



February 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.

****Wednesday meals will be provided in Grab-n-Go bags on Tuesday.**

This institution is an equal opportunity provider.



CELEBRATE BLACK HISTORY MONTH!

The Black American community has played an important role in the food industry.

This month, take some time to learn how Black Americans have shaped American food culture. Some names to learn are: *A.P. Ashbourne, Joseph Lee, James Hemings, and George Washington Carver.* These inventors and chefs introduced foods and created new cooking equipment, using the power of food to change America.

MONDAY	TUESDAY	WEDNESDAY**	THURSDAY	FRIDAY
<p>1</p> <ul style="list-style-type: none"> whole grain italian turkey sausage & cheese pizza side caesar salad with parmesan cream dressing fresh orange wedges 	<p>2 taco tuesday</p> <ul style="list-style-type: none"> cumin lime chicken with cheddar cheese in a whole wheat tortilla tomato salsa honey lime dressing chilled pears 	<p>3</p> <ul style="list-style-type: none"> diced jamaican jerk chicken with yellow rice sauteed cabbage fresh banana 	<p>4</p> <ul style="list-style-type: none"> turkey ham & cheddar on whole wheat bread with lettuce & tomato light mayonnaise & mustard fresh apple slices 	<p>5</p> <ul style="list-style-type: none"> beef bolognese over whole grain rotini pasta whole grain garlic toast sauteed green beans fresh diced cantaloupe
<p>8</p> <ul style="list-style-type: none"> turkey & bean chili with shredded cheddar cheese whole grain corn tortilla chips southwest taco corn low fat sour cream fresh orange wedges 	<p>9</p> <ul style="list-style-type: none"> tuna salad on a whole wheat bun green leaf salad with italian dressing chilled pears 	<p>10</p> <ul style="list-style-type: none"> sweet chili chicken whole grain lo mein glazed carrots fresh banana 	<p>11</p> <ul style="list-style-type: none"> turkey bacon ranch wrap in a whole wheat tortilla with romaine lettuce cucumber coins with ranch dressing fresh apple slices 	<p>12</p> <ul style="list-style-type: none"> diced buffalo chicken whole wheat mac & cheese steamed broccoli fresh diced cantaloupe
<p>15</p> <p>presidents' day</p> <p>no school</p>	<p>16 taco tuesday</p> <ul style="list-style-type: none"> cumin lime chicken with cheddar cheese in a whole wheat tortilla tomato salsa honey lime dressing chilled pears 	<p>17</p> <ul style="list-style-type: none"> diced jamaican jerk chicken with yellow rice sauteed cabbage fresh banana 	<p>18</p> <ul style="list-style-type: none"> turkey ham & cheddar on whole wheat bread with lettuce & tomato light mayonnaise & mustard fresh apple slices 	<p>19</p> <ul style="list-style-type: none"> beef bolognese over whole grain rotini pasta whole grain garlic toast sauteed green beans fresh diced cantaloupe
<p>22</p> <ul style="list-style-type: none"> turkey & bean chili with shredded cheddar cheese whole grain corn tortilla chips southwest taco corn low fat sour cream fresh orange wedges 	<p>23</p> <ul style="list-style-type: none"> tuna salad on a whole wheat bun green leaf salad with italian dressing chilled pears 	<p>24</p> <ul style="list-style-type: none"> sweet chili chicken whole grain lo mein glazed carrots fresh banana 	<p>25</p> <ul style="list-style-type: none"> turkey bacon ranch wrap in a whole wheat tortilla with romaine lettuce cucumber coins with ranch dressing fresh apple slices 	<p>26</p> <ul style="list-style-type: none"> diced buffalo chicken whole wheat mac & cheese steamed broccoli fresh diced cantaloupe



February Vegetarian 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!

V = vegetarian **VE** = vegan

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

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CELEBRATE BLACK HISTORY MONTH!

The Black American community has played an important role in the food industry.

This month, take some time to learn how Black Americans have shaped American food culture. Some names to learn are:

A.P. Ashbourne, Joseph Lee, James Hemings, and George Washington Carver. These inventors and chefs introduced foods and created new cooking equipment, using the power of food to change America.

