

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 2025

Menu Name:

LAYC ACADEMY 9 to 12 - Lunch

Include Cost:

No

Site:

Use Alternate Menu Name:

No

Monday - 06/02/2025

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 (g)	Cholst (mg)	Carb (g)
991613 Corn Dog Chicken Mini WG	6 pc (4.02oz)	45	315	3.64	497	6	*N/A*	16.97	0.00	48	26.67
991712 Veggie Hot Dog	serving	5	280	0.00	750	*5	*0	7.00	0.00	0	35.00
992283 Roasted Potatoes - .1cup: S:1 cup	1 cup	50	221	0.40	11	*0	*N/A*	4.83	0.00	0	40.98
000222 KETCHUP: individual	9 gr	50	10	0.00	90	2	2	0.00	0.00	0	2.00
992551 TANGERINES,FRESH - (1 cup - 2 Tangerines)	2 (150ct p/cs)	50	127	0.09	5	25	0	0.74	0.00	0	32.02
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			770	4.52	758	*46	*2	22.80	0.00	54	115.50
% of Calories				5.28%		*23.9%	*1.0%	26.6%	0.0%		60.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 06/03/2025

Reimbursable Meal Total 50

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 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 (g)	Cholst (mg)	Carb (g)
992417 One-Pan Turkey WG Macaroni & Cheese	portions	45	490	8.53	553	*4	*0	21.31	0.00	121	47.36
992418 V- One-Pan Veggie WG Macaroni & Cheese	portions	5	454	2.19	797	*5	*0	11.97	0.00	30	53.06
992449 VG/DF- One-Pan Veggie & WG Macaroni & Cheese	portion	0	403	4.22	875	*5	*0	10.62	0.00	0	55.42
992770 CREAMY COLESLAW - 1 cup: R:1/4, OT:3/4	1 cup	50	99	0.48	85	9	*0	2.79	*0.00	3	16.36
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	50	123	0.04	0	24	0	0.31	0.00	0	30.78
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			809	9.16	792	*50	*0	24.74	*0.00	126	108.07
% of Calories				10.19 %		*24.7%	*0%	27.5%	*0.0%		53.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 06/04/2025 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 (g)	Cholst (mg)	Carb (g)
992508 Chicken Enchiladas 1/4 cup: R: 1/4	serving	45	348	4.09	403	2	*0	12.34	0.00	47	36.61
992731 VG/DF -Chicken Enchiladas 1/4 cup: R: 1/4	serving	5	369	1.98	564	3	*0	11.44	0.00	0	41.31

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 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 (g)	Cholst (mg)	Carb (g)
992712 Bean Dip 3/4 Cup: L: 3/4	3/4 CUP	50	126	0.01	148	*1	*N/A*	0.04	*0.00	0	21.85
992869 Sour Cream (ss)	28 gr	50	60	3.50	15	1	1	5.00	0.00	20	1.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	50	77	0.04	1	15	0	0.25	0.00	0	20.58
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			713	8.18	713	*33	*1	18.79	*0.00	72	93.51
% of Calories				10.33 %		*18.5%	*0.6%	23.7%	*0.0%		52.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 06/05/2025

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 (g)	Cholst (mg)	Carb (g)
992320 Strawberry & Mix Green Salad 9-12	serving	100	267	4.70	445	*5	*0	14.59	*0.00	*58	12.30
992321 V-Strawberry & Mix Green Salad 9-12	serving	1	243	2.93	463	*6	*0	10.76	*0.00	*10	13.86
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2	*0	9.00	0.00	0	27.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0	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

Jun 2, 2025 thru Jul 4, 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 (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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			779	12.75	992	*49	*0	25.72	*0.00	*68	106.34
% of Calories				14.73 %		*25.2%	*0%	29.7%	*0.0%		54.6%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 06/06/2025

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 (g)	Cholst (mg)	Carb (g)
991746 Cheese Lunch Individual Pizza w/ Chicken/BeefPeppe	4.56oz 5 pepper	45	317	4.50	930	5	*N/A*	13.00	0.00	10	24.33
991392 V- Cheese Lunch Individual Pizza	4.56oz (129gr)	5	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
990245 Roasted Sweet Potato - R: 1 cup	cup	50	279	1.08	75	6	*0	14.26	0.00	0	39.33
991059 Cranberry Apple Juice (1 cup- 2 juices)	2 HC	50	120	0.00	0	24	0	0.00	0.00	0	26.00
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

