



# September Lunch Menu

CEDAR TREE | KINDERGARTEN & 1ST GRADE

### What do the colors on the menu mean?

- GREEN** = locally-sourced
- BLUE** = international
- ORANGE** = Fresh Feature Friday Winner!

**Student's choice of skim or 1% milk provided at every meal.**

This institution is an equal opportunity provider.



### WELCOME BACK!

Although this school year doesn't look the same as in the past, we are still here to provide you with delicious, healthy and safe meals to get you through your day.

Meals will be available for all students every weekday from 10 am–2 pm.

For other food resources, visit: <http://coronavirus.dc.gov/food>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>31 build your own pizza</b></p> <ul style="list-style-type: none"> <li>shredded mozzarella cheese with turkey pepperoni</li> <li>whole grain flatbread</li> <li>tomato sauce</li> <li>green leaf salad with caesar dressing</li> <li>fresh peach</li> </ul>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>chicken salad on a whole wheat bun</li> <li>cucumber coins with italian dressing</li> <li>fresh watermelon</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>tuna salad with whole grain crackers</li> <li>italian pasta salad with whole grain rotini, cucumber and tomato</li> <li>white bean &amp; tomato salad</li> <li>fresh apple</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>buffalo chicken wrap in a whole wheat tortilla with romaine lettuce</li> <li>baby carrots with ranch dressing</li> <li>fresh cantaloupe wedge</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>turkey &amp; cheddar on a whole wheat bun</li> <li>light mayonnaise &amp; mustard</li> <li>potato salad</li> <li>fresh orange wedges</li> </ul>
<p><b>7</b></p> <p>labor day</p> <p>no school</p>	<p><b>8 taco tuesday</b></p> <ul style="list-style-type: none"> <li>cumin lime chicken</li> <li>shredded cheddar cheese</li> <li>whole wheat tortilla</li> <li>tortilla chips</li> <li>shredded lettuce</li> <li>tomato salsa</li> <li>low fat sour cream</li> <li>fresh watermelon</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>tuna &amp; macaroni salad</li> <li>whole grain cornbread muffin</li> <li>corn &amp; red pepper salad</li> <li>fresh apple</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>grilled chicken caesar wrap in a whole wheat tortilla with romaine lettuce</li> <li>cauliflower florets with caesar dressing</li> <li>fresh cantaloupe wedge</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>turkey ham &amp; cheddar on a whole wheat bun</li> <li>light mayonnaise &amp; mustard</li> <li>jazzy black eyed peas</li> <li>fresh orange wedges</li> </ul>
<p><b>14 build your own pizza</b></p> <ul style="list-style-type: none"> <li>shredded mozzarella cheese with turkey pepperoni</li> <li>whole grain flatbread</li> <li>tomato sauce</li> <li>green leaf salad with caesar dressing</li> <li>fresh peach</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>chicken salad on a whole wheat bun</li> <li>cucumber coins with italian dressing</li> <li>fresh watermelon</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>tuna salad with whole grain crackers</li> <li>italian pasta salad with whole grain rotini, cucumber and tomato</li> <li>white bean &amp; tomato salad</li> <li>fresh apple</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>buffalo chicken wrap in a whole wheat tortilla with romaine lettuce</li> <li>baby carrots with ranch dressing</li> <li>fresh cantaloupe wedge</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>turkey &amp; cheddar on a whole wheat bun</li> <li>light mayonnaise &amp; mustard</li> <li>potato salad</li> <li>fresh orange wedges</li> </ul>
<p><b>21</b></p> <ul style="list-style-type: none"> <li>curried chicken salad on a whole grain flatbread</li> <li>light mayonnaise</li> <li>kale salad with red peppers</li> <li>fresh peach</li> </ul>	<p><b>22 taco tuesday</b></p> <ul style="list-style-type: none"> <li>cumin lime chicken</li> <li>shredded cheddar cheese</li> <li>whole wheat tortilla</li> <li>tortilla chips</li> <li>shredded lettuce</li> <li>tomato salsa</li> <li>low fat sour cream</li> <li>fresh watermelon</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>tuna &amp; macaroni salad</li> <li>whole grain cornbread muffin</li> <li>corn salad</li> <li>fresh apple</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>grilled chicken caesar wrap in a whole wheat tortilla with romaine lettuce</li> <li>cauliflower florets with caesar dressing</li> <li>fresh cantaloupe wedge</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>turkey ham &amp; cheddar on a whole wheat bun</li> <li>light mayonnaise &amp; mustard</li> <li>jazzy black eyed peas</li> <li>fresh orange wedges</li> </ul>
<p><b>28 build your own pizza</b></p> <ul style="list-style-type: none"> <li>shredded mozzarella cheese with turkey pepperoni</li> <li>whole grain flatbread</li> <li>tomato sauce</li> <li>green leaf salad with caesar dressing</li> <li>fresh peach</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>chicken salad on a whole wheat bun</li> <li>cucumber coins with italian dressing</li> <li>fresh watermelon</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>tuna salad with whole grain crackers</li> <li>italian pasta salad with whole grain rotini, cucumber and tomato</li> <li>white bean &amp; tomato salad</li> <li>fresh apple</li> </ul>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>buffalo chicken wrap in a whole wheat tortilla with romaine lettuce</li> <li>baby carrots with ranch dressing</li> <li>fresh cantaloupe wedge</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>turkey &amp; cheddar on a whole wheat bun</li> <li>light mayonnaise &amp; mustard</li> <li>potato salad</li> <li>fresh orange wedges</li> </ul>



# September Vegetarian Lunch Menu

CEDAR TREE | KINDERGARTEN & 1ST GRADE

### What do the colors on the menu mean?

**GREEN** = locally-sourced

**BLUE** = international

**ORANGE** = Fresh Feature Friday Winner!

**V** = vegetarian **VE** = vegan

### Student's choice of skim or 1% milk provided at every meal.

This institution is an equal opportunity provider.



