



December Lunch Menu

CEDAR TREE | PRE-K, KINDERGARTEN, AND 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.



WINTER BREAK MEAL AVAILABILITY

Although meals will not be distributed at Cedar Tree over winter break, all DC youth can get meals at select sites on 12/21-12/23 and 12/28-12/30.

Visit coronavirus.dc.gov/food for full a list of meal sites.

We wish you a safe and happy holiday season!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 <ul style="list-style-type: none"> sliced all beef hot dog on a whole wheat bun ketchup & mustard steamed corn fresh orange wedges 	1 build your own pizza <ul style="list-style-type: none"> shredded mozzarella cheese whole grain flatbread tomato sauce side caesar salad with parmesan cream dressing chilled pears 	2 <ul style="list-style-type: none"> teriyaki chicken with brown rice korean cauliflower asian kale slaw fresh banana 	3 <ul style="list-style-type: none"> turkey bacon ranch wrap in a whole wheat tortilla with romaine lettuce carrot coins with ranch dressing fresh apple slices 	4 <ul style="list-style-type: none"> halved turkey meatballs & sauce over whole grain penne whole grain garlic breadstick steamed broccoli fresh diced cantaloupe
7 <ul style="list-style-type: none"> diced bbq chicken thigh whole grain cornbread muffin buttered green peas honey cinnamon sweet potatoes fresh orange wedges 	8 <ul style="list-style-type: none"> chicken salad on a whole wheat bun kale salad with red peppers chilled pears 	9 <ul style="list-style-type: none"> beef soft tacos with cheese in a whole wheat tortilla tomato salsa shredded lettuce fresh banana 	10 <ul style="list-style-type: none"> turkey ham & cheddar on whole wheat bread light mayonnaise & mustard carrot coins with italian dressing fresh apple slices 	11 <ul style="list-style-type: none"> whole grain cheese ravioli with tomato sauce whole grain garlic toast parmesan summer squash fresh diced cantaloupe
14 <ul style="list-style-type: none"> sliced all beef hot dog on a whole wheat bun ketchup & mustard steamed corn fresh orange wedges 	15 build your own pizza <ul style="list-style-type: none"> shredded mozzarella cheese whole grain flatbread tomato sauce side caesar salad with parmesan cream dressing chilled pears 	16 holiday meal <ul style="list-style-type: none"> oven roasted turkey whole grain cornbread muffin mashed sweet potatoes braised collard greens brown gravy fresh banana 	17 <ul style="list-style-type: none"> turkey bacon ranch wrap in a whole wheat tortilla with romaine lettuce carrot coins with ranch dressing fresh apple slices 	18 <ul style="list-style-type: none"> halved turkey meatballs & sauce over whole grain penne whole grain garlic breadstick steamed broccoli fresh diced cantaloupe
21 winter break no school	22 winter break no school	23 winter break no school	24 winter break no school	25 winter break no school
28 winter break no school	29 winter break no school	30 winter break no school	31 winter break no school	1 winter break no school



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 <ul style="list-style-type: none"> whole wheat bagel low fat cream cheese fresh diced cantaloupe 	1 <ul style="list-style-type: none"> whole grain golden grahams cereal fresh orange wedges 	2 <ul style="list-style-type: none"> warm whole grain banana bread chilled pears 	3 <ul style="list-style-type: none"> raspberry yogurt whole grain apple oatmeal bar fresh banana 	4 <ul style="list-style-type: none"> whole grain waffles all natural syrup fresh apple slices
7 <ul style="list-style-type: none"> whole wheat english muffin butter strawberry jelly fresh diced cantaloupe 	8 <ul style="list-style-type: none"> multi-grain cinnamon flakes cereal fresh orange wedges 	9 <ul style="list-style-type: none"> turkey sausage patty on a whole grain biscuit honey chilled pears 	10 pumpkin pie parfait <ul style="list-style-type: none"> vanilla yogurt whole grain granola pumpkin pie filling 	11 <ul style="list-style-type: none"> whole grain french toast all natural syrup fresh apple slices
14 <ul style="list-style-type: none"> whole wheat bagel low fat cream cheese fresh diced cantaloupe 	15 <ul style="list-style-type: none"> whole wheat frosted mini wheats cereal fresh orange wedges 	16 <ul style="list-style-type: none"> warm whole grain banana bread chilled pears 	17 <ul style="list-style-type: none"> peach yogurt whole grain strawberry oatmeal bar fresh banana 	18 <ul style="list-style-type: none"> whole grain waffles all natural syrup fresh apple slices
21 winter break no school	22 winter break no school	23 winter break no school	24 winter break no school	25 winter break no school
28 winter break no school	29 winter break no school	30 winter break no school	31 winter break no school	1 winter break no school



December Vegetarian Lunch Menu

CEDAR TREE | PRE-K, KINDERGARTEN, AND 1ST GRADE

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BLUE = international

ORANGE = Fresh Feature Friday Winner!