MONDAY	TUESDAY	WEDNESDAY**	THURSDAY	FRIDAY
<p>1</p> <ul style="list-style-type: none"> whole grain cheese pizza V side caesar salad with parmesan cream dressing V fresh orange wedges VE 	<p>2</p> <ul style="list-style-type: none"> cheesy mexican bean dip V whole grain tortilla chips VE tomato salsa VE honey lime dressing V chilled pears VE 	<p>3</p> <ul style="list-style-type: none"> red beans and yellow rice VE sauteed cabbage VE fresh banana VE 	<p>4</p> <ul style="list-style-type: none"> sunbutter & jelly on whole wheat bread VE lemon parmesan kale V fresh apple slices VE 	<p>5</p> <ul style="list-style-type: none"> tofu bolognese over whole grain rotini pasta VE whole grain garlic toast V sauteed green beans VE fresh diced cantaloupe VE
<p>8</p> <ul style="list-style-type: none"> veg out chili VE whole grain corn tortilla chips VE southwest taco corn VE low fat sour cream V fresh orange wedges VE 	<p>9</p> <ul style="list-style-type: none"> egg salad on a whole wheat bun V green leaf salad with italian dressing VE chilled pears VE 	<p>10</p> <ul style="list-style-type: none"> super sesame tofu VE whole grain lo mein VE glazed carrots VE fresh banana VE 	<p>11</p> <ul style="list-style-type: none"> veggie chik'n caesar wrap in a whole wheat tortilla with romaine lettuce V caesar dressing* cucumber coins with ranch dressing V fresh apple slices VE 	<p>12</p> <ul style="list-style-type: none"> buffalo tofu bites V whole wheat mac & cheese V steamed broccoli VE fresh diced cantaloupe VE
<p>15</p> <p>presidents' day</p> <p>no school</p>	<p>16</p> <ul style="list-style-type: none"> cheesy mexican bean dip V whole grain tortilla chips VE tomato salsa VE honey lime dressing V chilled pears VE 	<p>17</p> <ul style="list-style-type: none"> red beans and yellow rice VE sauteed cabbage VE fresh banana VE 	<p>18</p> <ul style="list-style-type: none"> sunbutter & jelly on whole wheat bread VE lemon parmesan kale V fresh apple slices VE 	<p>19</p> <ul style="list-style-type: none"> tofu bolognese over whole grain rotini pasta VE whole grain garlic toast V sauteed green beans VE fresh diced cantaloupe VE
<p>22</p> <ul style="list-style-type: none"> veg out chili VE whole grain corn tortilla chips VE southwest taco corn VE low fat sour cream V fresh orange wedges VE 	<p>23</p> <ul style="list-style-type: none"> egg salad on a whole wheat bun V green leaf salad with italian dressing VE chilled pears VE 	<p>24</p> <ul style="list-style-type: none"> super sesame tofu VE whole grain lo mein VE glazed carrots VE fresh banana VE 	<p>25</p> <ul style="list-style-type: none"> veggie chik'n caesar wrap in a whole wheat tortilla with romaine lettuce V caesar dressing* cucumber coins with ranch dressing V fresh apple slices VE 	<p>26</p> <ul style="list-style-type: none"> buffalo tofu bites V whole wheat mac & cheese V steamed broccoli VE fresh diced cantaloupe VE

*please note: this product contains fish and milk



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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

DC Central Kitchen

Portion Values

Feb 1, 2021 thru Feb 26, 2021

Menu Name: Cedar Tree Lunch - K-5

Include Cost: No

Site:

Report Style: Detailed

Monday - 02/01/2021

Reimbursable Meal Total 10

	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)
000895 WG Sausage & Cheese Pizza	2 each	6	360	5.99	751	*4	14.07	*0.00	35	37.18	4.92	20.49	824	359.5	11.11	2.48
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
000135 Orange Wedges - .5 C	.5 C	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
000137 Parmesan Cream Dressing	1 oz	10	72	1.67	214	*1	5.70	*0.00	7	3.50	0.02	1.42	58	68.0	1.01	0.13
000853 WG Flatbread Cheese Pizza	2 each	4	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			592	10.01	1081	*26	22.89	*0.00	55	64.52	7.51	32.29	4162	861.5	62.22	3.04
% of Calories				15.22%		*17.6%	34.8%	*0.0%		43.6%		21.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 02/02/2021

Reimbursable Meal Total 10

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Feb 1, 2021 thru Feb 26, 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)
001037 Cumin Lime Chicken - 2 oz - C	3 oz	6	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	6	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	6	70	0.50	105	0	2.00	0.00	0	13.00	2.00	2.00	0	40.0	0.00	0.00
001099 Tomato Salsa - .25 C	.25 C	10	17	0.03	76	*2	0.19	*0.00	0	3.59	1.05	0.77	580	9.4	12.90	0.26
990261 Chilled Pears - .5 C	.5 C	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
001038 Honey Lime Dressing - 1 oz	1 oz	6	106	1.02	313	*2	8.17	*0.00	0	7.95	0.44	0.35	209	8.2	3.14	0.37
001199 Cheesy Mexican Bean Dip	4 oz	4	204	3.57	619	*1	11.44	*0.00	*12	16.98	5.82	8.81	*948	145.0	*23.54	2.38
001087 WG Corn Tortilla Chips 1 oz	10 each	4	108	0.77	88	0	4.61	0.00	0	15.36	1.54	1.54	0	15.4	0.00	0.00
Weighted Daily Average			560	6.28	897	*16	20.98	*0.00	*54	68.21	11.11	28.93	*1665	*432.0	*30.05	*2.73
% of Calories				10.09%		*11.4%	33.7%	*0.0%		48.7%		20.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 02/03/2021

Reimbursable Meal Total 10

	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)
990543 Jamaican Jerk Chicken Thigh, Diced	3 oz	6	166	1.70	279	*2	8.16	*0.02	84	4.64	0.62	18.08	40	24.5	2.53	1.36

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Feb 1, 2021 thru Feb 26, 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)
000630 Yellow Rice - 1 oz	.5 C	10	122	0.18	143	*0	2.13	*0.00	0	22.94	1.43	3.21	4	6.0	0.08	0.78
990081 Southern Cabbage - .25 C	.25 C	10	18	0.13	98	*1	0.85	*0.00	0	2.61	0.92	0.50	53	14.5	12.37	0.18
000175 Fresh Banana	1 each	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
000351 Red Beans - .5 C	.5 C	4	149	0.40	75	*0	2.64	*0.00	0	23.90	5.83	8.48	104	36.6	2.75	2.62
Weighted Daily Average			503	2.88	546	*30	11.25	*0.01	61	77.02	8.13	27.47	680	359.5	25.34	3.21
% of Calories				5.15%		*23.9%	20.1%	*0.0%		61.2%		21.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 02/04/2021