### WELCOME BACK!

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>31 build your own pizza</b></p> <ul style="list-style-type: none"> <li>shredded mozzarella cheese <b>V</b></li> <li>whole grain flatbread <b>V</b></li> <li>tomato sauce <b>VE</b></li> <li>green leaf salad with caesar dressing <b>V</b></li> <li>fresh peach <b>VE</b></li> </ul>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>egg salad on a whole wheat bun <b>V</b></li> <li>cucumber coins with italian dressing <b>VE</b></li> <li>fresh watermelon <b>VE</b></li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>cheddar cheese with whole grain crackers <b>V</b></li> <li>italian pasta salad with whole grain rotini, cucumber and tomato <b>VE</b></li> <li>white bean &amp; tomato salad <b>VE</b></li> <li>fresh apple <b>VE</b></li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>buffalo veggie chik'n wrap in a whole wheat tortilla with romaine lettuce <b>V</b></li> <li>baby carrots with ranch dressing <b>V</b></li> <li>fresh cantaloupe wedge <b>VE</b></li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>sunbutter &amp; jelly on whole wheat bread <b>VE</b></li> <li>potato salad <b>V</b></li> <li>fresh orange wedges <b>VE</b></li> </ul>
<p><b>7</b></p> <p><b>labor day</b></p> <p><b>no school</b></p>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>cheesy mexican bean dip <b>V</b></li> <li>whole grain corn tortilla chips <b>VE</b></li> <li>shredded lettuce <b>VE</b></li> <li>tomato salsa <b>VE</b></li> <li>low fat sour cream <b>V</b></li> <li>fresh watermelon <b>VE</b></li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>egg salad on a whole wheat bun <b>V</b></li> <li>corn &amp; red pepper salad <b>VE</b></li> <li>fresh apple <b>VE</b></li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>veggie chik'n caesar wrap in a whole wheat tortilla with romaine lettuce <b>V</b></li> <li>cauliflower florets with caesar dressing <b>V</b></li> <li>fresh cantaloupe wedge <b>VE</b></li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>sunbutter &amp; jelly on whole wheat bread <b>VE</b></li> <li>jazzy black eyed peas <b>VE</b></li> <li>fresh orange wedges <b>VE</b></li> </ul>
<p><b>14 build your own pizza</b></p> <ul style="list-style-type: none"> <li>shredded mozzarella cheese <b>V</b></li> <li>whole grain flatbread <b>V</b></li> <li>tomato sauce <b>VE</b></li> <li>green leaf salad with caesar dressing <b>V</b></li> <li>fresh peach <b>VE</b></li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>egg salad on a whole wheat bun <b>V</b></li> <li>cucumber coins with italian dressing <b>VE</b></li> <li>fresh watermelon <b>VE</b></li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>cheddar cheese with whole grain crackers <b>V</b></li> <li>italian pasta salad with whole grain rotini, cucumber and tomato <b>VE</b></li> <li>white bean &amp; tomato salad <b>VE</b></li> <li>fresh apple <b>VE</b></li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>buffalo veggie chik'n wrap in a whole wheat tortilla with romaine lettuce <b>V</b></li> <li>baby carrots with ranch dressing <b>V</b></li> <li>fresh cantaloupe wedge <b>VE</b></li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>sunbutter &amp; jelly on whole wheat bread <b>VE</b></li> <li>potato salad <b>V</b></li> <li>fresh orange wedges <b>VE</b></li> </ul>
<p><b>21 build your own pizza</b></p> <ul style="list-style-type: none"> <li>shredded mozzarella cheese <b>V</b></li> <li>whole grain flatbread <b>V</b></li> <li>tomato sauce <b>VE</b></li> <li>kale salad with red peppers <b>VE</b></li> <li>fresh peach <b>VE</b></li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>cheesy mexican bean dip <b>V</b></li> <li>whole grain corn tortilla chips <b>VE</b></li> <li>shredded lettuce <b>VE</b></li> <li>tomato salsa <b>VE</b></li> <li>low fat sour cream <b>V</b></li> <li>fresh watermelon <b>VE</b></li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>egg salad on a whole wheat bun <b>V</b></li> <li>corn salad <b>VE</b></li> <li>fresh apple <b>VE</b></li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>veggie chik'n caesar wrap in a whole wheat tortilla with romaine lettuce <b>V</b></li> <li>cauliflower florets with caesar dressing <b>V</b></li> <li>fresh cantaloupe wedge <b>VE</b></li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>sunbutter &amp; jelly on whole wheat bread <b>VE</b></li> <li>jazzy black eyed peas <b>VE</b></li> <li>fresh orange wedges <b>VE</b></li> </ul>
<p><b>28 build your own pizza</b></p> <ul style="list-style-type: none"> <li>shredded mozzarella cheese <b>V</b></li> <li>whole grain flatbread <b>V</b></li> <li>tomato sauce <b>VE</b></li> <li>green leaf salad with caesar dressing <b>V</b></li> <li>fresh peach <b>VE</b></li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>egg salad on a whole wheat bun <b>V</b></li> <li>cucumber coins with italian dressing <b>VE</b></li> <li>fresh watermelon <b>VE</b></li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>cheddar cheese with whole grain crackers <b>V</b></li> <li>italian pasta salad with whole grain rotini, cucumber and tomato <b>VE</b></li> <li>white bean &amp; tomato salad <b>VE</b></li> <li>fresh apple <b>VE</b></li> </ul>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>buffalo veggie chik'n wrap in a whole wheat tortilla with romaine lettuce <b>V</b></li> <li>baby carrots with ranch dressing <b>V</b></li> <li>fresh cantaloupe wedge <b>VE</b></li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>sunbutter &amp; jelly on whole wheat bread <b>VE</b></li> <li>potato salad <b>V</b></li> <li>fresh orange wedges <b>VE</b></li> </ul>