Jun 2, 2025 thru Jul 4, 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 (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			811	6.18	1117	*48	*0	28.11	0.00	19	102.63
% of Calories				6.86%		*23.7%	*0%	31.2%	0.0%		50.6%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 06/09/2025

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 (g)	Cholst (mg)	Carb (g)
992804 Grilled Chicken & Brown Rice (2oz Gr/ 2oz MA)	Serving	45	316	0.53	66	0	*0	5.87	0.00	58	42.78
991866 V/VG- Grilled Chicken Meatless & Brown Rice	2.87 oz	5	428	0.17	273	1	*0	6.30	0.00	0	66.04
000136 Baked Plantains - S: 1 cup	1 cup	50	239	0.00	3	33	*N/A*	0.25	0.00	0	63.71
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	50	77	0.04	1	15	0	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			743	1.29	222	*61	*0	7.67	0.00	62	142.39
% of Calories				1.56%		*32.8%	*0%	9.3%	0.0%		76.7%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 2025

Tuesday - 06/10/2025 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 (g)	Cholst (mg)	Carb (g)
990149 Beef Burger	1 serving	45	368	3.54	737	5	*4	16.38	0.00	35	37.02
992265 V/VG Vegan Burger -	serving	5	280	0.00	760	5	*4	7.00	0.00	0	36.00
992781 Romaine,Tomato & Cucumber S. DG:1/2,R:1/4,OT:1/4	1 cup	50	62	0.72	152	6	*1	0.82	0.00	0	12.27
000222 KETCHUP: individual	9 gr	50	10	0.00	90	2	2	0.00	0.00	0	2.00
992551 TANGERINES,FRESH - (1 cup - 2 Tangerines)	2 (150ct p/cs)	50	127	0.09	5	25	0	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			658	4.75	1116	*52	*7	18.26	0.00	42	96.21
% of Calories				6.50%		*31.6%	*4.3%	25.0%	0.0%		58.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 06/11/2025 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 (g)	Cholst (mg)	Carb (g)
992294 WG Italian SUB Turkey Ham, Salami & Pepperoni	serving	100	279	2.34	779	5	*0	9.64	0.00	60	31.47

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 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 (g)	Cholst (mg)	Carb (g)
992295 V-WG Sub Plant Based Ham & Bacon	serving	1	393	1.17	977	5	*0	13.44	0.00	2	35.99
992837 Kale & Mixed Beans Salad DG:1/2 ,; L:1/2	1 cup	100	266	1.12	385	*3	*0	7.01	*0.00	0	37.02
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0	0.21	0.00	0	22.54
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
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			735	4.26	1307	*36	*0	18.28	*0.00	70	104.52
% of Calories				5.22%		*19.6%	*0%	22.4%	*0.0%		56.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 06/12/2025

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 (g)	Cholst (mg)	Carb (g)
991985 WG Pasta w/ Meatballs-Tyson 1cup: R: 1	SERVINGS (5 MB)	45	497	5.35	531	10	*0	20.72	0.00	45	60.05
991986 V/VG-WG Pasta w/ Veggies Meatballs 1 cup: R: 1	SERVINGS (5 MB)	5	464	3.68	582	9	*1	14.50	0.00	0	65.05
991006 Banana - 1 cup (2 Bananas)	2 Bananas	50	210	0.26	2	29	0	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

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 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 (g)	Cholst (mg)	Carb (g)
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			804	6.20	668	*52	*0	22.13	0.00	50	127.45
% of Calories				6.94%		*25.9%	*0%	24.8%	0.0%		63.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 06/13/2025

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 (g)	Cholst (mg)	Carb (g)
992450 Golden Crispy Chicken Tenders	3 tenders	45	260	0.00	390	1	*1	15.00	0.00	25	16.00
990672 WG Biscuit 2oz	56g	45	200	7.00	410	2	*0	9.00	0.00	0	27.00
992617 V/VG - Breaded Veggie Tenders w/WG Roll - 2oz gr	3 tenders	5	310	3.00	690	5	*4	9.00	0.00	0	41.00
992857 Roasted Cauliflower & Potatoes & OT: 1/2, S:1/2	1 cup	50	145	0.37	22	*1	*N/A*	4.74	0.00	0	22.99
000222 KETCHUP: individual	9 gr	50	10	0.00	90	2	2	0.00	0.00	0	2.00
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	50	120	0.00	10	24	0	0.00	0.00	0	28.00
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

Jun 2, 2025 thru Jul 4, 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 (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			820	7.72	1040	*43	*3	28.49	0.00	32	108.79
% of Calories				8.47%		*21.0%	*1.5%	31.3%	0.0%		53.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 06/16/2025

