103.99	12.59	41.27	*1	*492.8	*35.75	*2.78	\$0.000
% of Calories				3.20%		*19.57 %	*N/A*	20.2%	*0.0%		59.1%		23.4%					
Weekly Nutrient Guideline			739 - 0	<10			<0	<=30					12.74		338.62	16.68	3.95	

Thursday - 11/06/2025

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003211 TURKEY & GRAVY W/ MASHED POTATOES	EACH	300	200	0.82	1152	*0.00	*0.00	4.02	*0.00	45	26.21	1.37	16.78	*0	16.3	27.52	2.07	\$0.000
003228 BREAD DINNER ROLL WG FRANZ (1 SVG = 2 ROLLS)	2 PIECES	300	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
000433 VEG, MIXED FROZEN	.5 CUP	300	60	0.00	39	3.00	*N/A*	0.00	0.00	0	12.00	3.00	2.00	*N/A*	0.0	0.00	0.00	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	100	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	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	100	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	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000129 MILK, SOYMILK KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			617	2.33	1531	*30.45	*0.00	7.70	*0.00	60	102.20	9.78	35.65	*1	469.2	62.07	4.37	\$0.000
% of Calories				3.40%		*19.74 %	*0.00%	11.2%	*0.0%		66.3%		23.1%					
Weekly Nutrient Guideline			739 - 0	<10			<0	<=30					12.74		338.62	16.68	3.95	

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

Friday - 11/07/2025

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003073 QUESADILLA TWO CHEESE & GREEN CHILI LOS CACOS	SERVINGS	300	323	6.94	405	1.07	0.00	14.03	0.00	40	32.31	4.45	16.89	*N/A*	25.1	2.01	10.04	\$0.000
000270 VEG, CORN CANNED - USDA	#8 SCOOP	300	65	0.00	15	*N/A*	*N/A*	1.00	0.00	0	15.00	2.00	2.00	*N/A*	0.0	0.00	0.00	\$0.000
002217 HS RICE CILANTRO LIME	1 cup	300	360	0.64	294	*0.00	*0.00	7.49	0.00	0	66.28	4.06	8.08	*0	10.7	0.29	1.52	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	100	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	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	100	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	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000129 MILK, SOYMILK KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			964	9.08	873	*26.52	*0.00	25.20	0.00	55	151.58	13.91	37.84	*1	460.6	36.85	11.85	\$0.000
% of Calories				8.48%		*11.00 %	*0.00%	23.5%	0.0%		62.9%		15.7%					
Weekly Nutrient Guideline			739 - 0	<10			<0	<=30					12.74		338.62	16.68	3.95	

Monday - 11/10/2025

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002678 BURGER, CHEESE	EACH	300	339	6.50	559	3.00	*N/A*	15.50	0.00	47	29.00	5.00	22.00	*N/A*	63.0	0.00	2.00	\$0.000
000391 POTATO, SMILES	SERVINGS (6)	300	130	0.50	180	0.00	*N/A*	4.50	0.00	0	20.00	2.00	2.00	*N/A*	0.0	2.40	0.36	\$0.000

Base Menu Spreadsheet

Yuba City USD

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000086 FRUIT, ORANGES FRESH	EACH	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	100	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000064 FRUIT, APPLE FRESH	1/2 APPLE	100	50	0.00	1	9.54	*N/A*	0.00	0.00	0	12.65	2.02	0.01	*N/A*	10.2	4.58	0.18	\$0.000
000230 MILK,1% WHITE	CARTON	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000129 MILK, SOYMILK KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			669	8.50	898	*25.30	*0.00	22.68	0.00	62	82.88	9.75	34.87	*1	484.6	35.67	2.60	\$0.000
% of Calories				11.43 %		*15.13 %	*N/A*	30.5%	0.0%		49.6%		20.8%					
Weekly Nutrient Guideline			739 - 0	<10			<0	<=30					12.74		338.62	16.68	3.95	