# September Dairy-Free Lunch Menu

CEDAR TREE | KINDERGARTEN & 1ST GRADE

### What do the colors on the menu mean?

**GREEN** = locally-sourced

**BLUE** = international

**ORANGE** = Fresh Feature Friday Winner!

**Soymilk provided at every meal.**

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<p><b>31</b></p> <ul style="list-style-type: none"> <li>sunbutter &amp; jelly on whole wheat bread</li> <li>green leaf salad with diced tomatoes and italian dressing</li> <li>fresh peach</li> </ul>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>chicken salad on a whole wheat bun</li> <li>cucumber coins with italian dressing</li> <li>fresh watermelon</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>tuna salad with whole grain crackers</li> <li>italian pasta salad with whole grain rotini, cucumber and tomato</li> <li>white bean &amp; tomato salad</li> <li>fresh apple</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>grilled chicken wrap in a whole wheat tortilla with romaine lettuce</li> <li>baby carrots with honey mustard dressing</li> <li>fresh cantaloupe wedge</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>turkey on a whole wheat bun</li> <li>light mayonnaise &amp; mustard</li> <li>potato salad</li> <li>fresh orange wedges</li> </ul>
<p><b>7</b></p> <p><b>labor day</b></p> <p><b>no school</b></p>	<p><b>8</b> <b>taco tuesday</b></p> <ul style="list-style-type: none"> <li>cumin lime chicken</li> <li>whole wheat tortilla</li> <li>tortilla chips</li> <li>shredded lettuce</li> <li>tomato salsa</li> <li>fresh watermelon</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>tuna &amp; macaroni salad</li> <li>whole grain crackers</li> <li>corn &amp; red pepper salad</li> <li>fresh apple</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>grilled chicken wrap in a whole wheat tortilla with romaine lettuce</li> <li>cauliflower florets with italian dressing</li> <li>fresh cantaloupe wedge</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>turkey ham on a whole wheat bun</li> <li>light mayonnaise &amp; mustard</li> <li>jazzy black eyed peas</li> <li>fresh orange wedges</li> </ul>
<p><b>14</b></p> <ul style="list-style-type: none"> <li>sunbutter &amp; jelly on whole wheat bread</li> <li>green leaf salad with diced tomatoes and italian dressing</li> <li>fresh peach</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>chicken salad on a whole wheat bun</li> <li>cucumber coins with italian dressing</li> <li>fresh watermelon</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>tuna salad with whole grain crackers</li> <li>italian pasta salad with whole grain rotini, cucumber and tomato</li> <li>white bean &amp; tomato salad</li> <li>fresh apple</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>grilled chicken wrap in a whole wheat tortilla with romaine lettuce</li> <li>baby carrots with honey mustard dressing</li> <li>fresh cantaloupe wedge</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>turkey on a whole wheat bun</li> <li>light mayonnaise &amp; mustard</li> <li>potato salad</li> <li>fresh orange wedges</li> </ul>
<p><b>21</b></p> <ul style="list-style-type: none"> <li>sunbutter &amp; jelly on whole wheat bread</li> <li>kale salad with red peppers</li> <li>fresh peach</li> </ul>	<p><b>22</b> <b>taco tuesday</b></p> <ul style="list-style-type: none"> <li>cumin lime chicken</li> <li>whole wheat tortilla</li> <li>tortilla chips</li> <li>shredded lettuce</li> <li>tomato salsa</li> <li>fresh watermelon</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>tuna &amp; macaroni salad</li> <li>whole grain crackers</li> <li>corn salad</li> <li>fresh apple</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>grilled chicken wrap in a whole wheat tortilla with romaine lettuce</li> <li>cauliflower florets with italian dressing</li> <li>fresh cantaloupe wedge</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>turkey ham on a whole wheat bun</li> <li>light mayonnaise &amp; mustard</li> <li>jazzy black eyed peas</li> <li>fresh orange wedges</li> </ul>
<p><b>28</b></p> <ul style="list-style-type: none"> <li>sunbutter &amp; jelly on whole wheat bread</li> <li>green leaf salad with diced tomatoes and italian dressing</li> <li>fresh peach</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>chicken salad on a whole wheat bun</li> <li>cucumber coins with italian dressing</li> <li>fresh watermelon</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>tuna salad with whole grain crackers</li> <li>italian pasta salad with whole grain rotini, cucumber and tomato</li> <li>white bean &amp; tomato salad</li> <li>fresh apple</li> </ul>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>grilled chicken wrap in a whole wheat tortilla with romaine lettuce</li> <li>baby carrots with honey mustard dressing</li> <li>fresh cantaloupe wedge</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>turkey on a whole wheat bun</li> <li>light mayonnaise &amp; mustard</li> <li>potato salad</li> <li>fresh orange wedges</li> </ul>



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442;
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 31, 2020 thru Oct 2, 2020

**Menu Name:** Cedar Tree Lunch - K-5  
**Site:**

**Include Cost:** No  
**Report Style:** Detailed

**Monday - 08/31/2020**

**Reimbursable Meal Total 200**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001025 Shredded Mozzarella - 2 oz	4 oz	195	121	4.05	344	0	6.07	0.00	20	2.02	0.00	14.18	*N/A*	*N/A*	*N/A*	*N/A*
990458 Turkey Pepperoni - .25 oz	5 each	190	20	0.33	107	0	1.00	0.00	8	0.33	0.00	2.00	3	0.0	0.00	0.67
990238 Whole Grain Flatbread Squares	4 each	195	180	1.00	330	2	5.00	0.00	0	29.00	3.00	6.00	0	20.0	0.00	0.72
990343 Tomato Sauce - .25 C - C	.25 C	195	39	0.12	149	*2	0.77	*0.00	0	7.67	1.37	1.78	446	19.3	11.12	1.24
990459 Green Leaf Salad - .5 C	1 C	200	13	0.02	23	1	0.13	0.00	0	2.40	1.09	1.14	6194	30.1	7.70	0.72
000445 Fresh Peach - .5 C	1 each	200	58	0.03	0	13	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
000231 Skim Milk	8 oz	40	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	155	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990383 Vanilla Soy milk	1 each	5	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
990486 Caesar Dressing - 1.5 oz	1 each	195	210	4.00	400	0	23.00	0.00	4	1.00	0.00	1.00	*N/A*	26.0	*N/A*	0.00
000776 Sunbutter & Jelly Sandwich	1 each	5	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
001088 Tomatoes - .25 C	.25 C	5	11	0.02	3	2	0.12	0.00	0	2.32	0.72	0.52	497	6.0	8.18	0.16

# Base Menu Spreadsheet

## Portion Values

Aug 31, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990475 Italian Dressing - 1 packet	1 each	5	40	0.50	95	1	3.50	0.00	0	1.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
Weighted Daily Average			742	10.62	1438	*30	38.41	*0.00	42	69.49	7.85	35.44	*7617	*410.5	*28.64	*3.84
% of Calories				12.88%		*16.2%	46.6%	*0.0%		37.5%		19.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

## Tuesday - 09/01/2020

## Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000957 Chicken Salad on WW Bun Cmdty	1 each	195	308	1.81	695	*3	10.98	0.00	48	32.47	4.17	21.94	57	24.0	1.49	1.50
990352 Cucumber Coins - .75 C	.75 C	200	16	0.04	2	2	0.12	0.00	0	3.98	0.55	0.71	115	17.6	3.07	0.31
000446 Fresh Watermelon - .5 C	.5 C	200	46	0.02	2	9	0.23	0.00	0	11.56	0.61	0.93	871	10.7	12.40	0.37
000231 Skim Milk	8 oz	40	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	155	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990383 Vanilla Soy milk	1 each	5	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
990475 Italian Dressing - 1 packet	1 each	200	40	0.50	95	1	3.50	0.00	0	1.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
000564 Egg Salad on WW Bun	1 each	5	250	1.97	558	*4	9.99	*0.00	186	31.43	4.26	12.49	374	51.7	0.31	2.14
Weighted Daily Average			508	3.61	897	*28	16.79	*0.00	62	61.28	5.39	31.58	*1535	356.6	*16.94	2.29
% of Calories				6.40%		*22.0%	29.7%	*0.0%		48.3%		24.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

# Base Menu Spreadsheet

Portion Values

Aug 31, 2020 thru Oct 2, 2020

**Wednesday - 09/02/2020**

**Reimbursable Meal Total 200**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000196 Tuna Salad	3 oz	195	100	0.51	358	*0	3.36	*0.00	18	1.80	0.12	14.51	82	8.2	0.65	0.89
990158 Whole Grain Saltine Crackers - 1 oz	3 each	200	90	0.00	270	0	2.25	0.00	0	15.00	1.50	1.50	0	0.0	0.00	1.08
990461 Italian Pasta Salad	.75 C	200	263	2.76	439	*4	17.79	*0.00	0	25.74	3.98	4.43	*270	22.0	*4.66	1.15
000238 White Bean & Tomato Salad - .75 C	.75 C	200	146	0.34	148	*2	1.67	*0.00	0	25.54	8.20	8.47	511	76.8	10.44	2.32
000173 Fresh Apple - .5 C	1 each	200	95	0.05	2	19	0.31	0.00	0	25.13	4.37	0.47	98	10.9	8.37	0.22
000231 Skim Milk	8 oz	40	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	155	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990383 Vanilla Soy milk	1 each	5	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
990471 Cheddar Cheese Cracker Cuts - 2 oz	8 each	5	220	12.00	400	0	18.00	0.00	60	2.00	0.00	14.00	*N/A*	402.0	*N/A*	0.00
Weighted Daily Average			796	5.17	1325	*39	27.73	*0.00	29	105.51	18.21	37.60	*1442	431.4	*24.11	5.74
% of Calories				5.85%		*19.6%	31.4%	*0.0%		53.0%		18.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

