

Menu Name:

LAYC ACADEMY 9 to 12 - Lunch

Include Cost:

No

Site:

Use Alternate Menu Name:

No

Monday - 01/06/2025

Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991518 Caprese Pasta 9-12	serving	50	509	6.11	511	*11	*1	13.91	*0.00	30	76.65
992716 VG/DF- Caprese WG Pasta 1cup: R:3/4, OT:1/4	serving	0	398	10.03	664	*7	*1	14.56	*0.00	0	61.93
992551 TANGERINES,FRESH -1 cup (150 ct)	2 (150ct p/cs)	50	127	0.09	5	25	*N/A*	0.74	0.00	0	32.02
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			736	6.95	646	*49	*1	15.90	*0.00	40	121.67
% of Calories				8.50%		*26.6%	*0.5%	19.4%	*0.0%		66.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 01/07/2025

Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992838 Jamaican Jerk Chicken Bowl - 9-12	serving	45	379	0.84	255	*2	*N/A*	4.59	*0.00	57	56.87

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991888 V/VG- Jamaican Jerk Chicken Bowl	serving	5	368	0.03	328	*3	*0	3.59	*0.00	0	59.40
992778 Sautéed Collards Green- DG:3/4	3/4 cup	50	97	0.41	141	5	*N/A*	5.61	0.01	0	11.21
990085 Steamed Carrots - R: 1/4 cup	1/4 CUP	50	14	0.01	23	1	*N/A*	0.07	0.00	0	3.21
991742 Peaches, Sliced	1 cup	50	160	0.00	12	32	*N/A*	0.00	0.00	0	40.00
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			748	1.93	568	*53	*0	11.42	*0.01	61	124.54
% of Calories				2.32%		*28.3%	*0%	13.7%	*0.0%		66.6%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 01/08/2025 Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992419 Chipotle BBQ Pulled Chicken WG Slider	serving	45	295	0.61	825	17	*4	4.13	0.00	43	42.25
992420 V/VG- Chipotle BBQ Pulled Chicken MeatlesWG Slider	serving	5	320	0.00	955	18	*4	4.00	0.00	0	44.25
992770 CREAMY COLESLAW - 1 cup: R:1/4, OT:3/4	1 cup	50	99	0.48	85	9	*N/A*	2.79	*0.00	3	16.36
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	50	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992014 Cranberry, Dried Original (9-12)	2 (1.16oz)	50	220	0.00	0	48	*N/A*	0.00	0.00	0	56.00
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			755	1.79	1053	*94	*4	8.28	*0.00	52	138.09
% of Calories				2.13%		*49.8%	*2.1%	9.9%	*0.0%		73.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 01/09/2025 Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992463 Turkey Breast Strips w/Gravy w/Mash Potato S:1 cup	serving	45	553	5.50	1106	*7	*4	12.47	*0.00	59	80.35
992464 V/VG- Meatless Strips w/Gravy 9-12 - S:1 cup	serving	5	513	3.61	646	*8	*4	9.85	*0.00	14	76.25
992362 Grape Juice - Suncup	2 (4 fl)	50	160	0.00	20	36	0	0.00	0.00	0	38.00
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			809	6.06	1210	*56	*4	13.45	*0.00	65	130.94
% of Calories				6.74%		*27.7%	*2.0%	15.0%	*0.0%		64.7%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 01/10/2025 Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992798 Chili hot dog, turkey + WG Bun L:3/4, OT:1/4	serving	45	410	6.13	1168	*11	*N/A*	16.65	*0.00	50	46.61
992799 V/VG-Chili Veggie hot dog, WG Bun L:3/4, OT:1/4	serving	5	340	3.17	985	*11	*0	7.19	*0.00	0	49.65
000222 KETCHUP: individual	9 gr	50	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			933	7.11	1309	*83	*0	18.51	*0.00	55	170.72
% of Calories				6.86%		*35.6%	*0%	17.9%	*0.0%		73.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

Monday - 01/13/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992450 Golden Crispy Chicken Tenders	3 tenders	99	260	0.00	390	1	*1	15.00	0.00	25	16.00
991056 VG/DF - WG Roll	32 gr	99	80	0.00	170	2	*2	1.00	0.00	0	15.00
992617 V/VG - Breaded Veggie Tenders w/WG Roll - 2oz gr	3 tenders	1	310	3.00	690	5	*4	9.00	0.00	0	41.00
990245 Roasted Sweet Potato - R: 1 cup	cup	100	279	1.08	75	6	*N/A*	14.26	0.00	0	39.33
991059 Cranberry Apple Juice	2 HC	100	120	0.00	0	24	*N/A*	0.00	0.00	0	26.00
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			849	1.86	791	*48	*3	31.44	0.00	35	112.43
% of Calories				1.97%		*22.6%	*1.4%	33.3%	0.0%		53.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 01/14/2025