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 (g)	Cholst (mg)	Carb (g)
992276 Turkey Meatball Sub -w/Cheese R:1/4	sub (4Meatballs	99	310	3.02	714	7	*1	9.51	0.00	53	37.19
992277 V-VG Meatball Sub R:1/4	sub (4Meatballs	1	309	3.00	613	7	*1	8.98	0.00	0	41.18
991584 DRESSING, RANCH SS CUP	1oz	100	130	2.00	180	1	*N/A*	14.00	0.00	10	1.00
992326 Cauliflower & Carrots ,raw: OT:1/2, R:1/4	3/4 cup	100	26	0.08	38	2	*0	0.21	0.00	0	5.69
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24	0	0.31	0.00	0	30.78
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

Jun 2, 2025 thru Jul 4, 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 (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			689	5.88	1061	*48	*1	25.28	0.00	72	87.70
% of Calories				7.68%		*27.9%	*0.6%	33.0%	0.0%		50.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 06/17/2025 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 (g)	Cholst (mg)	Carb (g)
991019 Chicken Burrito Bowl - S:1/2, L:1/2	serving	45	647	2.91	540	*10	*0	13.43	*0.00	*90	86.37
991883 V/VG - Veggie Burrito Bowl - S:1/2, L:1/2	serving	5	640	3.81	836	*11	*0	14.25	*0.00	*19	94.29
991695 SOUR CREAM,FAT FREE (SS)	1oz	50	25	0.00	30	2	2	0.00	0.00	0	4.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	50	77	0.04	1	15	0	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			849	3.79	731	*41	*2	15.01	*0.00	*93	124.74
% of Calories				4.02%		*19.3%	*0.9%	15.9%	*0.0%		58.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 2025

Wednesday - 06/18/2025 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 (g)	Cholst (mg)	Carb (g)
000156 NO LUNCH											
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			

Thursday - 06/19/2025 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 (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			

Friday - 06/20/2025 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 (g)	Cholst (mg)	Carb (g)
992474 Creamy Chicken Penne Pasta DG: 1/2, R:1/2	1 cup	45	503	12.70	295	5	*0	24.05	*0.00	112	49.46
992475 V-Creamy Meatless Penne Pasta DG: 1/2, R:1/2	1 cup	5	443	7.77	300	6	*0	16.25	*0.00	44	50.76

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 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 (g)	Cholst (mg)	Carb (g)
991059 Cranberry Apple Juice (1 cup- 2 juices)	2 HC	50	120	0.00	0	24	0	0.00	0.00	0	26.00
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			717	12.96	426	*43	*0	24.52	*0.00	115	88.59
% of Calories				16.27 %		*24.0%	*0%	30.8%	*0.0%		49.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 06/23/2025

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 (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
992459 Vegan Chicken Nuggets w/WG Roll	5 Nuggets	1	331	1.88	635	5	*2	12.30	0.00	0	40.12
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2	*0	9.00	0.00	0	27.00
992425 Fresh Spinach Salad: DG:3/4 -OT: 1/4	1 cup	100	61	0.62	39	*0	*N/A*	4.30	*0.00	0	4.91
991603 BBQ Sauce (ss)	0.44 oz	100	20	0.00	105	4	4	0.00	0.00	0	5.00
992551 TANGERINES,FRESH - (1 cup - 2 Tangerines)	2 (150ct p/cs)	100	127	0.09	5	25	0	0.74	0.00	0	32.02
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13	*N/A*	2.50	0.00	15	13.00

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 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 (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
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			719	10.95	1032	*45	*4	27.30	*0.00	50	94.21
% of Calories				13.71 %		*25.0%	*2.2%	34.2%	*0.0%		52.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 06/24/2025

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 (g)	Cholst (mg)	Carb (g)
991692 V-WG Cheese Pizza (V)	4.6 oz	100	300	4.00	580	14	*N/A*	11.00	0.00	15	37.00
992725 DF - Cheese Pizza Sub R:1/4	slice	0	302	6.11	810	5	*N/A*	12.49	0.00	0	42.96
991981 Balela Salad 1cup: L:1/2,OT:1/4,R:1/4	serving	100	284	1.18	149	*1	*0	15.52	*0.00	*0	30.60
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0	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	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 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 (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			894	6.19	862	*57	*0	28.55	*0.00	*25	134.51
% of Calories				6.23%		*25.5%	*0%	28.7%	*0.0%		60.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 06/25/2025 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 (g)	Cholst (mg)	Carb (g)
991591 Ham Fried Rice R:1/4, S:1/2,OT: 1/4	serving	45	404	1.82	730	*9	*0	7.09	*0.00	155	63.47
992868 V- Veggie Fried Rice R: 1/4, OT: 1/4, S:1/2	serving	5	460	1.04	729	*10	*0	6.76	*0.00	124	65.47
991742 Peaches, Sliced	1 cup	50	160	0.00	12	32	*N/A*	0.00	0.00	0	40.00
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			670	2.49	872	*54	*0	8.31	*0.00	162	116.67
% of Calories				3.34%		*32.2%	*0%	11.2%	*0.0%		69.7%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 06/26/2025 Reimbursable Meal Total 50