Reimbursable Meal Total 10

	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	6	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	6	7	0.01	2	*1	0.10	*0.00	0	1.49	0.62	0.41	1478	7.4	4.15	0.21
990378 Fresh Apple Slices - .5 C - IW	1 package	10	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	2	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	8	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

Feb 1, 2021 thru Feb 26, 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)
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
000652 Light Mayonnaise	1 each	6	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	6	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	4	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
990073 Lemon Parmesan Kale - .25 C	.5 C	4	45	0.74	89	*1	3.93	*0.02	2	2.00	1.11	1.29	1245	81.7	25.66	0.45
Weighted Daily Average			585	5.90	888	*22	26.77	*0.01	41	63.11	7.52	28.14	2090	605.8	15.62	2.91
% of Calories				9.08%		*15.0%	41.2%	*0.0%		43.2%		19.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 02/05/2021

Reimbursable Meal Total 10

	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)
001044 Beef Bolognese	.5 C	6	198	2.93	408	*7	8.48	*0.20	51	13.03	2.71	18.39	687	45.7	14.55	4.13
990353 Whole Wheat Rotini Pasta - 1 oz	.5 C	10	109	0.32	147	*0	2.93	0.00	0	19.50	3.50	4.00	0	15.7	0.00	1.00
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
001091 Sauteed Green Beans - .25 C	.25 C	10	25	0.17	71	*0	1.16	*0.00	0	3.09	1.03	0.73	53	17.0	5.06	0.35
990373 Diced Cantaloupe - .5 C	.5 C	10	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	2	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	8	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

Feb 1, 2021 thru Feb 26, 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)
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
001045 Tofu Bolognese	1 C	4	254	1.85	203	*6	12.66	*0.00	0	17.50	5.54	24.18	874	884.9	13.91	5.62
Weighted Daily Average			589	4.32	772	*31	19.43	*0.12	41	74.57	10.59	37.79	*5851	740.0	*68.76	7.53
% of Calories				6.60%		*21.1%	29.7%	*0.2%		50.6%		25.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 02/08/2021

Reimbursable Meal Total 10

	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)
990402 Turkey & Bean Chili	6 oz	6	164	1.52	262	*0	5.62	*0.00	54	16.68	3.92	13.56	649	62.9	10.29	2.67
990403 Shredded Cheddar Cheese - .5 oz	1 oz	6	57	3.04	91	0	4.56	0.00	15	0.00	0.00	3.54	*N/A*	*N/A*	*N/A*	*N/A*
001087 WG Corn Tortilla Chips 1 oz	10 each	10	108	0.77	88	0	4.61	0.00	0	15.36	1.54	1.54	0	15.4	0.00	0.00
990075 Southwest Taco Corn - .25 C	.25 C	10	56	0.29	122	*1	1.89	*0.00	0	10.01	1.26	1.53	226	7.8	8.29	0.34
000135 Orange Wedges - .5 C	.5 C	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990351 Low Fat Sour Cream - 1 oz	1 oz	10	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

DC Central Kitchen

Portion Values

Feb 1, 2021 thru Feb 26, 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)
000725 Veg Out Chili	6 oz	4	165	0.35	494	*3	1.93	0.00	0	29.70	9.38	9.06	650	68.3	16.63	2.98
Weighted Daily Average			537	6.79	747	*24	17.97	*0.00	61	71.94	11.10	26.88	*1644	*462.6	*70.28	*3.32
% of Calories				11.38%		*17.9%	30.1%	*0.0%		53.6%		20.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 02/09/2021

Reimbursable Meal Total 10

	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)
000538 Tuna Salad on a WW Bun	1 each	6	240	0.51	598	*3	5.36	*0.00	18	30.80	4.12	20.51	82	28.2	0.65	2.33
990490 Green Leaf Salad - .25 C	.5 C	10	10	0.01	18	1	0.10	0.00	0	1.85	0.84	0.88	4776	23.2	5.93	0.56
990261 Chilled Pears - .5 C	.5 C	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990475 Italian Dressing - 1 packet	1 each	10	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	4	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			493	2.87	810	*17	12.94	*0.00	96	71.97	10.46	27.24	*5476	384.8	*9.68	3.47
% of Calories				5.24%		*13.8%	23.6%	*0.0%		58.4%		22.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Portion Values

Feb 1, 2021 thru Feb 26, 2021

Wednesday - 02/10/2021

Reimbursable Meal Total 10

	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)
000668 Sweet Chili Chicken	3 oz	6	163	0.34	894	*16	2.20	*0.00	48	18.02	0.11	18.83	45	2.6	2.68	0.62
990437 Whole Grain Lo Mein - 1 oz	.5 C	10	136	0.55	181	*2	3.66	*0.00	0	23.24	2.71	4.40	11	19.1	0.11	1.08
990068 Glazed Carrots - .25 C	.25 C	10	33	0.11	109	*3	0.74	*0.00	0	6.66	1.71	0.57	9290	25.1	3.28	0.20
000175 Fresh Banana	1 each	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
000726 Super Sesame Tofu	.5 C	4	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			533	2.71	1109	*41	11.50	*0.00	40	81.64	8.30	31.30	*9918	396.7	*15.74	3.04
% of Calories				4.58%		*30.8%	19.4%	*0.0%		61.3%		23.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 02/11/2021