V = vegetarian **VE** = vegan

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

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We wish you a safe and happy

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	<ul style="list-style-type: none"> veggie burger on a whole wheat bun V ketchup & mustard VE steamed corn VE fresh orange wedges VE 	<ul style="list-style-type: none"> sunbutter and jelly on whole wheat bread VE side caesar salad with parmesan cream dressing V chilled pears VE 	<ul style="list-style-type: none"> super sesame tofu with brown rice VE korean cauliflower VE asian kale slaw VE fresh banana VE 	<ul style="list-style-type: none"> buffalo veggie chik'n wrap in a whole wheat tortilla with romaine lettuce V carrot coins with ranch dressing V fresh apple slices VE 	<ul style="list-style-type: none"> whole wheat baked ziti V steamed broccoli VE fresh diced cantaloupe VE
7	<ul style="list-style-type: none"> veggie chik'n nuggets V whole grain cornbread muffin V bbq sauce VE steamed green peas VE honey cinnamon sweet potatoes VE fresh orange wedges VE 	<ul style="list-style-type: none"> egg salad on a whole wheat bun V kale salad with red peppers VE chilled pears VE 	<ul style="list-style-type: none"> cheese quesadilla in a whole wheat tortilla V tomato salsa VE shredded lettuce VE fresh banana VE 	<ul style="list-style-type: none"> sunbutter and jelly on whole wheat bread VE carrot coins with italian dressing VE fresh apple slices VE 	<ul style="list-style-type: none"> whole grain flatbread cheese pizza V parmesan summer squash V fresh diced cantaloupe VE
14	<ul style="list-style-type: none"> veggie burger on a whole wheat bun V ketchup & mustard VE steamed corn VE fresh orange wedges VE 	<ul style="list-style-type: none"> sunbutter and jelly on whole wheat bread VE side caesar salad with parmesan cream dressing V chilled pears VE 	<p>16 holiday meal</p> <ul style="list-style-type: none"> veggie chik'n nuggets V whole grain cornbread muffin V mashed sweet potatoes V braised collard greens VE brown gravy fresh banana VE 	<ul style="list-style-type: none"> buffalo veggie chik'n wrap in a whole wheat tortilla with romaine lettuce V carrot coins with ranch dressing V fresh apple slices VE 	<ul style="list-style-type: none"> whole wheat baked ziti V steamed broccoli VE fresh diced cantaloupe VE
21	winter break no school	winter break no school	winter break no school	winter break no school	winter break no school
28	winter break no school	winter break no school	winter break no school	winter break no school	winter break no school



December Vegetarian Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 <ul style="list-style-type: none"> whole wheat bagel low fat cream cheese fresh diced cantaloupe 	1 <ul style="list-style-type: none"> whole grain golden grahams cereal fresh orange wedges 	2 <ul style="list-style-type: none"> warm whole grain banana bread chilled pears 	3 <ul style="list-style-type: none"> raspberry yogurt whole grain apple oatmeal bar fresh banana 	4 <ul style="list-style-type: none"> whole grain waffles all natural syrup fresh apple slices
7 <ul style="list-style-type: none"> whole wheat english muffin butter strawberry jelly fresh diced cantaloupe 	8 <ul style="list-style-type: none"> multi-grain cinnamon flakes cereal fresh orange wedges 	9 <ul style="list-style-type: none"> veggie breakfast sausage patty on a whole grain biscuit honey chilled pears 	10 pumpkin pie parfait <ul style="list-style-type: none"> vanilla yogurt whole grain granola pumpkin pie filling 	11 <ul style="list-style-type: none"> whole grain french toast all natural syrup fresh apple slices
14 <ul style="list-style-type: none"> whole wheat bagel low fat cream cheese fresh diced cantaloupe 	15 <ul style="list-style-type: none"> whole wheat frosted mini wheats cereal fresh orange wedges 	16 <ul style="list-style-type: none"> warm whole grain banana bread chilled pears 	17 <ul style="list-style-type: none"> peach yogurt whole grain strawberry oatmeal bar fresh banana 	18 <ul style="list-style-type: none"> whole grain waffles all natural syrup fresh apple slices
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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.

This institution is an equal opportunity provider.

Base Menu Spreadsheet

Portion Values

Nov 30, 2020 thru Jan 1, 2021

Menu Name: Cedar Tree Breakfast - K-5

Include Cost: No

Site:

Report Style: Detailed

Monday - 11/30/2020

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000001 Whole Wheat Bagel - Whole	2.25 oz	15	170	0.00	190	*N/A*	0.50	0.00	0	37.00	3.00	7.00	0	0.0	0.00	1.80
990427 Low Fat Cream Cheese	1 oz	15	51	3.04	142	1	4.56	0.00	15	2.02	0.00	0.38	0	*N/A*	0.00	0.00
990373 Diced Cantaloupe - .5 C	.5 C	15	46	0.07	22	11	0.26	0.00	0	10.99	1.21	1.13	4553	12.1	49.41	0.28
000231 Skim Milk	8 oz	3	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	12	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			365	4.37	460	*24	7.24	*0.00	26	62.18	4.21	16.74	5036	*315.9	49.41	2.16
% of Calories				10.78%		*26.3%	17.9%	*0.0%		68.1%		18.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Tuesday - 12/01/2020

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000918 Golden Grahams Cereal	1 each	15	100	0.00	220	8	1.00	0.00	0	24.00	1.00	1.00	400	80.0	4.80	3.60
000135 Orange Wedges - .5 C	.5 C	15	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	3	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

Nov 30, 2020 thru Jan 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	12	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			242	1.28	326	29	3.04	*0.00	11	46.98	3.21	10.09	1090	420.6	53.74	3.77
% of Calories				4.76%		47.9%	11.3%	*0.0%		77.7%		16.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Wednesday - 12/02/2020