**Thursday - 09/03/2020**

**Reimbursable Meal Total 200**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990464 Buffalo Chicken Wrap - Patty	1 each	190	249	2.01	920	*0	7.59	0.00	40	22.96	4.61	19.36	*2812	75.6	*1.16	2.72

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 31, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000151 Baby Carrots - .5 C	.5 C	200	25	0.01	55	*N/A*	0.08	0.00	0	5.73	2.03	0.44	9694	22.3	1.86	0.63
990424 Cantaloupe - .5 C - Wedges	1 wedge	200	35	0.05	16	8	0.19	0.00	0	8.32	0.92	0.86	3450	9.2	37.43	0.21
000231 Skim Milk	8 oz	40	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	155	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990383 Vanilla Soymilk	1 each	5	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
990473 Ranch Dressing - 1 packet	1 each	195	50	1.00	100	1	5.00	0.00	5	0.00	0.00	0.00	*N/A*	2.0	*N/A*	0.03
990465 Buffalo Veggie Chik'n Wrap	1 each	5	374	2.26	1047	*3	13.59	0.00	0	44.46	9.61	19.36	2812	119.6	1.16	3.97
990488 Grilled Chicken Wrap	1 each	5	235	2.01	622	*0	7.59	0.00	40	22.96	4.61	19.36	*2529	75.6	*1.16	2.72
990455 Honey Mustard Dressing - 1.5 oz - Packet	1 each	5	150	2.00	210	9	11.00	0.00	10	12.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
Weighted Daily Average			463	4.35	1196	*22	15.15	*0.00	55	50.14	7.74	28.88	*16432	413.8	*40.46	3.73
% of Calories				8.46%		*19.0%	29.4%	*0.0%		43.3%		25.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Friday - 09/04/2020

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000027 Turkey & Cheese on a WW Bun	1 each	190	285	5.25	600	3	11.25	0.00	42	29.00	4.00	21.50	300	220.0	0.00	1.62
990139 Potato Salad - .75 C	.75 C	200	142	0.54	392	*0	4.11	0.00	0	24.18	2.54	2.73	39	17.9	12.04	1.06
000135 Orange Wedges - .5 C	.5 C	200	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09



# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 31, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	40	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	155	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990383 Vanilla Soy milk	1 each	5	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000652 Light Mayonnaise	1 each	195	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard PC	1 each	195	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000776 Sunbutter & Jelly Sandwich	1 each	5	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
000379 Turkey on WW Bun	1 each	5	217	0.00	947	*3	2.77	0.00	38	30.54	4.00	22.91	0	20.0	0.00	1.99
Weighted Daily Average			614	6.85	1281	*25	20.80	*0.00	52	76.98	8.88	33.23	1015	571.9	60.99	2.94
% of Calories				10.04%		*16.3%	30.5%	*0.0%		50.1%		21.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Monday - 09/07/2020

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000145 NO SCHOOL TODAY																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Tuesday - 09/08/2020

### Reimbursable Meal Total 200

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 31, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001037 Cumin Lime Chicken - 2 oz - C	3 oz	195	133	0.86	197	*0	5.66	*0.00	48	1.74	0.34	19.05	132	9.3	4.37	1.06
990403 Shredded Cheddar Cheese - .5 oz	1 oz	195	57	3.04	91	0	4.56	0.00	15	0.00	0.00	3.54	*N/A*	*N/A*	*N/A*	*N/A*
001030 Whole Wheat Tortilla, 6 inch - 1 each	1 each	195	70	0.50	105	0	2.00	0.00	0	13.00	2.00	2.00	0	40.0	0.00	0.00
001087 WG Corn Tortilla Chips 1 oz	10 each	195	108	0.77	88	0	4.61	0.00	0	15.36	1.54	1.54	0	15.4	0.00	0.00
000967 Shredded Lettuce - .5 C	.5 C	200	5	0.01	2	0	0.09	0.00	0	0.97	0.62	0.36	2568	9.7	1.18	0.29
000491 Tomato Salsa - .5 C	.5 C	200	33	0.05	152	*3	0.37	*0.00	0	7.19	2.11	1.54	1161	18.8	25.80	0.52
000446 Fresh Watermelon - .5 C	.5 C	200	46	0.02	2	9	0.23	0.00	0	11.56	0.61	0.93	871	10.7	12.40	0.37
000231 Skim Milk	8 oz	40	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	155	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990383 Vanilla Soy milk	1 each	5	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
990351 Low Fat Sour Cream - 1 oz	1 oz	195	33	1.58	20	0	2.54	*N/A*	8	1.70	0.00	0.84	79	33.8	0.22	0.02
001199 Cheesy Mexican Bean Dip	4 oz	5	204	3.57	619	*1	11.44	*0.00	*12	16.98	5.82	8.81	*948	145.0	*23.54	2.38
990329 WG Corn Tortilla Chips 2 oz	20 each	5	215	1.54	177	0	9.21	0.00	0	30.71	3.07	3.07	0	30.7	0.00	0.00
Weighted Daily Average			584	8.03	771	*26	22.08	*0.00	*81	64.20	7.40	37.65	*5312	*443.3	*44.43	*2.38
% of Calories				12.38%		*17.8%	34.0%	*0.0%		44.0%		25.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 09/09/2020

Reimbursable Meal Total 200

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 31, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000117 Tuna & Macaroni Salad	.875 C	195	193	0.47	418	*1	3.87	*0.00	18	21.88	2.83	18.06	85	17.5	0.84	0.90
000850 WG Cornbread Muffin 1.8 oz	1 each	190	150	0.50	90	9	5.00	0.00	15	23.00	1.00	3.00	0	20.0	0.00	0.72
000157 Corn & Pepper Salad	.75 C	200	130	0.81	148	*4	5.32	*0.00	0	21.19	3.06	3.29	1817	13.7	66.87	0.98
000173 Fresh Apple - .5 C	1 each	200	95	0.05	2	19	0.31	0.00	0	25.13	4.37	0.47	98	10.9	8.37	0.22
000231 Skim Milk	8 oz	40	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	155	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990383 Vanilla Soy milk	1 each	5	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000564 Egg Salad on WW Bun	1 each	5	250	1.97	558	*4	9.99	*0.00	186	31.43	4.26	12.49	374	51.7	0.31	2.14
990158 Whole Grain Saltine Crackers - 1 oz	3 each	5	90	0.00	270	0	2.25	0.00	0	15.00	1.50	1.50	0	0.0	0.00	1.08
Weighted Daily Average			663	3.08	770	*45	16.45	*0.00	47	102.96	11.34	32.80	2491	365.6	76.06	2.94
% of Calories				4.18%		*27.1%	22.3%	*0.0%		62.1%		19.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Thursday - 09/10/2020

### Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990462 Grilled Chicken Caesar Wrap	1 each	190	247	2.64	694	*0	8.53	*0.00	44	23.02	4.61	20.30	*2557	127.9	*1.16	2.76
000514 Cauliflower Florets - .5 C	.5 C	200	18	0.10	22	1	0.21	0.00	0	3.67	1.48	1.42	0	16.2	35.55	0.31
990424 Cantaloupe - .5 C - Wedges	1 wedge	200	35	0.05	16	8	0.19	0.00	0	8.32	0.92	0.86	3450	9.2	37.43	0.21

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 31, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000231 Skim Milk	8 oz	40	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	155	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990383 Vanilla Soymilk	1 each	5	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
990486 Caesar Dressing - 1.5 oz	1 each	195	210	4.00	400	0	23.00	0.00	4	1.00	0.00	1.00	*N/A*	26.0	*N/A*	0.00
990463 Veggie Chik'n Caesar Wrap	1 each	5	372	2.89	822	*3	14.53	*0.00	4	44.52	9.61	20.30	2557	171.9	1.16	4.01
990488 Grilled Chicken Wrap	1 each	5	235	2.01	622	*0	7.59	0.00	40	22.96	4.61	19.36	*2529	75.6	*1.16	2.72
990475 Italian Dressing - 1 packet	1 each	5	40	0.50	95	1	3.50	0.00	0	1.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
Weighted Daily Average			609	7.93	1233	*23	33.56	*0.00	57	48.84	7.18	31.75	*6489	482.1	*74.14	3.42
% of Calories				11.72%		*15.1%	49.6%	*0.0%		32.1%		20.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

## Friday - 09/11/2020

## Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000451 Turkey Ham & Cheese on WW Bun	1 each	190	280	5.25	695	3	11.25	0.00	50	29.50	4.00	20.50	300	230.0	0.60	1.44
990477 Jazzy Black Eyed Peas (Canned) - .75 C	.75 C	200	179	1.01	312	*1	7.80	*0.00	0	21.31	5.26	7.55	317	30.8	9.71	2.38
000135 Orange Wedges - .5 C	.5 C	200	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	40	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	155	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07

# Base Menu Spreadsheet

## Portion Values

Aug 31, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
990383	Vanilla Soy milk	1 each	5	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000652	Light Mayonnaise	1 each	195	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557	Mustard PC	1 each	195	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000776	Sunbutter & Jelly Sandwich	1 each	5	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
990489	Turkey Ham on WW Bun	1 each	5	240	1.50	770	3	6.50	0.00	60	30.00	4.00	21.00	0	40.0	1.20	1.44
Weighted Daily Average				647	7.36	1287	*25	24.58	*0.00	59	74.57	11.61	37.06	1293	594.7	59.25	4.08
% of Calories					10.24%		*15.5%	34.2%	*0.0%		46.1%		22.9%				
Weekly Nutrient Guideline				550 - 650	<10	1230		<=0									

### Monday - 09/14/2020

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
001025	Shredded Mozzarella - 2 oz	4 oz	195	121	4.05	344	0	6.07	0.00	20	2.02	0.00	14.18	*N/A*	*N/A*	*N/A*	*N/A*
990458	Turkey Pepperoni - .25 oz	5 each	190	20	0.33	107	0	1.00	0.00	8	0.33	0.00	2.00	3	0.0	0.00	0.67
990238	Whole Grain Flatbread Squares	4 each	195	180	1.00	330	2	5.00	0.00	0	29.00	3.00	6.00	0	20.0	0.00	0.72
990343	Tomato Sauce - .25 C - C	.25 C	195	39	0.12	149	*2	0.77	*0.00	0	7.67	1.37	1.78	446	19.3	11.12	1.24
990459	Green Leaf Salad - .5 C	1 C	200	13	0.02	23	1	0.13	0.00	0	2.40	1.09	1.14	6194	30.1	7.70	0.72
000445	Fresh Peach - .5 C	1 each	200	58	0.03	0	13	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
000231	Skim Milk	8 oz	40	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07

# Base Menu Spreadsheet

## Portion Values

Aug 31, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	155	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990383 Vanilla Soy milk	1 each	5	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
990486 Caesar Dressing - 1.5 oz	1 each	195	210	4.00	400	0	23.00	0.00	4	1.00	0.00	1.00	*N/A*	26.0	*N/A*	0.00
000776 Sunbutter & Jelly Sandwich	1 each	5	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
001088 Tomatoes - .25 C	.25 C	5	11	0.02	3	2	0.12	0.00	0	2.32	0.72	0.52	497	6.0	8.18	0.16
990475 Italian Dressing - 1 packet	1 each	5	40	0.50	95	1	3.50	0.00	0	1.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
Weighted Daily Average			742	10.62	1438	*30	38.41	*0.00	42	69.49	7.85	35.44	*7617	*410.5	*28.64	*3.84
% of Calories				12.88%		*16.2%	46.6%	*0.0%		37.5%		19.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 09/15/2020

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000957 Chicken Salad on WW Bun Cmdty	1 each	195	308	1.81	695	*3	10.98	0.00	48	32.47	4.17	21.94	57	24.0	1.49	1.50
990352 Cucumber Coins - .75 C	.75 C	200	16	0.04	2	2	0.12	0.00	0	3.98	0.55	0.71	115	17.6	3.07	0.31
000446 Fresh Watermelon - .5 C	.5 C	200	46	0.02	2	9	0.23	0.00	0	11.56	0.61	0.93	871	10.7	12.40	0.37
000231 Skim Milk	8 oz	40	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	155	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990383 Vanilla Soy milk	1 each	5	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08

# Base Menu Spreadsheet

## Portion Values

Aug 31, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990475 Italian Dressing - 1 packet	1 each	200	40	0.50	95	1	3.50	0.00	0	1.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
000564 Egg Salad on WW Bun	1 each	5	250	1.97	558	*4	9.99	*0.00	186	31.43	4.26	12.49	374	51.7	0.31	2.14
Weighted Daily Average			508	3.61	897	*28	16.79	*0.00	62	61.28	5.39	31.58	*1535	356.6	*16.94	2.29
% of Calories				6.40%		*22.0%	29.7%	*0.0%		48.3%		24.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Wednesday - 09/16/2020

### Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000196 Tuna Salad	3 oz	195	100	0.51	358	*0	3.36	*0.00	18	1.80	0.12	14.51	82	8.2	0.65	0.89
990158 Whole Grain Saltine Crackers - 1 oz	3 each	200	90	0.00	270	0	2.25	0.00	0	15.00	1.50	1.50	0	0.0	0.00	1.08
990461 Italian Pasta Salad	.75 C	200	263	2.76	439	*4	17.79	*0.00	0	25.74	3.98	4.43	*270	22.0	*4.66	1.15
000238 White Bean & Tomato Salad - .75 C	.75 C	200	146	0.34	148	*2	1.67	*0.00	0	25.54	8.20	8.47	511	76.8	10.44	2.32
000173 Fresh Apple - .5 C	1 each	200	95	0.05	2	19	0.31	0.00	0	25.13	4.37	0.47	98	10.9	8.37	0.22
000231 Skim Milk	8 oz	40	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	155	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990383 Vanilla Soymilk	1 each	5	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08

# Base Menu Spreadsheet

DC Central Kitchen

## Portion Values

Aug 31, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990471 Cheddar Cheese Cracker Cuts - 2 oz	8 each	5	220	12.00	400	0	18.00	0.00	60	2.00	0.00	14.00	*N/A*	402.0	*N/A*	0.00
Weighted Daily Average			796	5.17	1325	*39	27.73	*0.00	29	105.51	18.21	37.60	*1442	431.4	*24.11	5.74
% of Calories				5.85%		*19.6%	31.4%	*0.0%		53.0%		18.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 09/17/2020

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990464 Buffalo Chicken Wrap - Patty	1 each	190	249	2.01	920	*0	7.59	0.00	40	22.96	4.61	19.36	*2812	75.6	*1.16	2.72
000151 Baby Carrots - .5 C	.5 C	200	25	0.01	55	*N/A*	0.08	0.00	0	5.73	2.03	0.44	9694	22.3	1.86	0.63
990424 Cantaloupe - .5 C - Wedges	1 wedge	200	35	0.05	16	8	0.19	0.00	0	8.32	0.92	0.86	3450	9.2	37.43	0.21
000231 Skim Milk	8 oz	40	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	155	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990383 Vanilla Soy milk	1 each	5	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
990473 Ranch Dressing - 1 packet	1 each	195	50	1.00	100	1	5.00	0.00	5	0.00	0.00	0.00	*N/A*	2.0	*N/A*	0.03
990465 Buffalo Veggie Chik'n Wrap	1 each	5	374	2.26	1047	*3	13.59	0.00	0	44.46	9.61	19.36	2812	119.6	1.16	3.97
990488 Grilled Chicken Wrap	1 each	5	235	2.01	622	*0	7.59	0.00	40	22.96	4.61	19.36	*2529	75.6	*1.16	2.72



# Base Menu Spreadsheet

## Portion Values

Aug 31, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990455 Honey Mustard Dressing - 1.5 oz - Packet	1 each	5	150	2.00	210	9	11.00	0.00	10	12.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
Weighted Daily Average			463	4.35	1196	*22	15.15	*0.00	55	50.14	7.74	28.88	*16432	413.8	*40.46	3.73
% of Calories				8.46%		*19.0%	29.4%	*0.0%		43.3%		25.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Friday - 09/18/2020

### Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000027 Turkey & Cheese on a WW Bun	1 each	190	285	5.25	600	3	11.25	0.00	42	29.00	4.00	21.50	300	220.0	0.00	1.62
990139 Potato Salad - .75 C	.75 C	200	142	0.54	392	*0	4.11	0.00	0	24.18	2.54	2.73	39	17.9	12.04	1.06
000135 Orange Wedges - .5 C	.5 C	200	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	40	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	155	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990383 Vanilla Soy milk	1 each	5	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000652 Light Mayonnaise	1 each	195	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard PC	1 each	195	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000776 Sunbutter & Jelly Sandwich	1 each	5	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01

# Base Menu Spreadsheet

## Portion Values

Aug 31, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000379 Turkey on WW Bun	1 each	5	217	0.00	947	*3	2.77	0.00	38	30.54	4.00	22.91	0	20.0	0.00	1.99
Weighted Daily Average			614	6.85	1281	*25	20.80	*0.00	52	76.98	8.88	33.23	1015	571.9	60.99	2.94
% of Calories				10.04%		*16.3%	30.5%	*0.0%		50.1%		21.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Monday - 09/21/2020

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990480 Curried Chicken Salad on Flatbread Cmdty	1 each	190	327	2.58	529	*4	10.94	*0.00	49	34.09	3.91	22.64	1562	48.6	2.06	1.02
000462 Kale Salad - .75 C	1.25 C	200	75	0.72	194	*3	5.24	*0.00	0	6.53	3.25	2.25	3911	135.4	108.83	1.13
000445 Fresh Peach - .5 C	1 each	200	58	0.03	0	13	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
000231 Skim Milk	8 oz	40	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	155	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990383 Vanilla Soy milk	1 each	5	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000652 Light Mayonnaise	1 each	190	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001025 Shredded Mozzarella - 2 oz	4 oz	5	121	4.05	344	0	6.07	0.00	20	2.02	0.00	14.18	*N/A*	*N/A*	*N/A*	*N/A*
990238 Whole Grain Flatbread Squares	4 each	5	180	1.00	330	2	5.00	0.00	0	29.00	3.00	6.00	0	20.0	0.00	0.72
990343 Tomato Sauce - .25 C - C	.25 C	5	39	0.12	149	*2	0.77	*0.00	0	7.67	1.37	1.78	446	19.3	11.12	1.24

# Base Menu Spreadsheet

## Portion Values

Aug 31, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000776 Sunbutter & Jelly Sandwich	1 each	5	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
Weighted Daily Average			595	4.64	940	*32	22.05	*0.00	57	67.87	9.56	34.32	*6380	*499.2	*120.97	*2.72
% of Calories				7.02%		*21.5%	33.4%	*0.0%		45.6%		23.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 09/22/2020

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001037 Cumin Lime Chicken - 2 oz - C	3 oz	195	133	0.86	197	*0	5.66	*0.00	48	1.74	0.34	19.05	132	9.3	4.37	1.06
990403 Shredded Cheddar Cheese - .5 oz	1 oz	195	57	3.04	91	0	4.56	0.00	15	0.00	0.00	3.54	*N/A*	*N/A*	*N/A*	*N/A*
001030 Whole Wheat Tortilla, 6 inch - 1 each	1 each	195	70	0.50	105	0	2.00	0.00	0	13.00	2.00	2.00	0	40.0	0.00	0.00
001087 WG Corn Tortilla Chips 1 oz	10 each	195	108	0.77	88	0	4.61	0.00	0	15.36	1.54	1.54	0	15.4	0.00	0.00
000967 Shredded Lettuce - .5 C	.5 C	200	5	0.01	2	0	0.09	0.00	0	0.97	0.62	0.36	2568	9.7	1.18	0.29
000491 Tomato Salsa - .5 C	.5 C	200	33	0.05	152	*3	0.37	*0.00	0	7.19	2.11	1.54	1161	18.8	25.80	0.52
000446 Fresh Watermelon - .5 C	.5 C	200	46	0.02	2	9	0.23	0.00	0	11.56	0.61	0.93	871	10.7	12.40	0.37
000231 Skim Milk	8 oz	40	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	155	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990383 Vanilla Soymilk	1 each	5	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
990351 Low Fat Sour Cream - 1 oz	1 oz	195	33	1.58	20	0	2.54	*N/A*	8	1.70	0.00	0.84	79	33.8	0.22	0.02

