



June 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.



SUMMER MEAL AVAILABILITY

Meals will be available for pick up at select schools throughout the summer. Open schools served by DC Central Kitchen include: Burrville, Ron Brown, Kelly Miller, C.W. Harris, Thomas, and Walker Jones.

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	memorial day no school	1 <ul style="list-style-type: none"> turkey ham & cheddar melt on whole wheat bread cucumber coins with ranch dressing fresh orange wedges 	2 strawberry and salad greens day <ul style="list-style-type: none"> diced buffalo chicken with whole wheat mac & cheese spring mix salad with strawberry vinaigrette fresh strawberries 	3 <ul style="list-style-type: none"> diced orange chicken with whole grain lo mein asian broccoli fresh diced honeydew 	4 no meal service
7	7 <ul style="list-style-type: none"> halved turkey meatball sub with provolone cheese on a whole grain hoagie sauteed green beans chilled peaches 	8 taco tuesday <ul style="list-style-type: none"> beef soft tacos with cheese in a whole wheat tortilla tomato salsa fresh orange wedges 	9 <ul style="list-style-type: none"> chicken salad on a whole wheat bun kale salad fresh banana 	10 <ul style="list-style-type: none"> whole wheat baked ziti with mozzarella cheese buttered green peas fresh diced honeydew 	11 no meal service
14	14 build your own pizza <ul style="list-style-type: none"> shredded mozzarella cheese with turkey pepperoni whole grain flatbread tomato sauce chilled peaches 	15 <ul style="list-style-type: none"> diced buffalo chicken with whole wheat mac & cheese honey cinnamon sweet potatoes fresh orange wedges 	16 <ul style="list-style-type: none"> turkey ham & cheddar melt on whole wheat bread cucumber coins with ranch dressing fresh banana 	17 field day <ul style="list-style-type: none"> beef burger or all beef hot dog on a whole wheat bun ketchup & mustard potato salad fresh diced honeydew 	18 no meal service
21	21 <ul style="list-style-type: none"> halved turkey meatball sub with provolone cheese on a whole grain hoagie sauteed green beans chilled peaches 	22 taco tuesday <ul style="list-style-type: none"> beef soft tacos with cheese in a whole wheat tortilla tomato salsa fresh orange wedges 	23 <ul style="list-style-type: none"> chicken salad on a whole wheat bun kale salad fresh banana 	24 last day of school <ul style="list-style-type: none"> whole wheat baked ziti with mozzarella cheese buttered green peas fresh diced honeydew 	25
28		29	30	1	2



June 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

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SUMMER MEAL AVAILABILITY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 memorial day no school	1 <ul style="list-style-type: none"> grilled cheese on whole wheat bread V cucumber coins with ranch dressing V fresh oranges VE 	2 strawberry and salad greens day <ul style="list-style-type: none"> buffalo veggie chick'n nuggets with whole wheat mac & cheese V spring mix salad with strawberry vinaigrette VE fresh strawberries VE 	3 <ul style="list-style-type: none"> super sesame tofu with whole grain lo mein VE asian broccoli VE fresh diced honeydew VE 	4 no meal service
7 <ul style="list-style-type: none"> whole grain cheese pizza V sauteed green beans VE chilled peaches VE 	8 taco tuesday <ul style="list-style-type: none"> sofritas tofu tacos in a whole wheat tortilla VE tomato salsa VE fresh orange wedges VE 	9 <ul style="list-style-type: none"> egg salad on a whole wheat bun V kale salad VE fresh banana VE 	10 <ul style="list-style-type: none"> powered up pasta with chickpeas VE steamed green peas VE fresh diced honeydew VE 	11 no meal service
14 build your own pizza <ul style="list-style-type: none"> shredded mozzarella cheese V whole grain flatbread V tomato sauce VE chilled peaches VE 	15 <ul style="list-style-type: none"> buffalo veggie chick'n nuggets with whole wheat mac & cheese V honey cinnamon sweet potatoes VE fresh orange wedges VE 	16 <ul style="list-style-type: none"> grilled cheese on whole wheat bread V cucumber coins with ranch dressing V fresh banana VE 	17 field day <ul style="list-style-type: none"> veggie burger on a whole wheat bun V ketchup & mustard VE potato salad V fresh diced honeydew VE 	18 no meal service
21 <ul style="list-style-type: none"> whole grain cheese pizza V sauteed green beans VE chilled peaches VE 	22 taco tuesday <ul style="list-style-type: none"> sofritas tofu tacos in a whole wheat tortilla VE tomato salsa VE fresh orange wedges VE 	23 <ul style="list-style-type: none"> egg salad on a whole wheat bun V kale salad VE fresh banana VE 	24 last day of school <ul style="list-style-type: none"> powered up pasta with chickpeas VE steamed green peas VE fresh diced honeydew VE 	25
28	29	30	1	2