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000465 Banana Bread - 2 oz	4 oz	15	319	1.36	251	*32	8.19	*0.00	28	58.84	3.58	5.21	61	50.5	2.55	1.68
990261 Chilled Pears - .5 C	.5 C	15	101	0.00	8	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
000231 Skim Milk	8 oz	3	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	12	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			519	2.62	366	*44	10.33	*0.00	38	96.91	9.03	14.27	562	374.4	5.78	2.34
% of Calories				4.54%		*33.9%	17.9%	*0.0%		74.7%		11.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Thursday - 12/03/2020

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000891 Raspberry Yogurt	1 each	15	90	0.00	50	15	0.00	0.00	0	19.00	0.00	3.00	0	300.0	1.20	0.00

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Nov 30, 2020 thru Jan 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000849 Whole Grain Apple Oatmeal Bar	1 each	15	140	*N/A*	80	9	4.50	1.50	0	24.00	1.00	2.00	0	*N/A*	6.00	0.72
000175 Fresh Banana	1 each	15	105	0.13	1	14	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	3	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	12	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			434	*1.40	238	51	6.82	*1.50	11	82.12	4.07	14.52	558	*609.7	17.47	1.10
% of Calories				*2.90%		47.0%	14.1%	*3.1%		75.7%		13.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 12/04/2020

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990076 Whole Grain Waffles Bakecrafters - 2 oz	2 each	15	141	0.00	191	2	5.02	0.00	0	22.09	0.00	4.02	0	0.0	0.00	0.72
990378 Fresh Apple Slices - .5 C - IW	1 package	15	28	0.02	1	6	0.09	0.00	0	7.53	1.31	0.14	29	3.3	2.51	0.06
000231 Skim Milk	8 oz	3	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	12	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000625 All Natural Syrup - 1 packs	1 each	15	35	0.00	5	*N/A*	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			303	1.28	303	*20	7.05	*0.00	11	49.78	1.31	12.39	512	307.0	2.51	0.86
% of Calories				3.80%		*26.4%	20.9%	*0.0%		65.7%		16.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Base Menu Spreadsheet

Portion Values

Nov 30, 2020 thru Jan 1, 2021

Monday - 12/07/2020

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000448 Whole Wheat English Muffin	2 oz	15	120	0.00	220	*N/A*	1.00	0.00	0	23.00	3.00	5.00	0	80.0	0.00	1.80
990373 Diced Cantaloupe - .5 C	.5 C	15	46	0.07	22	11	0.26	0.00	0	10.99	1.21	1.13	4553	12.1	49.41	0.28
000231 Skim Milk	8 oz	3	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	12	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000488 Butter PC	1 each	15	36	2.57	32	0	4.06	0.16	11	0.00	0.00	0.04	125	1.2	0.00	0.00
000886 Strawberry Jelly	1 each	15	35	0.00	0	8	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			335	3.90	380	*31	7.24	*0.16	21	55.16	4.21	14.40	5161	397.1	49.41	2.16
% of Calories				10.48%		*37.0%	19.5%	*0.4%		65.9%		17.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Tuesday - 12/08/2020

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000636 Multi-Grain Cinnamon Flakes Cereal	1 each	15	100	0.00	170	6	0.00	0.00	0	24.00	3.00	2.00	500	0.0	15.00	4.50
000135 Orange Wedges - .5 C	.5 C	15	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	3	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

Nov 30, 2020 thru Jan 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 1% Lowfat Milk	8 oz	12	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			242	1.28	276	27	2.04	*0.00	11	46.98	5.21	11.09	1190	340.6	63.94	4.67
% of Calories				4.76%		44.6%	7.6%	*0.0%		77.7%		18.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Wednesday - 12/09/2020

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000477 Turkey Sausage on a Biscuit	1 each	10	260	8.00	490	2	13.00	0.00	30	27.00	2.00	10.00	0	170.0	0.00	1.80
990261 Chilled Pears - .5 C	.5 C	15	101	0.00	8	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
000231 Skim Milk	8 oz	3	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	12	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000927 Honey PC	1 each	15	43	0.00	1	11	0.00	*N/A*	0	11.54	0.03	0.04	0	0.8	0.07	0.06
000801 Veggie Breakfast Sausage Patty - 1 each	1 each	5	70	0.00	250	1	2.50	0.00	0	4.00	1.00	9.00	0	0.0	0.00	1.80
000455 Whole Grain Biscuit	2 oz	5	200	7.00	410	2	9.00	0.00	0	27.00	2.00	4.00	0	150.0	0.00	1.08
Weighted Daily Average			505	8.93	662	*26	14.63	*0.00	31	77.93	7.81	20.10	501	488.1	3.30	2.88
% of Calories				15.91%		*20.6%	26.1%	*0.0%		61.7%		15.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Thursday - 12/10/2020