Wednesday - 11/12/2025

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002949 HOT POCKET SANDWICH PEPPERONI	EACH	300	291	6.02	572	3.01	*N/A*	12.04	0.00	25	36.13	1.00	9.03	*N/A*	100.4	0.00	2.71	\$0.000
002985 POTATO MCCAIN 8 CUT WEDGES	Servings	300	130	1.00	560	0.00	*N/A*	6.00	0.00	0	19.01	1.00	2.00	*N/A*	10.0	0.00	10.01	\$0.000
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	300	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	1.00	0.00	*N/A*	6.0	3.80	0.00	\$0.000
000230 MILK,1% WHITE	CARTON	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			611	8.49	1296	31.01	*N/A*	20.61	0.00	40	85.17	3.07	20.97	*0	513.0	4.96	12.75	\$0.000
% of Calories				12.51 %		20.30%	*N/A*	30.4%	0.0%		55.8%		13.7%					
Weekly Nutrient Guideline			739 - 0	<10			<0	<=30					12.74		338.62	16.68	3.95	

Thursday - 11/13/2025

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000392 SANDWICH, GRILLED CHEESE	EACH	300	537	16.33	1038	*4.00	*N/A*	31.83	*0.00	80	36.00	4.00	28.00	*N/A*	70.0	0.00	1.80	\$0.000
000433 VEG, MIXED FROZEN	.5 CUP	300	60	0.00	39	3.00	*N/A*	0.00	0.00	0	12.00	3.00	2.00	*N/A*	0.0	0.00	0.00	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	100	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	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	100	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	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000129 MILK, SOYMILK KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			813	17.84	1237	*32.45	*0.00	34.51	*0.00	94	86.00	10.41	40.87	*1	494.8	34.55	2.09	\$0.000
% of Calories				19.75 %		*15.97 %	*N/A*	38.2%	*0.0%		42.3%		20.1%					
Weekly Nutrient Guideline			739 - 0	<10			<0	<=30					12.74		338.62	16.68	3.95	

Friday - 11/14/2025

Reimbursable Meal Total 300

Base Menu Spreadsheet

Yuba City USD

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003078 TAMALE CHICKEN SALSA VERDE CHEESE LOS CABOS	1 TAMALE	150	309	6.53	622	1.06	0.00	13.76	0.00	56	28.40	2.70	17.27	*N/A*	202.6	3.59	1.37	\$0.000
003077 TAMALE TWO CHEESE & GREEN CHILI LOS CABOS	1 TAMALE	150	345	9.47	712	1.58	0.00	18.01	0.00	36	29.67	2.56	15.95	*N/A*	418.6	2.45	0.87	\$0.000
000270 VEG, CORN CANNED - USDA	#8 SCOOP	300	65	0.00	15	*N/A*	*N/A*	1.00	0.00	0	15.00	2.00	2.00	*N/A*	0.0	0.00	0.00	\$0.000
002217 HS RICE CILANTRO LIME	1 cup	300	360	0.64	294	*0.00	*0.00	7.49	0.00	0	66.28	4.06	8.08	*0	10.7	0.29	1.52	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	100	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	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	100	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	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000129 MILK, SOYMILK KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			968	10.15	1135	*26.77	*0.00	27.05	0.00	60	148.30	12.09	37.55	*1	746.1	37.86	2.93	\$0.000
% of Calories				9.44%		*11.06 %	*0.00%	25.1%	0.0%		61.3%		15.5%					
Weekly Nutrient Guideline			739 - 0	<10			<0	<=30					12.74		338.62	16.68	3.95	