Reimbursable Meal Total 10

	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)
990468 Turkey Bacon Ranch Wrap	1 each	6	371	5.88	1019	*1	14.81	*0.00	51	36.32	4.35	24.85	990	318.4	2.76	2.21
001093 Cucumber Coins - .25 C	.25 C	10	5	0.01	1	1	0.04	0.00	0	1.33	0.18	0.24	38	5.9	1.02	0.10

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Feb 1, 2021 thru Feb 26, 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)
990378 Fresh Apple Slices - .5 C - IW	1 package	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990473 Ranch Dressing - 1 packet	1 each	10	50	1.00	100	1	5.00	0.00	5	0.00	0.00	0.00	*N/A*	2.0	*N/A*	0.03
990463 Veggie Chik'n Caesar Wrap	1 each	4	372	2.89	822	*3	14.53	*0.00	4	44.52	9.61	20.30	2557	171.9	1.16	4.01
990486 Caesar Dressing - 1.5 oz	1 each	4	210	4.00	400	0	23.00	0.00	4	1.00	0.00	1.00	*N/A*	26.0	*N/A*	0.00
Weighted Daily Average			638	8.58	1308	*22	30.96	*0.00	50	61.02	7.94	32.04	*2167	585.1	*5.65	3.20
% of Calories				12.10%		*13.8%	43.7%	*0.0%		38.3%		20.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 02/12/2021

Reimbursable Meal Total 10

	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)
990551 Buffalo Chicken, Diced - 1.5 oz	3 oz	6	105	0.97	520	0	3.23	0.00	36	0.65	0.00	11.64	421	0.0	0.00	0.00
990255 Whole Wheat Mac & Cheese - Elbow - 1 C - C	1 C	10	339	6.76	598	*5	11.96	*0.08	33	40.17	4.38	20.15	368	471.0	0.03	0.23
001095 Steamed Broccoli - .25 C	.25 C	10	31	0.28	86	1	1.80	*0.00	0	3.20	1.26	1.36	301	22.7	43.05	0.36
990373 Diced Cantaloupe - .5 C	.5 C	10	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	2	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

DC Central Kitchen

Portion Values

Feb 1, 2021 thru Feb 26, 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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990243 Buffalo Tofu Bites	.5 C	4	183	0.82	1094	*0	6.64	*0.00	0	5.18	2.18	13.17	*1249	104.8	*0.21	2.60
Weighted Daily Average			650	9.28	1561	*29	20.54	*0.08	65	68.99	7.72	43.12	*6456	851.5	*92.57	1.99
% of Calories				12.85%		*17.8%	28.4%	*0.1%		42.5%		26.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 02/15/2021

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									

Tuesday - 02/16/2021

Reimbursable Meal Total 10

	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)
001037 Cumin Lime Chicken - 2 oz - C	3 oz	6	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	6	57	3.04	91	0	4.56	0.00	15	0.00	0.00	3.54	*N/A*	*N/A*	*N/A*	*N/A*

Base Menu Spreadsheet

Portion Values

Feb 1, 2021 thru Feb 26, 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)
001030 Whole Wheat Tortilla, 6 inch - 1 each	1 each	6	70	0.50	105	0	2.00	0.00	0	13.00	2.00	2.00	0	40.0	0.00	0.00
001099 Tomato Salsa - .25 C	.25 C	10	17	0.03	76	*2	0.19	*0.00	0	3.59	1.05	0.77	580	9.4	12.90	0.26
990261 Chilled Pears - .5 C	.5 C	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
001038 Honey Lime Dressing - 1 oz	1 oz	6	106	1.02	313	*2	8.17	*0.00	0	7.95	0.44	0.35	209	8.2	3.14	0.37
001199 Cheesy Mexican Bean Dip	4 oz	4	204	3.57	619	*1	11.44	*0.00	*12	16.98	5.82	8.81	*948	145.0	*23.54	2.38
001087 WG Corn Tortilla Chips 1 oz	10 each	4	108	0.77	88	0	4.61	0.00	0	15.36	1.54	1.54	0	15.4	0.00	0.00
Weighted Daily Average			560	6.28	897	*16	20.98	*0.00	*54	68.21	11.11	28.93	*1665	*432.0	*30.05	*2.73
% of Calories				10.09%		*11.4%	33.7%	*0.0%		48.7%		20.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 02/17/2021

Reimbursable Meal Total 10

	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)
990543 Jamaican Jerk Chicken Thigh, Diced	3 oz	6	166	1.70	279	*2	8.16	*0.02	84	4.64	0.62	18.08	40	24.5	2.53	1.36
000630 Yellow Rice - 1 oz	.5 C	10	122	0.18	143	*0	2.13	*0.00	0	22.94	1.43	3.21	4	6.0	0.08	0.78
990081 Southern Cabbage - .25 C	.25 C	10	18	0.13	98	*1	0.85	*0.00	0	2.61	0.92	0.50	53	14.5	12.37	0.18

Base Menu Spreadsheet

Portion Values

Feb 1, 2021 thru Feb 26, 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)
000175 Fresh Banana	1 each	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
000351 Red Beans - .5 C	.5 C	4	149	0.40	75	*0	2.64	*0.00	0	23.90	5.83	8.48	104	36.6	2.75	2.62
Weighted Daily Average			503	2.88	546	*30	11.25	*0.01	61	77.02	8.13	27.47	680	359.5	25.34	3.21
% of Calories				5.15%		*23.9%	20.1%	*0.0%		61.2%		21.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 02/18/2021