June Breakfast Menu

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 memorial day no meal service	1 <ul style="list-style-type: none"> whole grain golden grahams cereal chilled pears 	2 <ul style="list-style-type: none"> warm whole grain pineapple carrot bread cinnamon applesauce 	3 <ul style="list-style-type: none"> strawberry yogurt whole grain apple oatmeal bar fresh banana 	4 no meal service
7 <ul style="list-style-type: none"> whole wheat english muffin butter strawberry jelly fresh orange wedges 	8 <ul style="list-style-type: none"> multi-grain cinnamon flakes cereal chilled pears 	9 <ul style="list-style-type: none"> brown sugar oatmeal cinnamon applesauce 	10 blueberry parfait <ul style="list-style-type: none"> vanilla yogurt whole grain granola blueberries 	11 no meal service
14 <ul style="list-style-type: none"> whole wheat bagel light cream cheese fresh orange wedges 	15 <ul style="list-style-type: none"> whole grain frosted mini wheats cereal chilled pears 	16 <ul style="list-style-type: none"> warm whole grain pineapple carrot bread cinnamon applesauce 	17 <ul style="list-style-type: none"> peach yogurt whole grain strawberry oatmeal bar fresh banana 	18 no meal service
21 <ul style="list-style-type: none"> whole wheat english muffin butter grape jelly fresh orange wedges 	22 <ul style="list-style-type: none"> multi-grain frosted flakes cereal chilled pears 	23 <ul style="list-style-type: none"> brown sugar oatmeal cinnamon applesauce 	24 last day of school <ul style="list-style-type: none"> vanilla yogurt whole grain granola blueberries 	25
28	29	30	1	2



June Vegetarian Breakfast Menu

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

What do the colors on the menu mean?

GREEN = locally-sourced

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V = vegetarian **VE** = vegan

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 memorial day no school	1 <ul style="list-style-type: none"> whole grain golden grahams cereal VE chilled pears VE 	2 <ul style="list-style-type: none"> warm whole grain pineapple carrot bread V cinnamon applesauce VE 	3 <ul style="list-style-type: none"> strawberry yogurt V whole grain apple oatmeal bar V fresh banana VE 	4 no meal service
7 <ul style="list-style-type: none"> whole wheat english muffin V butter V strawberry jelly VE fresh orange wedges VE 	8 <ul style="list-style-type: none"> multi-grain cinnamon flakes cereal VE chilled pears VE 	9 <ul style="list-style-type: none"> brown sugar oatmeal V cinnamon applesauce VE 	10 blueberry parfait <ul style="list-style-type: none"> vanilla yogurt V whole grain granola VE blueberries VE 	11 no meal service
14 <ul style="list-style-type: none"> whole wheat bagel V light cream cheese V fresh orange wedges VE 	15 <ul style="list-style-type: none"> whole grain frosted mini wheats cereal VE chilled pears VE 	16 <ul style="list-style-type: none"> warm whole grain pineapple carrot bread V cinnamon applesauce VE 	17 <ul style="list-style-type: none"> peach yogurt V whole grain strawberry oatmeal bar V fresh banana VE 	18 no meal service
21 <ul style="list-style-type: none"> whole wheat english muffin V butter V grape jelly VE fresh orange wedges VE 	22 <ul style="list-style-type: none"> multi-grain frosted flakes cereal VE chilled pears VE 	23 <ul style="list-style-type: none"> brown sugar oatmeal V cinnamon applesauce VE 	24 last day of school <ul style="list-style-type: none"> vanilla yogurt V whole grain granola VE blueberries VE 	25
28	29	30	1	2



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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

May 31, 2021 thru Jun 25, 2021

Menu Name: Cedar Tree Breakfast - K-5

Include Cost: No

Site:

Report Style: Detailed

Monday - 05/31/2021

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			350 - 500	<10	540		<=0									

Tuesday - 06/01/2021

Reimbursable Meal Total 100

	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	100	100	0.00	220	8	1.00	0.00	0	24.00	1.00	1.00	400	80.0	4.80	3.60
990261 Chilled Pears - .5 C	.5 C	100	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	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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

DC Central Kitchen

Portion Values

May 31, 2021 thru Jun 25, 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)
990383 Vanilla Soy milk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			301	1.27	340	*21	3.23	*0.00	11	62.13	6.49	10.08	744	444.9	8.52	4.28
% of Calories				3.80%		*27.9%	9.7%	*0.0%		82.6%		13.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Wednesday - 06/02/2021