Monday - 11/17/2025

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000912 CORN DOG, CHICKEN WG 4 OZ (SYSCO CLASSIC)	SERVING	300	240	2.50	390	*N/A*	*N/A*	8.00	0.00	40	30.00	5.00	9.00	*N/A*	80.0	0.00	1.80	\$0.000
003009 POTATO FRY SIDEWINDER JR SMPLT	1/2 CUP	300	166	0.83	465	0.00	*N/A*	6.64	0.00	0	26.54	1.66	1.66	*N/A*	0.0	0.00	0.83	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000086 FRUIT, ORANGES FRESH	EACH	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	100	90	0.11	1	12.35	0.00	0.33	0.00	0	23.07	2.63	1.10	3	5.0	8.79	0.26	\$0.000
000064 FRUIT, APPLE FRESH	1/2 APPLE	100	50	0.00	1	9.54	*N/A*	0.00	0.00	0	12.65	2.02	0.01	*N/A*	10.2	4.58	0.18	\$0.000
000230 MILK,1% WHITE	CARTON	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000129 MILK, SOYMILK KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			606	4.83	1014	*22.30	*0.00	17.31	0.00	54	90.42	9.41	21.53	*1	501.6	33.27	2.86	\$0.000
% of Calories				7.17%		*14.72 %	*N/A*	25.7%	0.0%		59.7%		14.2%					
Weekly Nutrient Guideline			739 - 0	<10			<0	<=30					12.74		338.62	16.68	3.95	

Tuesday - 11/18/2025

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001862 PIZZA, WG PEP 5"	EACH	150	360	7.00	570	4.00	*N/A*	16.00	0.00	35	34.00	3.00	20.00	*N/A*	400.0	9.00	1.80	\$0.000
001861 PIZZA, WG CHEESE 5"	EACH	150	360	8.00	510	4.00	*N/A*	17.00	0.00	35	34.00	3.00	20.00	*N/A*	450.0	6.00	2.70	\$0.000
000424 VEG, GREEN BEANS	#8 SCOOP	300	16	0.00	140	1.00	*N/A*	0.00	0.00	0	3.00	2.00	1.00	*N/A*	0.0	0.00	0.00	\$0.000
003163 BAR, MANGO (FRESH 4OZ PK)	cup	300	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
000230 MILK,1% WHITE	CARTON	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			642	9.17	841	50.87	*0.00	19.93	0.00	50	86.89	8.68	32.79	*122	846.5	90.92	2.65	\$0.000
% of Calories				12.86 %		31.69%	*N/A*	27.9%	0.0%		54.1%		20.4%					
Weekly Nutrient Guideline			739 - 0	<10			<0	<=30					12.74		338.62	16.68	3.95	

Wednesday - 11/19/2025 Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002533 PANCAKES, BUTTERMILK WG	SERVING 2 EACH	300	140	0.00	200	6.00	*N/A*	3.00	0.00	0	28.00	2.00	4.00	*N/A*	0.0	0.00	1.44	\$0.000
003214 SAUSAGE PATTY, CHICKEN FULLY COOKED 1.43OZ (TYSON)	EACH	300	100	2.00	180	*N/A*	*N/A*	7.00	*N/A*	45	1.00	*N/A*	8.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000349 SYRUP, PANCAKE	TABLESPOON	300	50	0.00	22	6.50	*N/A*	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
001501 POTATO, HASHBROWN OVAL PATTY	SERVING	300	140	1.50	290	*N/A*	*N/A*	8.00	0.00	0	15.00	2.00	3.00	*N/A*	0.0	1.20	0.00	\$0.000
000837 YOGURT, RASP/PEACH 4 OZ	SERVING	300	110	0.50	55	*N/A*	*N/A*	1.00	*N/A*	4	22.00	0.00	4.00	*N/A*	100.0	0.00	0.00	\$0.000
001001 JUICE, APPLE 4.23 OZ SUNCUP	EACH	75	60	0.00	5	13.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	100.0	0.00	0.00	\$0.000
002707 JUICE, STRAW/KIWI 4.23 OZ SUNCUP	EACH	75	60	0.00	10	12.00	*N/A*	0.00	0.00	0	14.00	0.00	0.00	*N/A*	10.0	0.00	0.00	\$0.000
000999 JUICE, ORAN/TANG 4.23 OZ SUNCUP	EACH	75	60	0.00	10	13.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00	*N/A*	190.0	0.00	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000984 JUICE, GRAPE 4 OZ SUNCUP	SERVING	75	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	*N/A*	0.0	0.00	0.00	\$0.000
Weighted Daily Average			600	4.00	754	*22.00	*N/A*	19.00	*0.00	49	93.75	*4.00	19.00	*0	*175.0	*1.20	*1.44	\$0.000
% of Calories				6.00%		*14.67 %	*N/A*	28.5%	*0.0%		62.5%		12.7%					
Weekly Nutrient Guideline			739 - 0	<10			<0	<=30					12.74		338.62	16.68	3.95	