# Base Menu Spreadsheet

## Portion Values

Aug 31, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001199 Cheesy Mexican Bean Dip	4 oz	5	204	3.57	619	*1	11.44	*0.00	*12	16.98	5.82	8.81	*948	145.0	*23.54	2.38
990329 WG Corn Tortilla Chips 2 oz	20 each	5	215	1.54	177	0	9.21	0.00	0	30.71	3.07	3.07	0	30.7	0.00	0.00
Weighted Daily Average			584	8.03	771	*26	22.08	*0.00	*81	64.20	7.40	37.65	*5312	*443.3	*44.43	*2.38
% of Calories				12.38%		*17.8%	34.0%	*0.0%		44.0%		25.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Wednesday - 09/23/2020

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000117 Tuna & Macaroni Salad	.875 C	195	193	0.47	418	*1	3.87	*0.00	18	21.88	2.83	18.06	85	17.5	0.84	0.90
000850 WG Cornbread Muffin 1.8 oz	1 each	190	150	0.50	90	9	5.00	0.00	15	23.00	1.00	3.00	0	20.0	0.00	0.72
990478 Corn Salad - .75 C	.75 C	200	149	0.81	144	*3	5.33	0.00	0	25.97	2.69	3.84	307	9.1	8.16	0.60
000173 Fresh Apple - .5 C	1 each	200	95	0.05	2	19	0.31	0.00	0	25.13	4.37	0.47	98	10.9	8.37	0.22
000231 Skim Milk	8 oz	40	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	155	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990383 Vanilla Soy milk	1 each	5	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000564 Egg Salad on WW Bun	1 each	5	250	1.97	558	*4	9.99	*0.00	186	31.43	4.26	12.49	374	51.7	0.31	2.14

# Base Menu Spreadsheet

## Portion Values

Aug 31, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990158 Whole Grain Saltine Crackers - 1 oz	3 each	5	90	0.00	270	0	2.25	0.00	0	15.00	1.50	1.50	0	0.0	0.00	1.08
Weighted Daily Average			682	3.09	766	*44	16.46	*0.00	47	107.74	10.97	33.35	980	360.9	17.35	2.56
% of Calories				4.08%		*25.8%	21.7%	*0.0%		63.2%		19.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 09/24/2020

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990462 Grilled Chicken Caesar Wrap	1 each	190	247	2.64	694	*0	8.53	*0.00	44	23.02	4.61	20.30	*2557	127.9	*1.16	2.76
000514 Cauliflower Florets - .5 C	.5 C	200	18	0.10	22	1	0.21	0.00	0	3.67	1.48	1.42	0	16.2	35.55	0.31
990424 Cantaloupe - .5 C - Wedges	1 wedge	200	35	0.05	16	8	0.19	0.00	0	8.32	0.92	0.86	3450	9.2	37.43	0.21
000231 Skim Milk	8 oz	40	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	155	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990383 Vanilla Soymilk	1 each	5	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
990486 Caesar Dressing - 1.5 oz	1 each	195	210	4.00	400	0	23.00	0.00	4	1.00	0.00	1.00	*N/A*	26.0	*N/A*	0.00
990463 Veggie Chik'n Caesar Wrap	1 each	5	372	2.89	822	*3	14.53	*0.00	4	44.52	9.61	20.30	2557	171.9	1.16	4.01
990488 Grilled Chicken Wrap	1 each	5	235	2.01	622	*0	7.59	0.00	40	22.96	4.61	19.36	*2529	75.6	*1.16	2.72

# Base Menu Spreadsheet

## Portion Values

Aug 31, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990475 Italian Dressing - 1 packet	1 each	5	40	0.50	95	1	3.50	0.00	0	1.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
Weighted Daily Average			609	7.93	1233	*23	33.56	*0.00	57	48.84	7.18	31.75	*6489	482.1	*74.14	3.42
% of Calories				11.72%		*15.1%	49.6%	*0.0%		32.1%		20.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

## Friday - 09/25/2020

## Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000451 Turkey Ham & Cheese on WW Bun	1 each	190	280	5.25	695	3	11.25	0.00	50	29.50	4.00	20.50	300	230.0	0.60	1.44
990477 Jazzy Black Eyed Peas (Canned) - .75 C	.75 C	200	179	1.01	312	*1	7.80	*0.00	0	21.31	5.26	7.55	317	30.8	9.71	2.38
000135 Orange Wedges - .5 C	.5 C	200	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	40	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	155	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990383 Vanilla Soymilk	1 each	5	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000652 Light Mayonnaise	1 each	195	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard PC	1 each	195	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000776 Sunbutter & Jelly Sandwich	1 each	5	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01

# Base Menu Spreadsheet

## Portion Values

Aug 31, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990489 Turkey Ham on WW Bun	1 each	5	240	1.50	770	3	6.50	0.00	60	30.00	4.00	21.00	0	40.0	1.20	1.44
Weighted Daily Average			647	7.36	1287	*25	24.58	*0.00	59	74.57	11.61	37.06	1293	594.7	59.25	4.08
% of Calories				10.24%		*15.5%	34.2%	*0.0%		46.1%		22.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Monday - 09/28/2020

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001025 Shredded Mozzarella - 2 oz	4 oz	195	121	4.05	344	0	6.07	0.00	20	2.02	0.00	14.18	*N/A*	*N/A*	*N/A*	*N/A*
990458 Turkey Pepperoni - .25 oz	5 each	190	20	0.33	107	0	1.00	0.00	8	0.33	0.00	2.00	3	0.0	0.00	0.67
990238 Whole Grain Flatbread Squares	4 each	195	180	1.00	330	2	5.00	0.00	0	29.00	3.00	6.00	0	20.0	0.00	0.72
990343 Tomato Sauce - .25 C - C	.25 C	195	39	0.12	149	*2	0.77	*0.00	0	7.67	1.37	1.78	446	19.3	11.12	1.24
990459 Green Leaf Salad - .5 C	1 C	200	13	0.02	23	1	0.13	0.00	0	2.40	1.09	1.14	6194	30.1	7.70	0.72
000445 Fresh Peach - .5 C	1 each	200	58	0.03	0	13	0.38	0.00	0	14.31	2.25	1.36	489	9.0	9.90	0.38
000231 Skim Milk	8 oz	40	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	155	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990383 Vanilla Soymilk	1 each	5	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
990486 Caesar Dressing - 1.5 oz	1 each	195	210	4.00	400	0	23.00	0.00	4	1.00	0.00	1.00	*N/A*	26.0	*N/A*	0.00
000776 Sunbutter & Jelly Sandwich	1 each	5	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01