Reimbursable Meal Total 100

	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)
000671 Pineapple Carrot Bread - 2 oz	4 oz	100	328	1.36	276	*33	8.51	*0.00	28	59.18	3.38	5.21	*998	*66.6	*3.99	*1.90
001084 Cinnamon Applesauce Cup	1 each	100	60	0.00	10	12	0.00	0.00	0	15.00	2.00	0.00	0	0.0	60.00	0.00
000231 Skim Milk	8 oz	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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
990383 Vanilla Soy milk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			488	2.63	397	*58	10.54	*0.00	38	86.42	5.42	13.46	*1324	*411.2	*64.49	*2.00
% of Calories				4.85%		*47.5%	19.4%	*0.0%		70.8%		11.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Thursday - 06/03/2021

Reimbursable Meal Total 100

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 31, 2021 thru Jun 25, 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)
000128 Strawberry Yogurt	1 each	100	90	0.00	50	15	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	100	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	100	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	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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
990383 Vanilla Soy milk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			435	*1.40	243	51	6.91	*1.50	11	82.18	4.11	14.54	401	*650.6	17.96	1.13
% of Calories				*2.90%		46.9%	14.3%	*3.1%		75.6%		13.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 06/04/2021

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			350 - 500	<10	540		<=0									

Monday - 06/07/2021

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

May 31, 2021 thru Jun 25, 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)
000448 Whole Wheat English Muffin	2 oz	100	120	0.00	220	*N/A*	1.00	0.00	0	23.00	3.00	5.00	0	80.0	0.00	1.80
000135 Orange Wedges - .5 C	.5 C	100	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	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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
990383 Vanilla Soy milk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000488 Butter PC	1 each	100	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	100	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			334	3.85	364	*29	7.19	*0.16	21	55.05	5.25	14.16	658	462.7	49.44	1.99
% of Calories				10.37%		*34.7%	19.4%	*0.4%		65.9%		17.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Tuesday - 06/08/2021

Reimbursable Meal Total 100

	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)
000636 Multi-Grain Cinnamon Flakes Cereal	1 each	100	100	0.00	170	6	0.00	0.00	0	24.00	3.00	2.00	500	0.0	15.00	4.50
990261 Chilled Pears - .5 C	.5 C	100	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	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10

Base Menu Spreadsheet

Portion Values

May 31, 2021 thru Jun 25, 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	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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
990383 Vanilla Soy milk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			301	1.27	290	*19	2.23	*0.00	11	62.13	8.49	11.08	844	364.9	18.72	5.18
% of Calories				3.80%		*25.2%	6.7%	*0.0%		82.6%		14.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Wednesday - 06/09/2021

Reimbursable Meal Total 100

	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	100	171	2.69	67	*2	5.18	*0.00	11	26.46	1.90	4.13	127	61.1	0.00	0.92
001084 Cinnamon Applesauce Cup	1 each	100	60	0.00	10	12	0.00	0.00	0	15.00	2.00	0.00	0	0.0	60.00	0.00
000231 Skim Milk	8 oz	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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
990383 Vanilla Soy milk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			331	3.96	189	*26	7.20	*0.00	22	53.69	3.94	12.38	453	405.8	60.49	1.02
% of Calories				10.77%		*31.4%	19.6%	*0.0%		64.9%		15.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Base Menu Spreadsheet

Portion Values

May 31, 2021 thru Jun 25, 2021

Thursday - 06/10/2021

Reimbursable Meal Total 100

	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)
990578 Blueberry Parfait	1 each	100	140	0.37	54	*15	1.17	0.00	3	30.18	2.20	3.66	149	126.1	2.00	0.14
990426 Granola - 1.25 oz	.375 C	100	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	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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
990383 Vanilla Soy milk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			364	1.87	220	*27	4.65	*0.00	14	69.19	4.74	14.77	477	479.5	2.49	1.18
% of Calories				4.62%		*29.7%	11.5%	*0.0%		76.0%		16.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 06/11/2021

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			350 - 500	<10	540		<=0									

Base Menu Spreadsheet

Portion Values

May 31, 2021 thru Jun 25, 2021

Monday - 06/14/2021

Reimbursable Meal Total 100

	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	100	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 Light Cream Cheese	1 oz	100	59	2.84	90	1	4.73	*N/A*	15	1.91	0.00	2.22	156	42.0	0.00	0.05
000135 Orange Wedges - .5 C	.5 C	100	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	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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
990383 Vanilla Soymilk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			372	4.12	391	*22	7.36	*0.00	26	61.95	5.25	18.34	689	423.4	49.44	2.04
% of Calories				9.97%		*23.7%	17.8%	*0.0%		66.6%		19.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Tuesday - 06/15/2021