Thursday - 11/20/2025

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003213 OVEN ROASTED CHICKEN W/ MASHED POTATOES	EACH	300	491	11.21	1865	*0.65	*0.61	24.01	*0.00	52	54.21	2.19	16.94	*112	78.5	28.33	1.75	\$5.700
003228 BREAD DINNER ROLL WG FRANZ (1 SVG = 2 ROLLS)	2 PIECES	300	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
000433 VEG, MIXED FROZEN	.5 CUP	300	60	0.00	39	3.00	*N/A*	0.00	0.00	0	12.00	3.00	2.00	*N/A*	0.0	0.00	0.00	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	100	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	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000068 FRUIT, BANANAS FRESH	EACH	100	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	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000129 MILK, SOYMILK KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			908	12.71	2244	*31.10	*0.61	27.69	*0.00	67	130.20	10.60	35.81	*113	531.3	62.88	4.04	\$5.700
% of Calories				12.60 %		*13.70 %	*0.27%	27.4%	*0.0%		57.4%		15.8%					
Weekly Nutrient Guideline			739 - 0	<10			<0	<=30					12.74		338.62	16.68	3.95	

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

Friday - 11/21/2025

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003075 BURRITO BEAN AND CHEESE LOS CABOS	1 BURRITO	300	321	3.54	475	1.75	0.00	8.79	0.00	15	44.17	8.17	16.71	*N/A*	171.1	1.64	3.85	\$0.000
000270 VEG, CORN CANNED - USDA	#8 SCOOP	300	65	0.00	15	*N/A*	*N/A*	1.00	0.00	0	15.00	2.00	2.00	*N/A*	0.0	0.00	0.00	\$0.000
003138 PINEAPPLE RAW	1/2C SERVING	300	60	0.00	1	11.40	0.00	0.00	0.00	0	9.69	1.38	0.46	*N/A*	12.0	5806.00	0.05	\$0.000
000230 MILK,1% WHITE	CARTON	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000
000129 MILK, SOYMILK KICKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			576	5.01	649	*28.15	*0.00	12.36	0.00	29	84.89	11.62	29.10	*0	579.8	5808.80	3.94	\$0.000
% of Calories				7.83%		*19.55 %	*0.00%	19.3%	0.0%		59.0%		20.2%					
Weekly Nutrient Guideline			739 - 0	<10			<0	<=30					12.74		338.62	16.68	3.95	

Monday - 11/24/2025

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
003074 Homestyle Chicken Nugget (GK)	5 Each	300	182	1.62	328	0.00	*N/A*	9.90	0.00	34	9.50	0.00	13.50	*N/A*	22.0	87.00	1.00	\$0.000
002676 POTATO, TATER BARRELS SYSCO	10 BARRELS	300	170	1.50	360	0.00	*N/A*	9.00	0.00	0	19.00	1.00	2.00	*N/A*	0.0	3.60	0.36	\$0.000
002669 FRUIT, APPLESAUCE USDA	#8 SCOOP	300	58	0.00	2	12.44	*N/A*	0.00	0.00	0	15.84	1.13	0.00	*N/A*	0.0	2.71	2.04	\$0.000
000230 MILK,1% WHITE	CARTON	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			540	4.59	849	27.44	*N/A*	21.47	0.00	48	60.37	2.20	25.43	*0	418.7	94.47	3.43	\$0.000
% of Calories				7.65%		20.33%	*N/A*	35.8%	0.0%		44.7%		18.8%					
Weekly Nutrient Guideline			739 - 0	<10			<0	<=30					12.74		338.62	16.68	3.95	