Reimbursable Meal Total 10

	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	6	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	6	7	0.01	2	*1	0.10	*0.00	0	1.49	0.62	0.41	1478	7.4	4.15	0.21
990378 Fresh Apple Slices - .5 C - IW	1 package	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
000652 Light Mayonnaise	1 each	6	30	0.00	110	*N/A*	3.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 1, 2021 thru Feb 26, 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)
000557 Mustard PC	1 each	6	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	4	579	2.93	487	*8	36.42	0.00	0	55.54	7.50	16.78	33	159.0	0.00	4.01
990073 Lemon Parmesan Kale - .25 C	.5 C	4	45	0.74	89	*1	3.93	*0.02	2	2.00	1.11	1.29	1245	81.7	25.66	0.45
Weighted Daily Average			585	5.90	888	*22	26.77	*0.01	41	63.11	7.52	28.14	2090	605.8	15.62	2.91
% of Calories				9.08%		*15.0%	41.2%	*0.0%		43.2%		19.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 02/19/2021

Reimbursable Meal Total 10

	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)
001044 Beef Bolognese	.5 C	6	198	2.93	408	*7	8.48	*0.20	51	13.03	2.71	18.39	687	45.7	14.55	4.13
990353 Whole Wheat Rotini Pasta - 1 oz	.5 C	10	109	0.32	147	*0	2.93	0.00	0	19.50	3.50	4.00	0	15.7	0.00	1.00
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
001091 Sauteed Green Beans - .25 C	.25 C	10	25	0.17	71	*0	1.16	*0.00	0	3.09	1.03	0.73	53	17.0	5.06	0.35
990373 Diced Cantaloupe - .5 C	.5 C	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 1, 2021 thru Feb 26, 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)
001045 Tofu Bolognese	1 C	4	254	1.85	203	*6	12.66	*0.00	0	17.50	5.54	24.18	874	884.9	13.91	5.62
Weighted Daily Average			589	4.32	772	*31	19.43	*0.12	41	74.57	10.59	37.79	*5851	740.0	*68.76	7.53
% of Calories				6.60%		*21.1%	29.7%	*0.2%		50.6%		25.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 02/22/2021

Reimbursable Meal Total 10

	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)
990402 Turkey & Bean Chili	6 oz	6	164	1.52	262	*0	5.62	*0.00	54	16.68	3.92	13.56	649	62.9	10.29	2.67
990403 Shredded Cheddar Cheese - .5 oz	1 oz	6	57	3.04	91	0	4.56	0.00	15	0.00	0.00	3.54	*N/A*	*N/A*	*N/A*	*N/A*
001087 WG Corn Tortilla Chips 1 oz	10 each	10	108	0.77	88	0	4.61	0.00	0	15.36	1.54	1.54	0	15.4	0.00	0.00
990075 Southwest Taco Corn - .25 C	.25 C	10	56	0.29	122	*1	1.89	*0.00	0	10.01	1.26	1.53	226	7.8	8.29	0.34
000135 Orange Wedges - .5 C	.5 C	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990351 Low Fat Sour Cream - 1 oz	1 oz	10	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

Feb 1, 2021 thru Feb 26, 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)
000725 Veg Out Chili	6 oz	4	165	0.35	494	*3	1.93	0.00	0	29.70	9.38	9.06	650	68.3	16.63	2.98
Weighted Daily Average			537	6.79	747	*24	17.97	*0.00	61	71.94	11.10	26.88	*1644	*462.6	*70.28	*3.32
% of Calories				11.38%		*17.9%	30.1%	*0.0%		53.6%		20.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 02/23/2021

Reimbursable Meal Total 10

	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)
000538 Tuna Salad on a WW Bun	1 each	6	240	0.51	598	*3	5.36	*0.00	18	30.80	4.12	20.51	82	28.2	0.65	2.33
990490 Green Leaf Salad - .25 C	.5 C	10	10	0.01	18	1	0.10	0.00	0	1.85	0.84	0.88	4776	23.2	5.93	0.56
990261 Chilled Pears - .5 C	.5 C	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990475 Italian Dressing - 1 packet	1 each	10	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	4	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			493	2.87	810	*17	12.94	*0.00	96	71.97	10.46	27.24	*5476	384.8	*9.68	3.47
% of Calories				5.24%		*13.8%	23.6%	*0.0%		58.4%		22.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Portion Values

Feb 1, 2021 thru Feb 26, 2021

Wednesday - 02/24/2021

Reimbursable Meal Total 10

	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)
000668 Sweet Chili Chicken	3 oz	6	163	0.34	894	*16	2.20	*0.00	48	18.02	0.11	18.83	45	2.6	2.68	0.62
990437 Whole Grain Lo Mein - 1 oz	.5 C	10	136	0.55	181	*2	3.66	*0.00	0	23.24	2.71	4.40	11	19.1	0.11	1.08
990068 Glazed Carrots - .25 C	.25 C	10	33	0.11	109	*3	0.74	*0.00	0	6.66	1.71	0.57	9290	25.1	3.28	0.20
000175 Fresh Banana	1 each	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
000726 Super Sesame Tofu	.5 C	4	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			533	2.71	1109	*41	11.50	*0.00	40	81.64	8.30	31.30	*9918	396.7	*15.74	3.04
% of Calories				4.58%		*30.8%	19.4%	*0.0%		61.3%		23.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 02/25/2021