Reimbursable Meal Total 100

	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	100	101	0.00	0	6	0.00	0.00	0	24.30	3.04	3.04	0	0.0	0.00	8.20
990261 Chilled Pears - .5 C	.5 C	100	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	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10

Base Menu Spreadsheet

Portion Values

May 31, 2021 thru Jun 25, 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	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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
990383 Vanilla Soy milk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			302	1.27	120	*19	2.23	*0.00	11	62.43	8.53	12.12	344	364.9	3.72	8.88
% of Calories				3.78%		*25.2%	6.6%	*0.0%		82.7%		16.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Wednesday - 06/16/2021

Reimbursable Meal Total 100

	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)
000671 Pineapple Carrot Bread - 2 oz	4 oz	100	328	1.36	276	*33	8.51	*0.00	28	59.18	3.38	5.21	*998	*66.6	*3.99	*1.90
001084 Cinnamon Applesauce Cup	1 each	100	60	0.00	10	12	0.00	0.00	0	15.00	2.00	0.00	0	0.0	60.00	0.00
000231 Skim Milk	8 oz	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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
990383 Vanilla Soy milk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			488	2.63	397	*58	10.54	*0.00	38	86.42	5.42	13.46	*1324	*411.2	*64.49	*2.00
% of Calories				4.85%		*47.5%	19.4%	*0.0%		70.8%		11.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Base Menu Spreadsheet

Portion Values

May 31, 2021 thru Jun 25, 2021

Thursday - 06/17/2021

Reimbursable Meal Total 100

	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)
000890 Peach Yogurt	1 each	100	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	100	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	100	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	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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
990383 Vanilla Soy milk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			435	2.90	273	53	6.91	*0.00	16	81.18	4.11	14.54	401	650.6	16.76	1.49
% of Calories				6.00%		48.7%	14.3%	*0.0%		74.6%		13.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 06/18/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 31, 2021 thru Jun 25, 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 - 06/21/2021

Reimbursable Meal Total 100

	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	100	120	0.00	220	*N/A*	1.00	0.00	0	23.00	3.00	5.00	0	80.0	0.00	1.80
000135 Orange Wedges - .5 C	.5 C	100	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	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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
990383 Vanilla Soy milk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000488 Butter PC	1 each	100	36	2.57	32	0	4.06	0.16	11	0.00	0.00	0.04	125	1.2	0.00	0.00
000603 Grape Jelly	1 each	100	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			334	3.85	364	*29	7.19	*0.16	21	55.05	5.25	14.16	658	462.7	49.44	1.99
% of Calories				10.37%		*34.7%	19.4%	*0.4%		65.9%		17.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Base Menu Spreadsheet

Portion Values

May 31, 2021 thru Jun 25, 2021

Tuesday - 06/22/2021

Reimbursable Meal Total 100

	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	100	100	0.00	170	7	0.00	0.00	0	24.00	2.00	2.00	*N/A*	0.0	*N/A*	1.80
990261 Chilled Pears - .5 C	.5 C	100	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	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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
990383 Vanilla Soy milk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			301	1.27	290	*20	2.23	*0.00	11	62.13	7.49	11.08	*344	364.9	*3.72	2.48
% of Calories				3.80%		*26.6%	6.7%	*0.0%		82.6%		14.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Wednesday - 06/23/2021

Reimbursable Meal Total 100

	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	100	171	2.69	67	*2	5.18	*0.00	11	26.46	1.90	4.13	127	61.1	0.00	0.92
001084 Cinnamon Applesauce Cup	1 each	100	60	0.00	10	12	0.00	0.00	0	15.00	2.00	0.00	0	0.0	60.00	0.00
000231 Skim Milk	8 oz	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	305.0	0.00	0.07

Base Menu Spreadsheet

Portion Values

May 31, 2021 thru Jun 25, 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
990383 Vanilla Soy milk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			331	3.96	189	*26	7.20	*0.00	22	53.69	3.94	12.38	453	405.8	60.49	1.02
% of Calories				10.77%		*31.4%	19.6%	*0.0%		64.9%		15.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Thursday - 06/24/2021

Reimbursable Meal Total 100

	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)
990578 Blueberry Parfait	1 each	100	140	0.37	54	*15	1.17	0.00	3	30.18	2.20	3.66	149	126.1	2.00	0.14
990426 Granola - 1.25 oz	.375 C	100	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	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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
990383 Vanilla Soy milk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			364	1.87	220	*27	4.65	*0.00	14	69.19	4.74	14.77	477	479.5	2.49	1.18
% of Calories				4.62%		*29.7%	11.5%	*0.0%		76.0%		16.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 06/25/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 31, 2021 thru Jun 25, 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	365	*2.54	286	*32	6.02	*0.12	19	66.86	5.54	13.42	*639	*452.2	*31.51	*2.52
% of Calories		*6.26%		*35.1%	14.8%	*0.3%		73.3%		14.7%				

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.