Reimbursable Meal Total 15

Base Menu Spreadsheet

Portion Values

Nov 30, 2020 thru Jan 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990547 Pumpkin Pie Parfait	1 each	15	240	1.36	190	*34	3.23	*0.00	72	46.97	3.64	7.59	*18334	200.8	*5.51	2.46
990426 Granola - 1.25 oz	.375 C	15	124	0.23	54	*N/A*	1.46	0.00	0	26.78	2.50	2.86	2	8.8	0.00	0.94
000231 Skim Milk	8 oz	3	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	12	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			463	2.85	351	*47	6.62	*0.00	83	85.93	6.14	18.67	*18818	513.3	*5.51	3.47
% of Calories				5.54%		*40.6%	12.9%	*0.0%		74.2%		16.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 12/11/2020

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990533 Whole Wheat French Toast - Texas Toast - 1 each	1 each	15	268	2.00	461	*4	7.89	*0.00	218	34.38	2.56	14.98	*18	113.3	*0.11	3.28
990378 Fresh Apple Slices - .5 C - IW	1 package	15	28	0.02	1	6	0.09	0.00	0	7.53	1.31	0.14	29	3.3	2.51	0.06
000231 Skim Milk	8 oz	3	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	12	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

Nov 30, 2020 thru Jan 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000625 All Natural Syrup - 1 packs	1 each	15	35	0.00	5	*N/A*	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			430	3.28	573	*23	9.92	*0.00	229	62.07	3.86	23.35	*530	420.3	*2.61	3.42
% of Calories				6.87%		*21.4%	20.8%	*0.0%		57.7%		21.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Monday - 12/14/2020

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000001 Whole Wheat Bagel - Whole	2.25 oz	15	170	0.00	190	*N/A*	0.50	0.00	0	37.00	3.00	7.00	0	0.0	0.00	1.80
990427 Low Fat Cream Cheese	1 oz	15	51	3.04	142	1	4.56	0.00	15	2.02	0.00	0.38	0	*N/A*	0.00	0.00
990373 Diced Cantaloupe - .5 C	.5 C	15	46	0.07	22	11	0.26	0.00	0	10.99	1.21	1.13	4553	12.1	49.41	0.28
000231 Skim Milk	8 oz	3	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	12	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			365	4.37	460	*24	7.24	*0.00	26	62.18	4.21	16.74	5036	*315.9	49.41	2.16
% of Calories				10.78%		*26.3%	17.9%	*0.0%		68.1%		18.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Tuesday - 12/15/2020

Reimbursable Meal Total 15

Base Menu Spreadsheet

Portion Values

Nov 30, 2020 thru Jan 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990284 Whole Grain Frosted Mini-Wheats Cereal	1 each	15	101	0.00	0	6	0.00	0.00	0	24.30	3.04	3.04	0	0.0	0.00	8.20
000135 Orange Wedges - .5 C	.5 C	15	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	3	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	12	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			243	1.28	106	27	2.04	*0.00	11	47.28	5.24	12.13	690	340.6	48.94	8.37
% of Calories				4.74%		44.4%	7.6%	*0.0%		77.8%		20.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Wednesday - 12/16/2020

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000465 Banana Bread - 2 oz	4 oz	15	319	1.36	251	*32	8.19	*0.00	28	58.84	3.58	5.21	61	50.5	2.55	1.68
990261 Chilled Pears - .5 C	.5 C	15	101	0.00	8	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
000231 Skim Milk	8 oz	3	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	12	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			519	2.62	366	*44	10.33	*0.00	38	96.91	9.03	14.27	562	374.4	5.78	2.34
% of Calories				4.54%		*33.9%	17.9%	*0.0%		74.7%		11.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Thursday - 12/17/2020

Reimbursable Meal Total 15

Base Menu Spreadsheet

Portion Values

Nov 30, 2020 thru Jan 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000890 Peach Yogurt	1 each	15	90	0.00	75	16	0.00	0.00	0	19.00	0.00	3.00	0	300.0	0.00	0.00
000893 Whole Grain Strawberry Oatmeal Bar	1 each	15	140	1.50	85	10	4.50	0.00	5	23.00	1.00	2.00	0	0.0	6.00	1.08
000175 Fresh Banana	1 each	15	105	0.13	1	14	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	3	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	12	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
Weighted Daily Average			434	2.90	268	53	6.82	*0.00	16	81.12	4.07	14.52	558	609.7	16.27	1.46
% of Calories				6.01%		48.8%	14.1%	*0.0%		74.8%		13.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 12/18/2020

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990076 Whole Grain Waffles Bakecrafters - 2 oz	2 each	15	141	0.00	191	2	5.02	0.00	0	22.09	0.00	4.02	0	0.0	0.00	0.72
990378 Fresh Apple Slices - .5 C - IW	1 package	15	28	0.02	1	6	0.09	0.00	0	7.53	1.31	0.14	29	3.3	2.51	0.06
000231 Skim Milk	8 oz	3	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	12	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

Nov 30, 2020 thru Jan 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000625 All Natural Syrup - 1 packs	1 each	15	35	0.00	5	*N/A*	0.00	0.00	0	8.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			303	1.28	303	*20	7.05	*0.00	11	49.78	1.31	12.39	512	307.0	2.51	0.86
% of Calories				3.80%		*26.4%	20.9%	*0.0%		65.7%		16.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Monday - 12/21/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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			350 - 500	<10	540		<=0									

Tuesday - 12/22/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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			350 - 500	<10	540		<=0									

Base Menu Spreadsheet

Portion Values

Nov 30, 2020 thru Jan 1, 2021

Wednesday - 12/23/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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			350 - 500	<10	540		<=0									