# Base Menu Spreadsheet

## Portion Values

Aug 31, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001088 Tomatoes - .25 C	.25 C	5	11	0.02	3	2	0.12	0.00	0	2.32	0.72	0.52	497	6.0	8.18	0.16
990475 Italian Dressing - 1 packet	1 each	5	40	0.50	95	1	3.50	0.00	0	1.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
Weighted Daily Average			742	10.62	1438	*30	38.41	*0.00	42	69.49	7.85	35.44	*7617	*410.5	*28.64	*3.84
% of Calories				12.88%		*16.2%	46.6%	*0.0%		37.5%		19.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

## Tuesday - 09/29/2020

### Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000957 Chicken Salad on WW Bun Cmdty	1 each	195	308	1.81	695	*3	10.98	0.00	48	32.47	4.17	21.94	57	24.0	1.49	1.50
990352 Cucumber Coins - .75 C	.75 C	200	16	0.04	2	2	0.12	0.00	0	3.98	0.55	0.71	115	17.6	3.07	0.31
000446 Fresh Watermelon - .5 C	.5 C	200	46	0.02	2	9	0.23	0.00	0	11.56	0.61	0.93	871	10.7	12.40	0.37
000231 Skim Milk	8 oz	40	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	155	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990383 Vanilla Soymilk	1 each	5	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
990475 Italian Dressing - 1 packet	1 each	200	40	0.50	95	1	3.50	0.00	0	1.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00



# Base Menu Spreadsheet

## Portion Values

Aug 31, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000564 Egg Salad on WW Bun	1 each	5	250	1.97	558	*4	9.99	*0.00	186	31.43	4.26	12.49	374	51.7	0.31	2.14
Weighted Daily Average			508	3.61	897	*28	16.79	*0.00	62	61.28	5.39	31.58	*1535	356.6	*16.94	2.29
% of Calories				6.40%		*22.0%	29.7%	*0.0%		48.3%		24.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Wednesday - 09/30/2020

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000196 Tuna Salad	3 oz	195	100	0.51	358	*0	3.36	*0.00	18	1.80	0.12	14.51	82	8.2	0.65	0.89
990158 Whole Grain Saltine Crackers - 1 oz	3 each	200	90	0.00	270	0	2.25	0.00	0	15.00	1.50	1.50	0	0.0	0.00	1.08
990461 Italian Pasta Salad	.75 C	200	263	2.76	439	*4	17.79	*0.00	0	25.74	3.98	4.43	*270	22.0	*4.66	1.15
000238 White Bean & Tomato Salad - .75 C	.75 C	200	146	0.34	148	*2	1.67	*0.00	0	25.54	8.20	8.47	511	76.8	10.44	2.32
000173 Fresh Apple - .5 C	1 each	200	95	0.05	2	19	0.31	0.00	0	25.13	4.37	0.47	98	10.9	8.37	0.22
000231 Skim Milk	8 oz	40	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	155	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990383 Vanilla Soy milk	1 each	5	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08

# Base Menu Spreadsheet

## Portion Values

Aug 31, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990471 Cheddar Cheese Cracker Cuts - 2 oz	8 each	5	220	12.00	400	0	18.00	0.00	60	2.00	0.00	14.00	*N/A*	402.0	*N/A*	0.00
Weighted Daily Average			796	5.17	1325	*39	27.73	*0.00	29	105.51	18.21	37.60	*1442	431.4	*24.11	5.74
% of Calories				5.85%		*19.6%	31.4%	*0.0%		53.0%		18.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 10/01/2020

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990464 Buffalo Chicken Wrap - Patty	1 each	190	249	2.01	920	*0	7.59	0.00	40	22.96	4.61	19.36	*2812	75.6	*1.16	2.72
000151 Baby Carrots - .5 C	.5 C	200	25	0.01	55	*N/A*	0.08	0.00	0	5.73	2.03	0.44	9694	22.3	1.86	0.63
990424 Cantaloupe - .5 C - Wedges	1 wedge	200	35	0.05	16	8	0.19	0.00	0	8.32	0.92	0.86	3450	9.2	37.43	0.21
000231 Skim Milk	8 oz	40	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	155	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990383 Vanilla Soy milk	1 each	5	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
990473 Ranch Dressing - 1 packet	1 each	195	50	1.00	100	1	5.00	0.00	5	0.00	0.00	0.00	*N/A*	2.0	*N/A*	0.03
990465 Buffalo Veggie Chik'n Wrap	1 each	5	374	2.26	1047	*3	13.59	0.00	0	44.46	9.61	19.36	2812	119.6	1.16	3.97
990488 Grilled Chicken Wrap	1 each	5	235	2.01	622	*0	7.59	0.00	40	22.96	4.61	19.36	*2529	75.6	*1.16	2.72

# Base Menu Spreadsheet

## Portion Values

Aug 31, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990455 Honey Mustard Dressing - 1.5 oz - Packet	1 each	5	150	2.00	210	9	11.00	0.00	10	12.00	0.00	0.00	*N/A*	0.0	*N/A*	0.00
Weighted Daily Average			463	4.35	1196	*22	15.15	*0.00	55	50.14	7.74	28.88	*16432	413.8	*40.46	3.73
% of Calories				8.46%		*19.0%	29.4%	*0.0%		43.3%		25.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Friday - 10/02/2020

### Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000027 Turkey & Cheese on a WW Bun	1 each	190	285	5.25	600	3	11.25	0.00	42	29.00	4.00	21.50	300	220.0	0.00	1.62
990139 Potato Salad - .75 C	.75 C	200	142	0.54	392	*0	4.11	0.00	0	24.18	2.54	2.73	39	17.9	12.04	1.06
000135 Orange Wedges - .5 C	.5 C	200	43	0.01	0	9	0.11	0.00	0	10.81	2.21	0.86	207	36.8	48.94	0.09
000231 Skim Milk	8 oz	40	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 1% Lowfat Milk	8 oz	155	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990383 Vanilla Soymilk	1 each	5	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000652 Light Mayonnaise	1 each	195	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard PC	1 each	195	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000776 Sunbutter & Jelly Sandwich	1 each	5	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01

# Base Menu Spreadsheet

## Portion Values

Aug 31, 2020 thru Oct 2, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000379 Turkey on WW Bun	1 each	5	217	0.00	947	*3	2.77	0.00	38	30.54	4.00	22.91	0	20.0	0.00	1.99
Weighted Daily Average			614	6.85	1281	*25	20.80	*0.00	52	76.98	8.88	33.23	1015	571.9	60.99	2.94
% of Calories				10.04%		*16.3%	30.5%	*0.0%		50.1%		21.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	625	6	1145	*29	23.84	*0.00	*53	72.67	9.52	33.90	*5007	*450.8	*45.14	*3.48
% of Calories		8.96%		*18.6%	34.3%	*0.0%		46.5%		21.7%				

- \*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient
- \* - denotes combined nutrient totals with either missing or incomplete nutrient data
- <sup>1</sup> - denotes required nutrient values
- <sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**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.**