Reimbursable Meal Total 10

	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	6	371	5.88	1019	*1	14.81	*0.00	51	36.32	4.35	24.85	990	318.4	2.76	2.21
001093 Cucumber Coins - .25 C	.25 C	10	5	0.01	1	1	0.04	0.00	0	1.33	0.18	0.24	38	5.9	1.02	0.10

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Feb 1, 2021 thru Feb 26, 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)
990378 Fresh Apple Slices - .5 C - IW	1 package	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990473 Ranch Dressing - 1 packet	1 each	10	50	1.00	100	1	5.00	0.00	5	0.00	0.00	0.00	*N/A*	2.0	*N/A*	0.03
990463 Veggie Chik'n Caesar Wrap	1 each	4	372	2.89	822	*3	14.53	*0.00	4	44.52	9.61	20.30	2557	171.9	1.16	4.01
990486 Caesar Dressing - 1.5 oz	1 each	4	210	4.00	400	0	23.00	0.00	4	1.00	0.00	1.00	*N/A*	26.0	*N/A*	0.00
Weighted Daily Average			638	8.58	1308	*22	30.96	*0.00	50	61.02	7.94	32.04	*2167	585.1	*5.65	3.20
% of Calories				12.10%		*13.8%	43.7%	*0.0%		38.3%		20.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 02/26/2021

Reimbursable Meal Total 10

	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)
990551 Buffalo Chicken, Diced - 1.5 oz	3 oz	6	105	0.97	520	0	3.23	0.00	36	0.65	0.00	11.64	421	0.0	0.00	0.00
990255 Whole Wheat Mac & Cheese - Elbow - 1 C - C	1 C	10	339	6.76	598	*5	11.96	*0.08	33	40.17	4.38	20.15	368	471.0	0.03	0.23
001095 Steamed Broccoli - .25 C	.25 C	10	31	0.28	86	1	1.80	*0.00	0	3.20	1.26	1.36	301	22.7	43.05	0.36
990373 Diced Cantaloupe - .5 C	.5 C	10	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	2	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

Feb 1, 2021 thru Feb 26, 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)
000230 1% Lowfat Milk	8 oz	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
990243 Buffalo Tofu Bites	.5 C	4	183	0.82	1094	*0	6.64	*0.00	0	5.18	2.18	13.17	*1249	104.8	*0.21	2.60
Weighted Daily Average			650	9.28	1561	*29	20.54	*0.08	65	68.99	7.72	43.12	*6456	851.5	*92.57	1.99
% of Calories				12.85%		*17.8%	28.4%	*0.1%		42.5%		26.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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	567	6	966	*26	19.35	*0.02	*56	70.60	9.12	31.48	*4003	*552.5	*38.40	*3.47
% of Calories		9.13%		*18.3%	30.7%	*0.0%		49.8%		22.2%				

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.



February Breakfast 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.

****Wednesday meals will be provided in Grab-n-Go bags on Tuesday.**

This institution is an equal opportunity provider.



CELEBRATE HEART HEALTH MONTH!

February is American Heart Health Month. To celebrate, check out our heart-healthy breakfast on Friday, February 12th.

Here are some of the benefits of oatmeal:

- ♥ Improves digestion
- ♥ Keep you full for longer
- ♥ May help control blood sugar which can help prevent diabetes

Some other ways to take care of your heart are exercising and getting enough sleep. What steps can you take to keep your heart healthy?

MONDAY	TUESDAY	WEDNESDAY**	THURSDAY	FRIDAY
<p>1</p> <ul style="list-style-type: none"> whole wheat english muffin butter strawberry jelly fresh diced cantaloupe 	<p>2</p> <ul style="list-style-type: none"> multi-grain cinnamon flakes cereal fresh orange wedges 	<p>3</p> <ul style="list-style-type: none"> turkey sausage patty on a whole grain biscuit honey chilled pears 	<p>4 cranberry parfait</p> <ul style="list-style-type: none"> vanilla yogurt whole grain granola cranberry sauce 	<p>5</p> <ul style="list-style-type: none"> whole grain french toast all natural syrup fresh apple slices
<p>8</p> <ul style="list-style-type: none"> whole wheat bagel low fat cream cheese fresh diced cantaloupe 	<p>9</p> <ul style="list-style-type: none"> whole grain frosted mini wheats cereal fresh orange wedges 	<p>10</p> <ul style="list-style-type: none"> warm whole grain banana bread chilled pears 	<p>11</p> <ul style="list-style-type: none"> raspberry yogurt whole grain strawberry oatmeal bar fresh banana 	<p>12 heart health day</p> <ul style="list-style-type: none"> brown sugar oatmeal fresh strawberries
<p>15</p> <p>presidents' day</p> <p>no school</p>	<p>16</p> <ul style="list-style-type: none"> multi-grain frosted flakes cereal fresh orange wedges 	<p>17</p> <ul style="list-style-type: none"> turkey sausage patty on a whole grain biscuit honey chilled pears 	<p>18 cranberry parfait</p> <ul style="list-style-type: none"> vanilla yogurt whole grain granola cranberry sauce 	<p>19</p> <ul style="list-style-type: none"> whole grain waffles all natural syrup fresh apple slices
<p>22</p> <ul style="list-style-type: none"> whole wheat bagel low fat cream cheese fresh diced cantaloupe 	<p>23</p> <ul style="list-style-type: none"> whole grain golden grahams cereal fresh orange wedges 	<p>24</p> <ul style="list-style-type: none"> warm whole grain banana bread chilled pears 	<p>25</p> <ul style="list-style-type: none"> strawberry banana yogurt whole grain apple oatmeal bar fresh banana 	<p>26</p> <ul style="list-style-type: none"> whole grain french toast all natural syrup fresh apple slices



February Vegetarian Breakfast 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!