Tuesday - 11/25/2025

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001488 CHICKEN, ORANGE MANDARIN nood	SERVING	290	350	0.83	489	*N/A*	*N/A*	7.87	*0.00	40	54.16	3.45	18.00	*N/A*	18.0	1.28	3.08	\$0.000
002979 TOFU TERI WITH NOODLES	HEAPING #16	10	691	4.34	3129	*35.21	*35.21	36.60	*0.00	0	80.37	3.92	19.15	*0	69.1	0.12	4.67	\$0.000
002476 VEG, BROCCOLI STEAMED	.5 CUP	300	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	300	18	0.00	2	1.64	*N/A*	0.00	*N/A*	0	4.11	0.00	0.33	*N/A*	0.0	0.00	0.00	\$0.000
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	100	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	100	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	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000230 MILK,1% WHITE	CARTON	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			622	2.46	760	*29.27	*1.17	11.51	*0.00	53	102.14	9.88	32.23	*1	444.5	35.79	3.43	\$0.000
% of Calories				3.56%		*18.82 %	*N/A*	16.7%	*0.0%		65.7%		20.7%					
Weekly Nutrient Guideline			739 - 0	<10			<0	<=30					12.74		338.62	16.68	3.95	

Wednesday - 11/26/2025 Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
002285 SANDWICH, PB & GRAPE WG 2.8OZ	EACH	150	310	2.50	300	*N/A*	*N/A*	16.00	0.00	0	35.00	4.00	10.00	*N/A*	60.0	0.00	1.08	\$0.000
002778 SANDWICH, PB & STRAWWG 2.6OZ	EACH	150	300	3.50	370	15.00	13.00	16.00	0.00	0	32.00	4.00	9.00	*N/A*	44.0	0.00	1.00	\$0.000
001917 CHEESE, MOZZARELLA STRING	EACH	300	60	2.00	210	*N/A*	*N/A*	2.50	0.00	10	1.00	0.00	8.00	*N/A*	200.0	0.00	0.00	\$0.000
000450 VEG, CARROTS BABY	BAG	300	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
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	100	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	100	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	100	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	*N/A*	59.4	82.98	0.15	\$0.000
000230 MILK,1% WHITE	CARTON	290	130	1.50	160	15.00	*N/A*	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00	\$0.000

Base Menu Spreadsheet

Portion Values

Nov 1, 2025 thru Nov 30, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000129 MILK, SOYMILK KIKKOMAN	SERVING	10	140	0.50	110	15.00	*N/A*	4.50	0.00	0	17.00	2.00	8.00	*N/A*	300.0	0.00	1.08	\$0.000
Weighted Daily Average			607	6.50	762	*32.95	*6.50	21.18	*0.00	24	78.39	8.88	29.10	*1	698.9	40.74	2.00	\$0.000
% of Calories				9.64%		*21.71 %	*N/A*	31.4%	*0.0%		51.7%		19.2%					
Weekly Nutrient Guideline			739 - 0	<10			<0	<=30					12.74		338.62	16.68	3.95	

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages		672	7	1051	*29.84	*0.49	19.50	*0.00	*54	95.30	*8.69	30.84	*14	*524.7	*385.59	*4.07	\$0.335
% of Calories			9.16%		*17.76 %	*N/A*	26.1%	*0.0%		56.7%		18.4%					

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.