Thursday - 12/24/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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			350 - 500	<10	540		<=0									

Friday - 12/25/2020

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 30, 2020 thru Jan 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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			350 - 500	<10	540		<=0									

Monday - 12/28/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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			350 - 500	<10	540		<=0									

Tuesday - 12/29/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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			350 - 500	<10	540		<=0									

Base Menu Spreadsheet

Portion Values

Nov 30, 2020 thru Jan 1, 2021

Wednesday - 12/30/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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			350 - 500	<10	540		<=0									

Thursday - 12/31/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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			350 - 500	<10	540		<=0									

Friday - 01/01/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 30, 2020 thru Jan 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (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			350 - 500	<10	540		<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	380	*2.91	363	*33	7.23	*0.11	38	66.89	4.86	15.04	*2754	*409.0	*25.11	2.80
% of Calories		*6.89%		*34.7%	17.1%	*0.3%		70.4%		15.8%				

- *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
- ² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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This institution is an equal opportunity provider.

Base Menu Spreadsheet

Portion Values

Nov 30, 2020 thru Jan 1, 2021

Menu Name: Cedar Tree Lunch - K-5

Include Cost: No

Site:

Report Style: Detailed

Monday - 11/30/2020

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000240 All Beef Hot Dog on a WW Bun	1 each	10	320	7.00	710	4	17.50	0.00	35	30.00	4.00	11.00	0	40.0	1.20	2.16
000469 Steamed Corn - .5 C	.5 C	15	92	0.43	142	*2	2.82	0.00	0	17.08	1.73	2.49	161	3.4	5.28	0.35
000135 Orange Wedges - .5 C	.5 C	15	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	3	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	12	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000556 Ketchup PC	1 each	15	10	0.00	100	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard PC	1 each	15	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000409 Veggie Burger	1 each	5	300	1.00	650	4	9.00	0.00	0	44.00	9.00	20.00	0	60.0	0.00	2.52
Weighted Daily Average			567	6.71	1109	*27	19.53	*0.00	34	76.73	9.61	25.59	850	390.6	55.02	2.79
% of Calories				10.65%		*19.0%	31.0%	*0.0%		54.1%		18.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 12/01/2020

Reimbursable Meal Total 15

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Nov 30, 2020 thru Jan 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001025 Shredded Mozzarella - 2 oz	4 oz	10	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	10	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	10	39	0.12	149	*2	0.77	*0.00	0	7.67	1.37	1.78	446	19.3	11.12	1.24
990405 Side Caesar Salad - .25 C	.5 C	10	17	0.62	72	0	0.99	*0.00	4	1.02	0.61	1.26	2552	59.9	1.16	0.32
990261 Chilled Pears - .5 C	.5 C	15	101	0.00	8	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
000231 Skim Milk	8 oz	3	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	12	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000137 Parmesan Cream Dressing	1 oz	15	72	1.67	214	*1	5.70	*0.00	7	3.50	0.02	1.42	58	68.0	1.01	0.13
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
000408 Side Caesar Salad - .5 C	1 C	5	34	1.23	143	1	1.99	*0.00	8	2.03	1.22	2.53	5104	119.7	2.32	0.64
Weighted Daily Average			714	8.17	1135	*19	29.19	*0.00	37	87.22	11.70	32.38	*4270	*551.0	*13.20	*3.86
% of Calories				10.30%		*10.6%	36.8%	*0.0%		48.9%		18.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 12/02/2020

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990339 Teriyaki Chicken - 2 oz - SD	3 oz	10	130	0.34	295	*8	2.20	*0.00	48	8.74	0.11	19.06	11	4.4	2.62	0.63
000021 Brown Rice, Long Grain, Parboiled - 1 oz	.5 C	15	127	0.17	142	*0	2.15	0.00	0	24.12	1.54	3.33	136	4.7	0.07	0.61

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Nov 30, 2020 thru Jan 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001162 Korean Cauliflower - .25 C	.25 C	15	33	0.27	145	*1	1.51	*0.00	0	4.40	1.18	1.14	12	13.8	25.08	0.27
001172 Asian Kale Slaw - .25 C	.5 C	15	46	0.52	70	*1	3.77	*0.00	0	2.88	1.34	0.98	2309	76.9	27.12	0.53
000175 Fresh Banana	1 each	15	105	0.13	1	14	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	3	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	12	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000726 Super Sesame Tofu	.5 C	5	156	1.14	439	*0	8.65	*0.00	0	4.53	1.87	13.80	*79	103.1	*1.19	2.53
Weighted Daily Average			548	2.96	809	*35	14.10	*0.00	43	77.86	7.82	32.28	*3050	442.4	*64.68	3.06
% of Calories				4.86%		*25.5%	23.2%	*0.0%		56.8%		23.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 12/03/2020

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990468 Turkey Bacon Ranch Wrap	1 each	10	371	5.88	1019	*1	14.81	*0.00	51	36.32	4.35	24.85	990	318.4	2.76	2.21
001130 Carrot Coins - .5 C	.5 C	15	34	0.03	57	4	0.20	0.00	0	7.97	2.33	0.77	13905	27.5	4.91	0.25
990378 Fresh Apple Slices - .5 C - IW	1 package	15	28	0.02	1	6	0.09	0.00	0	7.53	1.31	0.14	29	3.3	2.51	0.06
000231 Skim Milk	8 oz	3	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	12	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990473 Ranch Dressing - 1 packet	1 each	15	50	1.00	100	1	5.00	0.00	5	0.00	0.00	0.00	*N/A*	2.0	*N/A*	0.03