Reimbursable Meal Total 50

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992800 Turkey Meatballs w/rice & Black Beans L:1/2, R:1/2	serving -4 (MB)	45	621	4.50	831	7	*1	19.48	0.00	125	72.03
991756 Veggie Meatball, rice & Beans L:1/2, R:1/2	1 cup cooked	5	527	3.33	632	6	*1	10.59	0.00	0	80.70
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	50	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			789	5.18	943	*35	*1	20.10	0.00	122	106.48
% of Calories				5.91%		*17.7%	*0.5%	22.9%	0.0%		54.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 01/15/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991697 Sloppy Joe - Turkey KT	SERVINGS	99	336	2.37	534	*11	*4	12.47	*0.00	88	37.41
991726 Sloppy Joe - Turkey KT (Vegetarian)	SERVINGS	1	278	0.17	694	*12	*4	5.73	*0.00	0	42.08
992581 Salad, Kale, Cucumber,Tomatoe DG:1/2,R:1/4, OT:1/4	1 cup	100	93	1.18	174	3	*N/A*	7.19	0.00	0	7.16
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			739	4.55	842	*55	*4	21.62	*0.00	97	111.52
% of Calories				5.54%		*29.8%	*2.2%	26.3%	*0.0%		60.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 01/16/2025

Reimbursable Meal Total 50

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992262 One Pot Chicken Fajita Pasta OT:1/2, R:1/2	serving	50	565	7.39	390	*5	*0	23.51	*0.00	53	67.07
992263 V/VG One Pot Chicken Fajita Pasta OT:1/2, R:1/2	serving	0	521	3.91	494	*6	*0	18.51	*0.00	0	65.28
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	50	123	0.04	0	24	*N/A*	0.31	0.00	0	30.78
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			788	8.17	520	*43	*0	25.07	*0.00	63	110.86
% of Calories				9.33%		*21.8%	*0%	28.6%	*0.0%		56.3%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 01/17/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991746 Cheese Lunch Individual Pizza w/ Chicken/BeefPeppe	4.56oz 5 pepper	99	317	4.50	930	5	*N/A*	13.00	0.00	10	24.33
991392 V- Cheese Lunch Individual Pizza	4.56oz (129gr)	1	270	3.00	750	5	*N/A*	9.00	0.00	0	24.00
992725 DF - Cheese Pizza Sub R:1/4	slice	0	302	6.11	810	5	*N/A*	12.49	0.00	0	42.96
992283 Roasted Potatoes - .1cup: S:1 cup	1 cup	100	221	0.40	11	*0	*N/A*	4.83	0.00	0	40.98
992551 TANGERINES,FRESH -1 cup (150 ct)	2 (150ct p/cs)	100	127	0.09	5	25	*N/A*	0.74	0.00	0	32.02
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			764	5.73	1074	*43	*N/A*	19.78	0.00	20	110.33
% of Calories				6.75%		*22.5%	*N/A*	23.3%	0.0%		57.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 01/20/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 01/21/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992810 WG Chicken & Cheese Burrito	142 gr	99	300	6.00	710	3	*1	11.00	0.00	30	33.00
992811 V- Veggie WG Burrito (VG)	Burrito 10"	1	370	3.79	584	*1	*0	12.87	*0.00	0	37.09
992830 Black Bean and Corn Salad - L:1/2, S:1/2	1 cup	100	202	0.03	134	8	*0	1.14	0.00	0	38.42
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			680	6.80	975	*40	*1	13.67	*0.00	40	105.04
% of Calories				9.00%		*23.5%	*0.6%	18.1%	*0.0%		61.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 01/22/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992828 Orange Chicken Chunks - 2oz M/A	6 pc	99	462	4.13	950	6	*6	27.43	0.00	53	32.82
992833 V/VG Orange Meatless Chicken - 2oz M/A	5 pc	1	318	2.22	565	9	*6	15.95	0.00	0	32.12
992832 Fried Brown Rice: Carrots, Corn, Peas R:1/2, S:1/2	1 serving	100	301	0.00	582	*9	*0	1.86	*0.00	0	63.55
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			1073	5.13	1662	*57	*6	31.25	*0.00	63	163.39
% of Calories				4.30%		*21.2%	*2.2%	26.2%	*0.0%		60.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 01/23/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992834 Italian Turkey WG Pasta R:1/4, OT:3/4	serving	99	521	3.32	202	*6	*0	24.40	*0.00	91	57.45
992835 V/VG- Ita. Veggie Crumbles WG Pasta R:1/4, OT:3/4	serving	1	461	1.04	368	*6	*0	17.42	*0.00	0	62.27
992551 TANGERINES,FRESH -1 cup (150 ct)	2 (150ct p/cs)	100	127	0.09	5	25	*N/A*	0.74	0.00	0	32.02
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			748	4.14	338	*44	*0	26.32	*0.00	100	102.51
% of Calories				4.98%		*23.5%	*0%	31.7%	*0.0%		54.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 01/24/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991084 Chicken Nuggets Breaded	4 pc (91 gr)	99	210	2.50	340	1	*0	12.00	0.00	40	12.00
991056 VG/DF - WG Roll	32 gr	99	80	0.00	170	2	*2	1.00	0.00	0	15.00
992459 Vegan Chicken Nuggets w/WG Roll	5 Nuggets	1	331	1.88	635	5	*2	12.30	0.00	0	40.12
992836 Collards Green & Tomato Salad - DG:1/2, R:1/4	1 cup	100	138	0.67	123	*4	*N/A*	8.95	*0.01	0	13.85
991603 BBQ Sauce (ss)	0.44 oz	100	20	0.00	130	4	4	0.00	0.00	0	6.00
990708 Fruit Punch, Juice - 1 Cup	(2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			668	3.91	905	*48	*6	23.19	*0.01	50	87.98
% of Calories				5.27%		*28.7%	*3.6%	31.2%	*0.0%		52.7%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 01/27/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
991249 Chicken Stroganoff Pasta 9-12 R: 1/2, OT: 1/2	serving	99	553	1.19	334	*10	*0	12.21	*0.00	43	86.23