V = vegetarian **VE** = vegan

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

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Here are some of the benefits of oatmeal:

- ♥ Improves digestion
- ♥ Keep you full for longer
- ♥ May help control blood sugar which can help prevent diabetes

Some other ways to take care of your heart are exercising and getting enough sleep. What steps can you take to keep your heart healthy?

MONDAY	TUESDAY	WEDNESDAY**	THURSDAY	FRIDAY
<p>1</p> <ul style="list-style-type: none"> whole wheat english muffin V butter V strawberry jelly VE fresh diced cantaloupe VE 	<p>2</p> <ul style="list-style-type: none"> multi-grain cinnamon flakes cereal VE fresh orange wedges VE 	<p>3</p> <ul style="list-style-type: none"> veggie breakfast sausage patty on a whole grain biscuit V honey V chilled pears VE 	<p>4 cranberry parfait</p> <ul style="list-style-type: none"> vanilla yogurt V whole grain granola VE cranberry sauce VE 	<p>5</p> <ul style="list-style-type: none"> whole grain french toast V all natural syrup VE fresh apple slices VE
<p>8</p> <ul style="list-style-type: none"> whole wheat bagel V low fat cream cheese V fresh diced cantaloupe VE 	<p>9</p> <ul style="list-style-type: none"> whole grain frosted mini wheats cereal VE fresh orange wedges VE 	<p>10</p> <ul style="list-style-type: none"> warm whole grain banana bread V chilled pears VE 	<p>11</p> <ul style="list-style-type: none"> raspberry yogurt V whole grain strawberry oatmeal bar V fresh banana VE 	<p>12 heart health day</p> <ul style="list-style-type: none"> brown sugar oatmeal V fresh strawberries VE
<p>15</p> <p>presidents' day</p> <p>no school</p>	<p>16</p> <ul style="list-style-type: none"> multi-grain frosted flakes cereal VE fresh orange wedges VE 	<p>17</p> <ul style="list-style-type: none"> veggie breakfast sausage patty on a whole grain biscuit V honey V chilled pears VE 	<p>18 cranberry parfait</p> <ul style="list-style-type: none"> vanilla yogurt V whole grain granola VE cranberry sauce VE 	<p>19</p> <ul style="list-style-type: none"> whole grain waffles V all natural syrup VE fresh apple slices VE
<p>22</p> <ul style="list-style-type: none"> whole wheat bagel V low fat cream cheese V fresh diced cantaloupe VE 	<p>23</p> <ul style="list-style-type: none"> whole grain golden grahams cereal VE fresh orange wedges VE 	<p>24</p> <ul style="list-style-type: none"> warm whole grain banana bread V chilled pears VE 	<p>25</p> <ul style="list-style-type: none"> strawberry banana yogurt V whole grain apple oatmeal bar V fresh banana VE 	<p>26</p> <ul style="list-style-type: none"> whole grain french toast V all natural syrup VE fresh apple slices VE



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- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Base Menu Spreadsheet

Portion Values

Feb 1, 2021 thru Feb 26, 2021

Menu Name: Cedar Tree Breakfast - K-5
Site:

Include Cost: No
Report Style: Detailed

Monday - 02/01/2021

Reimbursable Meal Total 10

	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	10	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	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
000488 Butter PC	1 each	10	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	10	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 - 02/02/2021

Reimbursable Meal Total 10

	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	10	100	0.00	170	6	0.00	0.00	0	24.00	3.00	2.00	500	0.0	15.00	4.50

Base Menu Spreadsheet

Portion Values

Feb 1, 2021 thru Feb 26, 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)
000135 Orange Wedges - .5 C	.5 C	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
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 - 02/03/2021

Reimbursable Meal Total 10

	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	6	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	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
000927 Honey PC	1 each	10	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	4	70	0.00	250	1	2.50	0.00	0	4.00	1.00	9.00	0	0.0	0.00	1.80

Base Menu Spreadsheet

Portion Values

Feb 1, 2021 thru Feb 26, 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)
000455 Whole Grain Biscuit	2 oz	4	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			506	8.86	673	*27	14.53	*0.00	29	78.20	7.88	20.30	501	486.8	3.30	2.95
% of Calories				15.76%		*21.3%	25.8%	*0.0%		61.8%		16.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Thursday - 02/04/2021

Reimbursable Meal Total 10

	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)
990555 Cranberry Parfait	1 each	10	220	0.35	56	*32	0.82	*0.00	3	51.18	3.49	4.12	228	132.3	33.38	0.28
990426 Granola - 1.25 oz	.375 C	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			442	1.84	216	*45	4.21	*0.00	14	90.13	5.99	15.21	713	444.9	33.38	1.29
% of Calories				3.75%		*40.7%	8.6%	*0.0%		81.6%		13.8%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 02/05/2021

Reimbursable Meal Total 10

Base Menu Spreadsheet

Portion Values

Feb 1, 2021 thru Feb 26, 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)
990533 Whole Wheat French Toast - Texas Toast - 1 each	1 each	10	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	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
000625 All Natural Syrup - 1 pack	1 each	10	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 - 02/08/2021