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Nov 30, 2020 thru Jan 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			583	6.98	1293	*25	21.63	*0.00	50	66.70	9.74	32.17	*16015	588.6	*9.65	3.22
% of Calories				10.78%		*17.2%	33.4%	*0.0%		45.8%		22.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 12/04/2020

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000913 Turkey Meatballs & Sauce Cmdty	4 each	10	153	1.12	585	*3	5.78	*0.00	45	12.63	1.42	14.82	538	40.0	12.38	1.96
000521 Whole Wheat Penne Pasta - 1 oz	.5 C	10	118	0.32	144	*0	2.88	0.00	0	19.31	2.36	3.30	0	14.1	0.00	0.85
990536 Whole Grain Garlic Breadstick	1 each	10	100	0.50	95	1	3.50	0.00	0	15.00	1.00	1.00	*N/A*	0.0	*N/A*	0.90
000107 Steamed Broccoli - .5 C	.5 C	15	61	0.56	171	2	3.60	*0.00	0	6.41	2.51	2.72	601	45.5	86.10	0.72
990373 Diced Cantaloupe - .5 C	.5 C	15	46	0.07	22	11	0.26	0.00	0	10.99	1.21	1.13	4553	12.1	49.41	0.28
000231 Skim Milk	8 oz	3	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	12	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001108 Whole Wheat Baked Ziti HS	2 C	5	555	6.23	555	*4	12.36	*0.00	30	80.20	10.44	27.46	1461	467.0	24.31	5.53
Weighted Daily Average			638	5.26	1034	*29	18.01	*0.00	51	87.59	10.38	33.98	*6482	553.1	*151.86	5.39
% of Calories				7.42%		*18.2%	25.4%	*0.0%		54.9%		21.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Portion Values

Nov 30, 2020 thru Jan 1, 2021

Monday - 12/07/2020

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
990545 BBQ Chicken Thigh, Diced - Smokehouse BBQ Sauce	3 oz	10	168	0.98	365	13	3.67	0.02	84	14.00	0.00	17.51	*21	8.2	*0.00	0.88
000850 WG Cornbread Muffin 1.8 oz	1 each	15	150	0.50	90	9	5.00	0.00	15	23.00	1.00	3.00	0	20.0	0.00	0.72
001101 Buttered Green Peas - .25 C	.25 C	15	46	0.18	121	2	1.27	*0.00	0	6.44	2.13	2.47	974	10.5	8.52	0.73
001152 Honey Cinnamon Sweet Potatoes - .25 C	.25 C	15	57	0.18	97	*3	1.12	*0.00	0	11.15	1.54	0.79	7079	15.9	1.21	0.32
000135 Orange Wedges - .5 C	.5 C	15	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	3	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	12	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990376 Veggie Chik'n Nuggets - 2 oz	5 each	5	225	1.25	438	2	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
990397 Sweet & Spicy BBQ Sauce	1 oz	5	60	0.00	280	13	0.00	0.00	0	14.00	0.00	0.00	*N/A*	2.0	*N/A*	0.16
Weighted Daily Average			601	3.20	897	*50	15.21	*0.01	82	85.08	8.55	32.03	*8756	409.8	*58.67	3.32
% of Calories				4.79%		*33.3%	22.8%	*0.0%		56.6%		21.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 12/08/2020

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
000670 Chicken Salad on WW Bun	1 each	10	271	0.49	618	*3	6.58	0.00	49	31.59	4.17	25.07	57	24.0	4.02	2.01

Base Menu Spreadsheet

Portion Values

Nov 30, 2020 thru Jan 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000462 Kale Salad - .75 C	1.25 C	15	75	0.72	194	*3	5.24	*0.00	0	6.53	3.25	2.25	3911	135.4	108.83	1.13
990261 Chilled Pears - .5 C	.5 C	15	101	0.00	8	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
000231 Skim Milk	8 oz	3	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	12	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
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			538	2.96	906	*19	15.09	*0.00	106	76.13	12.91	32.18	4575	492.6	114.85	3.84
% of Calories				4.95%		*14.1%	25.2%	*0.0%		56.6%		23.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 12/09/2020

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001069 Beef Tacos in 6" Tortilla 2 oz - 1 each	1 each	10	241	5.76	401	*1	12.64	*0.15	54	15.79	2.82	18.24	1000	160.2	15.94	1.79
001099 Tomato Salsa - .25 C	.25 C	15	17	0.03	76	*2	0.19	*0.00	0	3.59	1.05	0.77	580	9.4	12.90	0.26
000967 Shredded Lettuce - .25 C	.5 C	15	5	0.01	2	0	0.09	0.00	0	0.97	0.62	0.36	2568	9.7	1.18	0.29
000175 Fresh Banana	1 each	15	105	0.13	1	14	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000231 Skim Milk	8 oz	3	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	12	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