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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

Portion Values

May 31, 2021 thru Jun 25, 2021

Menu Name: Cedar Tree Lunch - K-5

Include Cost: No

Site:

Report Style: Detailed

Monday - 05/31/2021

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 - 06/01/2021

Reimbursable Meal Total 100

	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)
000390 Turkey Ham & Cheddar Melt	1 each	97	340	5.25	815	*0	12.25	0.00	50	36.50	6.00	24.50	300	610.0	5.40	2.88
001093 Cucumber Coins - .25 C	.25 C	100	5	0.01	1	1	0.04	0.00	0	1.33	0.18	0.24	38	5.9	1.02	0.10
000135 Orange Wedges - .5 C	.5 C	100	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	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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
990383 Vanilla Soy milk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 31, 2021 thru Jun 25, 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)
990473 Ranch Dressing - 1 packet	1 each	100	50	1.00	100	1	5.00	0.00	5	0.00	0.00	0.00	*N/A*	2.0	*N/A*	0.03
000539 Grilled Cheese on WW Bread	1 each	3	340	9.00	660	*0	16.00	0.00	40	32.00	4.00	20.00	600	520.0	0.00	1.44
Weighted Daily Average			539	7.66	1023	*23	19.54	*0.00	65	60.74	8.37	33.72	*880	996.6	*55.70	3.16
% of Calories				12.79%		*17.1%	32.6%	*0.0%		45.1%		25.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 06/02/2021

Reimbursable Meal Total 100

	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)
990551 Buffalo Chicken, Diced - 1.5 oz	3 oz	97	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	100	339	6.76	598	*5	11.96	*0.08	33	40.18	4.37	20.15	368	471.0	0.03	0.23
990574 Spring Mix Salad - .25 C	0.5 C	100	6	0.01	12	0	0.06	0.00	0	1.20	0.54	0.57	3097	15.1	3.85	0.36
000417 Fresh Strawberries - .5 C	.5 C	100	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	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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
990383 Vanilla Soymilk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
990580 Buffalo Veggie Chik'n Nuggets - 1 oz	3 each	3	158	0.75	739	2	6.00	0.00	0	13.50	3.00	9.00	454	30.0	0.00	1.35

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 31, 2021 thru Jun 25, 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)
990595 Strawberry Vinaigrette - 1 oz	1 oz	100	36	0.30	32	*4	2.18	*0.00	0	4.50	0.40	0.09	8	3.5	7.49	0.17
Weighted Daily Average			613	9.32	1280	*25	19.77	*0.08	78	64.99	6.97	41.13	4230	847.3	56.55	1.21
% of Calories				13.68%		*16.3%	29.0%	*0.1%		42.4%		26.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 06/03/2021

Reimbursable Meal Total 100

	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)
000467 Orange Glazed Chicken - 2 oz	1 each	97	166	0.35	335	*0	2.54	*0.00	48	15.89	0.58	19.69	*22	*24.6	*10.28	*0.86
990437 Whole Grain Lo Mein - 1 oz	.5 C	100	138	0.55	181	*2	3.76	*0.00	0	23.24	2.71	4.40	*11	*19.1	*0.11	*1.08
001170 Asian Broccoli - .25 C	.25 C	100	37	0.33	139	1	2.13	*0.00	0	3.71	1.29	1.70	*301	*24.5	*43.17	*0.41
990440 Diced Honeydew - .5 C	.5 C	100	31	0.03	15	7	0.12	0.00	0	7.73	0.68	0.46	42	5.1	15.30	0.14
000231 Skim Milk	8 oz	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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
990383 Vanilla Soy milk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08

Base Menu Spreadsheet

Portion Values

May 31, 2021 thru Jun 25, 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)
000726 Super Sesame Tofu	.5 C	3	157	1.13	439	*0	8.68	*0.00	0	4.53	1.87	13.80	*79	*103.1	*1.19	*2.53
Weighted Daily Average			472	2.56	784	*23	10.76	*0.00	58	62.46	5.34	34.32	*703	*420.4	*69.08	*2.64
% of Calories				4.88%		*19.5%	20.5%	*0.0%		52.9%		29.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 06/04/2021