Reimbursable Meal Total 10

	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	10	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	10	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	10	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	2	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	8	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

Feb 1, 2021 thru Feb 26, 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)
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
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 - 02/09/2021

Reimbursable Meal Total 10

	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	10	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	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
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 - 02/10/2021

Reimbursable Meal Total 10

Base Menu Spreadsheet

Portion Values

Feb 1, 2021 thru Feb 26, 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)
000465 Banana Bread - 2 oz	4 oz	10	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	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
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 - 02/11/2021

Reimbursable Meal Total 10

	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	10	90	0.00	50	15	0.00	0.00	0	19.00	0.00	3.00	0	300.0	1.20	0.00
000893 Whole Grain Strawberry Oatmeal Bar	1 each	10	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	10	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	2	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	8	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

Feb 1, 2021 thru Feb 26, 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)
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			434	2.90	243	52	6.82	*0.00	16	81.12	4.07	14.52	558	609.7	17.47	1.46
% of Calories				6.01%		47.9%	14.1%	*0.0%		74.8%		13.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 02/12/2021

Reimbursable Meal Total 10

	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)
000464 Brown Sugar Oatmeal	.5 C	10	171	2.69	90	*2	5.18	*0.00	11	26.46	1.90	4.13	171	61.1	0.00	0.92
000417 Fresh Strawberries - .5 C	.5 C	10	24	0.01	1	4	0.23	0.00	0	5.84	1.52	0.51	9	12.2	44.69	0.31
000231 Skim Milk	8 oz	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			294	3.96	197	*18	7.34	*0.00	22	44.47	3.42	12.87	662	377.1	44.69	1.30
% of Calories				12.12%		*24.5%	22.5%	*0.0%		60.5%		17.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Monday - 02/15/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Feb 1, 2021 thru Feb 26, 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									

Tuesday - 02/16/2021

Reimbursable Meal Total 10

	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)
990412 Multi-Grain Frosted Flakes Cereal	1 each	10	100	0.00	170	7	0.00	0.00	0	24.00	2.00	2.00	*N/A*	0.0	*N/A*	1.80
000135 Orange Wedges - .5 C	.5 C	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			242	1.28	276	28	2.04	*0.00	11	46.98	4.21	11.09	*690	340.6	*48.94	1.97
% of Calories				4.76%		46.3%	7.6%	*0.0%		77.7%		18.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Wednesday - 02/17/2021

Reimbursable Meal Total 10

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

Feb 1, 2021 thru Feb 26, 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)
000477 Turkey Sausage on a Biscuit	1 each	6	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	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
000927 Honey PC	1 each	10	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	4	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	4	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			506	8.86	673	*27	14.53	*0.00	29	78.20	7.88	20.30	501	486.8	3.30	2.95
% of Calories				15.76%		*21.3%	25.8%	*0.0%		61.8%		16.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Thursday - 02/18/2021

Reimbursable Meal Total 10

	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)
990555 Cranberry Parfait	1 each	10	220	0.35	56	*32	0.82	*0.00	3	51.18	3.49	4.12	228	132.3	33.38	0.28
990426 Granola - 1.25 oz	.375 C	10	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	2	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	8	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

DC Central Kitchen

Portion Values

Feb 1, 2021 thru Feb 26, 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)
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			442	1.84	216	*45	4.21	*0.00	14	90.13	5.99	15.21	713	444.9	33.38	1.29
% of Calories				3.75%		*40.7%	8.6%	*0.0%		81.6%		13.8%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 02/19/2021

Reimbursable Meal Total 10

	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	10	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	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
000625 All Natural Syrup - 1 pack	1 each	10	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 - 02/22/2021

Reimbursable Meal Total 10

Base Menu Spreadsheet

Portion Values

Feb 1, 2021 thru Feb 26, 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)
000001 Whole Wheat Bagel - Whole	2.25 oz	10	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	10	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	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
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 - 02/23/2021

Reimbursable Meal Total 10

	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	10	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	10	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	2	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	8	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

DC Central Kitchen

Portion Values

Feb 1, 2021 thru Feb 26, 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)
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
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 - 02/24/2021

Reimbursable Meal Total 10

	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	10	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	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
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 - 02/25/2021

Reimbursable Meal Total 10

Base Menu Spreadsheet

Portion Values

Feb 1, 2021 thru Feb 26, 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)
000888 Strawberry Banana Yogurt	1 each	10	90	0.00	50	14	0.00	0.00	0	19.00	0.00	3.00	0	300.0	1.20	0.00
000849 Whole Grain Apple Oatmeal Bar	1 each	10	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	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00
Weighted Daily Average			434	*1.40	238	50	6.82	*1.50	11	82.12	4.07	14.52	558	*609.7	17.47	1.10
% of Calories				*2.90%		46.1%	14.1%	*3.1%		75.7%		13.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 02/26/2021

Reimbursable Meal Total 10

	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	10	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	10	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	2	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	8	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001160 Fat Free Lactose-Free Milk	8 oz	0	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	500	300.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 1, 2021 thru Feb 26, 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)
000625 All Natural Syrup - 1 pack	1 each	10	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									

	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	384	*3.18	364	*32	7.20	*0.09	42	67.36	5.10	15.41	*1358	*412.0	*28.21	2.63
% of Calories		*7.45%		*33.3%	16.9%	*0.2%		70.2%		16.1%				

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.