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992070 V/VG Veggie Stroganoff WG Pasta R: 1/2, OT:1/2	serving	1	539	0.61	477	*12	*0	12.40	*0.00	0	79.35
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
991307 Cranberry, Dried Original	1.16oz	100	110	0.00	0	24	*N/A*	0.00	0.00	0	28.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			840	1.98	467	*62	*0	13.71	*0.00	52	147.74
% of Calories				2.12%		*29.5%	*0%	14.7%	*0.0%		70.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 01/28/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992127 Shepherd's Pie w/Mash. Potato & Carrot S:1/2,R:1/2	serving	99	338	2.75	140	*2	*0	10.00	*0.00	95	42.59
992082 V- Shepherd's Pie - R:1/2, S:1/2	serving	1	284	0.58	315	*3	*0	3.39	*0.00	7	47.54
990924 Brown Rice - Riceland	1 cup	100	200	0.00	4	*0	*N/A*	1.33	*0.00	0	42.67
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24	*N/A*	0.31	0.00	0	30.78

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			762	3.53	277	*40	*0	12.88	*0.00	104	129.22
% of Calories				4.17%		*21.0%	*0%	15.2%	*0.0%		67.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 01/29/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992294 WG Italian SUB Turkey Ham, Salami & Pepperoni	serving	100	285	2.42	795	5	*N/A*	10.20	0.00	61	31.63
992295 WG Sub Plant Based Ham & Bacon	serving	1	346	1.06	914	7	*N/A*	12.14	0.00	0	37.41
991609 BROCCOLI, Roasted DG: 1 cup	1 CUP	100	81	0.50	30	2	*N/A*	5.94	0.00	0	6.04
991277 Ranch Dressing (ss)	1 ss (pouch)	100	20	0.00	80	1	*N/A*	0.00	0.00	0	4.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			701	3.95	1048	*50	*N/A*	18.33	0.00	71	109.08
% of Calories				5.07%		*28.5%	*N/A*	23.5%	0.0%		62.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 01/30/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992819 Chicken & Vegetable WW Dumplings	6 dumplings	99	250	0.50	530	2	*1	7.00	0.00	35	31.00
991866 V/VG- Grilled Chicken Meatless & Brown Rice	2.87 oz	1	428	0.17	273	*1	*0	6.30	*0.00	0	66.04
992823 Sauce, Soy Light SS Pouch	serving	99	0	0.00	230	0	0	0.00	0.00	0	1.00
991892 Sweet Potato & Green Beans - R:1/2, OT:1/2 cup	1 cup	100	157	0.45	37	9	*N/A*	5.12	*0.00	0	26.20
990708 Fruit Punch, Juice - 1 Cup	(2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			629	1.70	932	*48	*1	13.37	*0.00	45	99.54
% of Calories				2.43%		*30.5%	*0.6%	19.1%	*0.0%		63.3%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 01/31/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
992300 Crispy Chicken Burger (3.1oz)	serving	99	387	2.47	823	4	*4	14.84	0.00	25	42.81
992288 V-VG Crispy Chicken Meatless Burger	serving	1	404	1.58	770	7	*4	13.06	0.00	0	56.65
992837 Kale & Mixed Beans Salad DG:1/2 ,; L:1/2	1 cup	100	207	1.12	316	*3	*N/A*	7.01	*0.00	0	26.68
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00
992551 TANGERINES,FRESH -1 cup (150 ct)	2 (150ct p/cs)	100	127	0.09	5	25	*N/A*	0.74	0.00	0	32.02
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Jan 6, 2025 thru Jan 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			831	4.43	1299	*47	*4	23.82	*0.00	34	117.65
% of Calories				4.80%		*22.6%	*1.9%	25.8%	*0.0%		56.6%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)
Weighted Averages		781	4	887	*52	*2	19.06	*0.00	62	121.04
% of Calories			5.15%		*26.6%	*1.0%	22.0%	*0.0%		62.0%

**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.