Nov 30, 2020 thru Jan 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990430 Cheese Quesadilla - 1 oz	1 each	5	230	7.08	517	*0	12.38	0.00	32	14.14	2.00	17.42	358	554.0	0.00	0.08
Weighted Daily Average			463	7.63	625	*30	15.15	*0.10	57	58.93	7.29	28.62	4493	620.3	34.97	2.15
% of Calories				14.83%		*25.9%	29.4%	*0.2%		50.9%		24.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 12/10/2020

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000592 Turkey Ham & Cheese on WW Brea	1 each	10	300	5.25	735	*0	11.25	0.00	50	32.50	4.00	20.50	300	330.0	0.60	1.44
000982 Lettuce & Tomato	.25 C	10	7	0.01	2	*1	0.10	*0.00	0	1.49	0.62	0.41	1478	7.4	4.15	0.21
001131 Carrot Coins - .25 C	.25 C	10	17	0.01	29	2	0.10	0.00	0	3.98	1.16	0.39	6949	13.7	2.45	0.12
990378 Fresh Apple Slices - .5 C - IW	1 package	15	28	0.02	1	6	0.09	0.00	0	7.53	1.31	0.14	29	3.3	2.51	0.06
000231 Skim Milk	8 oz	3	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	12	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000652 Light Mayonnaise	1 each	10	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	10	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
990475 Italian Dressing - 1 packet	1 each	15	40	0.50	95	1	3.50	0.00	0	1.00	0.00	0.00	*N/A*	0.0	*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

Nov 30, 2020 thru Jan 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001130 Carrot Coins - .5 C	.5 C	5	34	0.03	57	4	0.20	0.00	0	7.97	2.33	0.77	13905	27.5	4.91	0.25
Weighted Daily Average			614	6.28	1015	*25	27.36	*0.00	44	67.18	8.44	28.42	*10976	603.3	*8.95	2.74
% of Calories				9.21%		*16.3%	40.1%	*0.0%		43.8%		18.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 12/11/2020

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990534 Whole Grain Cheese Ravioli with Tomato Sauce	3 each	10	228	1.77	642	*3	5.35	*0.00	50	30.67	2.37	16.78	*446	169.3	*11.12	2.32
990535 Whole Grain Garlic Toast	1 each	10	90	0.00	100	1	3.00	0.00	0	14.00	1.00	3.00	*N/A*	10.0	*N/A*	1.10
990199 Parmesan Summer Squash - .5 C	.5 C	15	54	1.04	170	*3	3.58	*0.04	3	4.07	1.00	2.23	209	52.9	18.36	0.43
990373 Diced Cantaloupe - .5 C	.5 C	15	46	0.07	22	11	0.26	0.00	0	10.99	1.21	1.13	4553	12.1	49.41	0.28
000231 Skim Milk	8 oz	3	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	12	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000853 WG Flatbread Cheese Pizza	2 each	5	365	7.13	596	*4	14.28	*0.00	30	36.81	4.31	20.55	920	443.2	11.11	2.34
Weighted Daily Average			532	5.92	992	*30	16.10	*0.04	58	69.28	5.89	31.62	*5849	636.0	*78.88	3.85
% of Calories				10.02%		*22.6%	27.2%	*0.1%		52.1%		23.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 12/14/2020

Reimbursable Meal Total 15

Base Menu Spreadsheet

Portion Values

Nov 30, 2020 thru Jan 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000240 All Beef Hot Dog on a WW Bun	1 each	10	320	7.00	710	4	17.50	0.00	35	30.00	4.00	11.00	0	40.0	1.20	2.16
000469 Steamed Corn - .5 C	.5 C	15	92	0.43	142	*2	2.82	0.00	0	17.08	1.73	2.49	161	3.4	5.28	0.35
000135 Orange Wedges - .5 C	.5 C	15	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	3	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	12	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000556 Ketchup PC	1 each	15	10	0.00	100	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000557 Mustard PC	1 each	15	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000409 Veggie Burger	1 each	5	300	1.00	650	4	9.00	0.00	0	44.00	9.00	20.00	0	60.0	0.00	2.52
Weighted Daily Average			567	6.71	1109	*27	19.53	*0.00	34	76.73	9.61	25.59	850	390.6	55.02	2.79
% of Calories				10.65%		*19.0%	31.0%	*0.0%		54.1%		18.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 12/15/2020

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001025 Shredded Mozzarella - 2 oz	4 oz	10	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	10	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	10	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

Nov 30, 2020 thru Jan 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990405 Side Caesar Salad - .25 C	.5 C	10	17	0.62	72	0	0.99	*0.00	4	1.02	0.61	1.26	2552	59.9	1.16	0.32
990261 Chilled Pears - .5 C	.5 C	15	101	0.00	8	*N/A*	0.20	*N/A*	0	25.89	5.45	0.83	18	20.2	3.23	0.58
000231 Skim Milk	8 oz	3	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	12	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000137 Parmesan Cream Dressing	1 oz	15	72	1.67	214	*1	5.70	*0.00	7	3.50	0.02	1.42	58	68.0	1.01	0.13
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
000408 Side Caesar Salad - .5 C	1 C	5	34	1.23	143	1	1.99	*0.00	8	2.03	1.22	2.53	5104	119.7	2.32	0.64
Weighted Daily Average			714	8.17	1135	*19	29.19	*0.00	37	87.22	11.70	32.38	*4270	*551.0	*13.20	*3.86
% of Calories				10.30%		*10.6%	36.8%	*0.0%		48.9%		18.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 12/16/2020