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									

Monday - 06/07/2021

Reimbursable Meal Total 100

	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)
000916 Turkey Meatball Sub - Cmddy	1 each	97	343	4.14	1121	*5	11.33	*0.00	55	39.53	4.40	24.34	*538	*175.7	*12.30	*3.75
001091 Sauteed Green Beans - .25 C	.25 C	100	25	0.17	71	*0	1.16	*0.00	0	3.09	1.03	0.73	53	17.0	5.06	0.35
000784 Chilled Peaches	.5 C	100	66	0.00	0	13	0.00	0.00	0	15.84	1.32	1.32	*N/A*	11.9	*N/A*	0.00
000231 Skim Milk	8 oz	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 31, 2021 thru Jun 25, 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	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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
990383 Vanilla Soymilk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000853 WG Flatbread Cheese Pizza	2 each	3	365	7.12	596	*4	14.29	*0.00	30	36.81	4.31	20.55	*920	*443.2	*11.11	*2.34
Weighted Daily Average			535	5.67	1288	*31	14.60	*0.00	65	70.62	6.79	34.53	*928	*557.3	*17.82	*4.16
% of Calories				9.54%		*23.2%	24.6%	*0.0%		52.8%		25.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 06/08/2021

Reimbursable Meal Total 100

	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	97	242	5.96	355	*1	13.13	*0.36	52	15.79	2.82	17.33	*997	*160.0	*15.94	*1.73
001099 Tomato Salsa - .25 C	.25 C	100	17	0.03	76	*2	0.19	*0.00	0	3.59	1.05	0.77	580	9.4	12.90	0.26
000135 Orange Wedges - .5 C	.5 C	100	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	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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
990383 Vanilla Soymilk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 31, 2021 thru Jun 25, 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)
000937 Sofritas Tofu Soft Tacos 6 in - 1 each	1 each	3	295	2.33	882	*1	14.74	*0.00	0	23.13	6.02	24.51	*711	*923.6	*2.38	*4.85
Weighted Daily Average			404	7.16	558	*24	15.50	*0.35	61	42.65	6.22	27.43	*2101	*573.8	*77.87	*2.28
% of Calories				15.95%		*23.8%	34.5%	*0.8%		42.2%		27.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 06/09/2021

Reimbursable Meal Total 100

	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)
000957 Chicken Salad on WW Bun Cmdty	1 each	97	308	1.81	650	*3	10.98	*0.00	48	32.45	4.18	21.95	58	24.0	1.20	1.50
001001 Kale Salad - .25 C	.5 C	100	31	0.35	96	*0	2.55	*0.00	0	1.84	1.14	0.90	1223	66.1	24.24	0.47
000175 Fresh Banana	1 each	100	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	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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
990383 Vanilla Soy milk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000564 Egg Salad on WW Bun	1 each	3	250	1.97	512	*4	9.99	*0.00	186	31.43	4.26	12.49	374	51.6	0.31	2.14
Weighted Daily Average			542	3.56	855	*31	15.91	*0.00	63	73.45	8.43	32.10	1691	441.4	36.17	2.39
% of Calories				5.91%		*22.9%	26.4%	*0.0%		54.2%		23.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 31, 2021 thru Jun 25, 2021

Thursday - 06/10/2021

Reimbursable Meal Total 100

	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)
001108 Whole Wheat Baked Ziti HS	2 C	97	555	6.22	555	*4	12.39	*0.00	30	80.20	10.44	27.46	*1461	*467.0	*24.31	*5.53
001101 Buttered Green Peas - .25 C	.25 C	100	46	0.18	98	*2	1.27	*0.00	0	6.44	2.13	2.47	974	10.4	8.52	0.73
990440 Diced Honeydew - .5 C	.5 C	100	31	0.03	15	7	0.12	0.00	0	7.73	0.68	0.46	42	5.1	15.30	0.14
000231 Skim Milk	8 oz	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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
990383 Vanilla Soy milk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
001110 Powered Up Pasta w/Chickpea HS	2 C	3	632	0.91	590	*1	6.20	*0.00	0	128.59	19.55	24.50	*1318	*116.9	*19.07	*7.77
Weighted Daily Average			734	7.55	781	*26	15.62	*0.00	40	108.06	13.57	38.56	*2798	*816.6	*48.46	*6.57
% of Calories				9.26%		*14.2%	19.2%	*0.0%		58.9%		21.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 06/11/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 31, 2021 thru Jun 25, 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									

Monday - 06/14/2021

Reimbursable Meal Total 100

	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	100	121	4.05	344	0	6.07	0.00	20	2.02	0.00	14.18	*N/A*	*N/A*	*N/A*	*N/A*
990458 Turkey Pepperoni - .25 oz	5 each	97	20	0.33	107	0	1.00	0.00	8	0.33	0.00	2.00	3	0.0	0.00	0.67
990238 Whole Grain Flatbread Squares	4 each	100	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	100	15	0.03	290	2	0.18	0.00	0	3.25	0.92	0.74	266	8.6	4.29	0.59
000784 Chilled Peaches	.5 C	100	66	0.00	0	13	0.00	0.00	0	15.84	1.32	1.32	*N/A*	11.9	*N/A*	0.00
000231 Skim Milk	8 oz	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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