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000061 Roasted Turkey - 2 slices	3 oz	10	88	0.10	562	*0	1.60	*0.00	35	1.67	0.26	18.18	23	10.0	0.23	0.86
000850 WG Cornbread Muffin 1.8 oz	1 each	15	150	0.50	90	9	5.00	0.00	15	23.00	1.00	3.00	0	20.0	0.00	0.72
000565 Mashed Sweet Potatoes - .5 C	.5 C	15	189	2.32	162	10	3.77	*0.00	10	36.88	5.15	2.66	23602	56.8	3.99	1.08
001178 Braised Collard Greens - .25 C	.25 C	15	33	0.15	85	*1	1.04	*0.00	0	5.28	2.73	1.87	4879	108.7	26.27	0.17
000175 Fresh Banana	1 each	15	105	0.13	1	14	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Nov 30, 2020 thru Jan 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
000231	Skim Milk	8 oz	3	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	12	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000705	Brown Gravy	1 oz	15	30	1.42	183	*0	2.34	*0.00	6	1.88	0.08	0.39	69	3.2	0.29	0.11
990376	Veggie Chik'n Nuggets - 2 oz	5 each	5	225	1.25	438	2	10.00	0.00	0	22.50	5.00	15.00	0	50.0	0.00	2.25
Weighted Daily Average				739	6.27	1149	*48	18.87	*0.00	65	114.78	13.86	34.56	29124	521.6	40.97	3.78
% of Calories					7.64%		*26.0%	23.0%	*0.0%		62.1%		18.7%				
Weekly Nutrient Guideline				550 - 650	<10	1230		<=0									

Thursday - 12/17/2020

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	
990468	Turkey Bacon Ranch Wrap	1 each	10	371	5.88	1019	*1	14.81	*0.00	51	36.32	4.35	24.85	990	318.4	2.76	2.21
001130	Carrot Coins - .5 C	.5 C	15	34	0.03	57	4	0.20	0.00	0	7.97	2.33	0.77	13905	27.5	4.91	0.25
990378	Fresh Apple Slices - .5 C - IW	1 package	15	28	0.02	1	6	0.09	0.00	0	7.53	1.31	0.14	29	3.3	2.51	0.06
000231	Skim Milk	8 oz	3	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	12	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990473	Ranch Dressing - 1 packet	1 each	15	50	1.00	100	1	5.00	0.00	5	0.00	0.00	0.00	*N/A*	2.0	*N/A*	0.03

Base Menu Spreadsheet

Portion Values

Nov 30, 2020 thru Jan 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			583	6.98	1293	*25	21.63	*0.00	50	66.70	9.74	32.17	*16015	588.6	*9.65	3.22
% of Calories				10.78%		*17.2%	33.4%	*0.0%		45.8%		22.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 12/18/2020

Reimbursable Meal Total 15

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000913 Turkey Meatballs & Sauce Cmdty	4 each	10	153	1.12	585	*3	5.78	*0.00	45	12.63	1.42	14.82	538	40.0	12.38	1.96
000521 Whole Wheat Penne Pasta - 1 oz	.5 C	10	118	0.32	144	*0	2.88	0.00	0	19.31	2.36	3.30	0	14.1	0.00	0.85
990536 Whole Grain Garlic Breadstick	1 each	10	100	0.50	95	1	3.50	0.00	0	15.00	1.00	1.00	*N/A*	0.0	*N/A*	0.90
000107 Steamed Broccoli - .5 C	.5 C	15	61	0.56	171	2	3.60	*0.00	0	6.41	2.51	2.72	601	45.5	86.10	0.72
990373 Diced Cantaloupe - .5 C	.5 C	15	46	0.07	22	11	0.26	0.00	0	10.99	1.21	1.13	4553	12.1	49.41	0.28
000231 Skim Milk	8 oz	3	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	12	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001108 Whole Wheat Baked Ziti HS	2 C	5	555	6.23	555	*4	12.36	*0.00	30	80.20	10.44	27.46	1461	467.0	24.31	5.53
Weighted Daily Average			638	5.26	1034	*29	18.01	*0.00	51	87.59	10.38	33.98	*6482	553.1	*151.86	5.39
% of Calories				7.42%		*18.2%	25.4%	*0.0%		54.9%		21.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Portion Values

Nov 30, 2020 thru Jan 1, 2021

Monday - 12/21/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (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 - 12/22/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (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									

Wednesday - 12/23/2020

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 30, 2020 thru Jan 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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									

Thursday - 12/24/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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									

Friday - 12/25/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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									

Base Menu Spreadsheet

Portion Values

Nov 30, 2020 thru Jan 1, 2021

Monday - 12/28/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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 - 12/29/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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									

Wednesday - 12/30/2020

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 30, 2020 thru Jan 1, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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									

Thursday - 12/31/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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									

Friday - 01/01/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (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									

Base Menu Spreadsheet

Portion Values

Nov 30, 2020 thru Jan 1, 2021

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			603	6	1036	*29	19.91	*0.01	53	79.05	9.84	31.20	*8137	*526.2	*57.43	*3.55
% of Calories				8.90%		*19.2%	29.7%	*0.0%		52.4%		20.7%				

**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*

¹ - denotes required nutrient values

² - 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.