May 31, 2021 thru Jun 25, 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)
990383 Vanilla Soy milk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			502	6.67	1180	30	14.25	*0.00	39	62.68	5.28	32.42	*595	*385.1	*4.78	*2.05
% of Calories				11.96%		23.9%	25.5%	*0.0%		49.9%		25.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 06/15/2021

Reimbursable Meal Total 100

	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)
990551 Buffalo Chicken, Diced - 1.5 oz	3 oz	97	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	100	339	6.76	598	*5	11.96	*0.08	33	40.18	4.37	20.15	368	471.0	0.03	0.23
001152 Honey Cinnamon Sweet Potatoes - .25 C	.25 C	100	57	0.17	97	3	1.15	*0.00	0	11.15	1.54	0.79	*7079	*15.9	*1.21	*0.32
000135 Orange Wedges - .5 C	.5 C	100	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	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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
990383 Vanilla Soy milk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08

Base Menu Spreadsheet

Portion Values

May 31, 2021 thru Jun 25, 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)
990580 Buffalo Veggie Chik'n Nuggets - 1 oz	3 each	3	158	0.75	739	2	6.00	0.00	0	13.50	3.00	9.00	454	30.0	0.00	1.35
Weighted Daily Average			646	9.18	1333	*29	18.56	*0.08	78	75.41	8.25	41.62	*8401	*869.3	*50.68	*0.78
% of Calories				12.79%		*18.0%	25.9%	*0.1%		46.7%		25.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 06/16/2021

Reimbursable Meal Total 100

	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)
000390 Turkey Ham & Cheddar Melt	1 each	97	340	5.25	815	*0	12.25	0.00	50	36.50	6.00	24.50	300	610.0	5.40	2.88
001093 Cucumber Coins - .25 C	.25 C	100	5	0.01	1	1	0.04	0.00	0	1.33	0.18	0.24	38	5.9	1.02	0.10
000175 Fresh Banana	1 each	100	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	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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
990383 Vanilla Soymilk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
990473 Ranch Dressing - 1 packet	1 each	100	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

May 31, 2021 thru Jun 25, 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)
000539 Grilled Cheese on WW Bread	1 each	3	340	9.00	660	*0	16.00	0.00	40	32.00	4.00	20.00	600	520.0	0.00	1.44
Weighted Daily Average			601	7.78	1024	*29	19.82	*0.00	65	76.88	9.23	34.14	*749	965.7	*17.02	3.37
% of Calories				11.65%		*19.3%	29.7%	*0.0%		51.2%		22.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 06/17/2021

Reimbursable Meal Total 100

	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)
000235 Beef Burger on WW Bun	1 each	40	265	2.63	279	3	8.70	0.21	50	29.53	4.15	20.91	107	29.2	0.06	3.05
000240 All Beef Hot Dog on a WW Bun	1 each	60	320	7.00	710	4	17.50	0.00	35	30.00	4.00	11.00	0	40.0	1.20	2.16
990086 Potato Salad - .25 C	.25 C	100	47	0.18	126	*0	1.36	0.00	0	8.04	0.82	0.90	12	5.8	4.01	0.35
990440 Diced Honeydew - .5 C	.5 C	100	31	0.03	15	7	0.12	0.00	0	7.73	0.68	0.46	42	5.1	15.30	0.14
000231 Skim Milk	8 oz	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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
990383 Vanilla Soy milk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000556 Ketchup PC	1 each	100	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	100	10	0.00	71	*N/A*	0.00	*N/A*	0	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

May 31, 2021 thru Jun 25, 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)
000409 Veggie Burger	1 each	3	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			505	6.77	981	*23	17.75	*0.08	51	61.13	5.87	25.17	424	393.0	20.55	3.18
% of Calories				12.07%		*18.2%	31.6%	*0.1%		48.4%		19.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 06/18/2021

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									

Monday - 06/21/2021

Reimbursable Meal Total 100

	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)
000916 Turkey Meatball Sub - Cmddy	1 each	97	343	4.14	1121	*5	11.33	*0.00	55	39.53	4.40	24.34	*538	*175.7	*12.30	*3.75
001091 Sauteed Green Beans - .25 C	.25 C	100	25	0.17	71	*0	1.16	*0.00	0	3.09	1.03	0.73	53	17.0	5.06	0.35
000784 Chilled Peaches	.5 C	100	66	0.00	0	13	0.00	0.00	0	15.84	1.32	1.32	*N/A*	11.9	*N/A*	0.00
000231 Skim Milk	8 oz	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10

Base Menu Spreadsheet

DC Central Kitchen

Portion Values

May 31, 2021 thru Jun 25, 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	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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
990383 Vanilla Soymilk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000853 WG Flatbread Cheese Pizza	2 each	3	365	7.12	596	*4	14.29	*0.00	30	36.81	4.31	20.55	*920	*443.2	*11.11	*2.34
Weighted Daily Average			535	5.67	1288	*31	14.60	*0.00	65	70.62	6.79	34.53	*928	*557.3	*17.82	*4.16
% of Calories				9.54%		*23.2%	24.6%	*0.0%		52.8%		25.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 06/22/2021

Reimbursable Meal Total 100

	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	97	242	5.96	355	*1	13.13	*0.36	52	15.79	2.82	17.33	*997	*160.0	*15.94	*1.73
001099 Tomato Salsa - .25 C	.25 C	100	17	0.03	76	*2	0.19	*0.00	0	3.59	1.05	0.77	580	9.4	12.90	0.26
000135 Orange Wedges - .5 C	.5 C	100	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	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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
990383 Vanilla Soymilk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08

Base Menu Spreadsheet

Portion Values

May 31, 2021 thru Jun 25, 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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000937 Sofritas Tofu Soft Tacos 6 in - 1 each	1 each	3	295	2.33	882	*1	14.74	*0.00	0	23.13	6.02	24.51	*711	*923.6	*2.38	*4.85
Weighted Daily Average			404	7.16	558	*24	15.50	*0.35	61	42.65	6.22	27.43	*2101	*573.8	*77.87	*2.28
% of Calories				15.95%		*23.8%	34.5%	*0.8%		42.2%		27.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 06/23/2021

Reimbursable Meal Total 100

	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000957 Chicken Salad on WW Bun Cmdty	1 each	97	308	1.81	650	*3	10.98	*0.00	48	32.45	4.18	21.95	58	24.0	1.20	1.50
001001 Kale Salad - .25 C	.5 C	100	31	0.35	96	*0	2.55	*0.00	0	1.84	1.14	0.90	1223	66.1	24.24	0.47
000175 Fresh Banana	1 each	100	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	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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
990383 Vanilla Soy milk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
000564 Egg Salad on WW Bun	1 each	3	250	1.97	512	*4	9.99	*0.00	186	31.43	4.26	12.49	374	51.6	0.31	2.14
Weighted Daily Average			542	3.56	855	*31	15.91	*0.00	63	73.45	8.43	32.10	1691	441.4	36.17	2.39
% of Calories				5.91%		*22.9%	26.4%	*0.0%		54.2%		23.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Portion Values

May 31, 2021 thru Jun 25, 2021

Thursday - 06/24/2021

Reimbursable Meal Total 100

	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)
001108 Whole Wheat Baked Ziti HS	2 C	97	555	6.22	555	*4	12.39	*0.00	30	80.20	10.44	27.46	*1461	*467.0	*24.31	*5.53
001101 Buttered Green Peas - .25 C	.25 C	100	46	0.18	98	*2	1.27	*0.00	0	6.44	2.13	2.47	974	10.4	8.52	0.73
990440 Diced Honeydew - .5 C	.5 C	100	31	0.03	15	7	0.12	0.00	0	7.73	0.68	0.46	42	5.1	15.30	0.14
000231 Skim Milk	8 oz	20	86	0.29	128	12	0.44	*N/A*	5	11.98	0.00	8.40	1131	503.9	2.47	0.10
000230 1% Lowfat Milk	8 oz	78	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	115	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
990383 Vanilla Soy milk	1 each	2	140	0.50	110	15	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
001110 Powered Up Pasta w/Chickpea HS	2 C	3	632	0.91	590	*1	6.20	*0.00	0	128.59	19.55	24.50	*1318	*116.9	*19.07	*7.77
Weighted Daily Average			734	7.55	781	*26	15.62	*0.00	40	108.06	13.57	38.56	*2798	*816.6	*48.46	*6.57
% of Calories				9.26%		*14.2%	19.2%	*0.0%		58.9%		21.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 06/25/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 31, 2021 thru Jun 25, 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			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	554	7	971	*27	16.25	*0.06	59	70.26	7.96	33.85	*2068	*643.7	*42.33	*3.15
% of Calories		10.59%		*19.5%	26.4%	*0.1%		50.7%		24.4%				

- *N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
- * - denotes combined nutrient totals with either missing or incomplete nutrient data
- ¹ - denotes required nutrient values
- 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.