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 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 (g)	Cholst (mg)	Carb (g)
992501 Turkey Bolognese WG Pasta - R:3/4, OT:1/4	serving	45	461	2.72	321	*10	*1	12.23	*0.00	94	68.14
992537 V-Veggie Bolognese WG Pasta - R:3/4, OT:1/4	serving	5	392	0.44	513	*11	*1	5.41	*0.00	3	70.20
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	50	39	0.02	1	8	*0	0.13	0.00	0	10.29
991307 Cranberry, Dried Original	1.16oz	50	110	0.00	0	24	*N/A*	0.00	0.00	0	28.00
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			703	3.27	471	*54	*1	12.93	*0.00	95	119.63
% of Calories				4.19%		*30.7%	*0.6%	16.6%	*0.0%		68.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 06/27/2025

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 (g)	Cholst (mg)	Carb (g)
992564 BYO Turkey Nachos - (2 chips per student)	SERVING	45	426	8.30	432	*0	*0	22.76	0.00	82	37.73
992720 VG/DF- BYO Veggie Nachos -9-12 Grade	SERVING	5	401	7.08	774	*1	*0	17.45	0.00	0	46.46
990739 Pico de Gallo - R:1/2, OT:1/2	1 cup	50	59	0.04	24	7	*0	0.11	0.00	0	13.05

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 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 (g)	Cholst (mg)	Carb (g)
991695 SOUR CREAM,FAT FREE (SS)	1oz	50	25	0.00	30	2	2	0.00	0.00	0	4.00
992362 Grape Juice - (1 cup: 2 juices)	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
990556 Place Settings	1	50	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			768	8.96	670	*58	*2	23.59	0.00	83	106.65
% of Calories				10.50 %		*30.2%	*1.0%	27.6%	0.0%		55.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 06/30/2025 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 (g)	Cholst (mg)	Carb (g)
991613 Corn Dog Chicken Mini WG	6 pc (4.02oz)	45	315	3.64	497	6	*N/A*	16.97	0.00	48	26.67
991712 Veggie Hot Dog	serving	5	280	0.00	750	*5	*0	7.00	0.00	0	35.00
991865 Green Beans and Corn Medley S:1/2, OT:1/2	1 cup	50	145	0.28	2	5	*0	4.42	0.00	0	29.22
000222 KETCHUP: individual	9 gr	50	10	0.00	90	2	2	0.00	0.00	0	2.00
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	50	123	0.04	0	24	0	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

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 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 (g)	Cholst (mg)	Carb (g)
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			690	4.35	745	*50	*2	21.96	0.00	54	102.51
% of Calories				5.67%		*29.0%	*1.2%	28.6%	0.0%		59.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 07/01/2025

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 (g)	Cholst (mg)	Carb (g)
992508 Chicken Enchiladas 1/4 cup: R: 1/4	serving	45	348	4.09	403	2	*0	12.34	0.00	47	36.61
992731 VG/DF -Chicken Enchiladas 1/4 cup: R: 1/4	serving	5	369	1.98	564	3	*0	11.44	0.00	0	41.31
992712 Bean Dip 3/4 Cup: L: 3/4	3/4 CUP	50	126	0.01	148	*1	*N/A*	0.04	*0.00	0	21.85
992869 Sour Cream (ss)	28 gr	50	60	3.50	15	1	1	5.00	0.00	20	1.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	50	77	0.04	1	15	0	0.25	0.00	0	20.58
991307 Cranberry, Dried Original	1.16oz	50	110	0.00	0	24	*N/A*	0.00	0.00	0	28.00
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

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 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 (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			823	8.18	713	*57	*1	18.79	*0.00	72	121.51
% of Calories				8.95%		*27.7%	*0.5%	20.5%	*0.0%		59.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 07/02/2025 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 (g)	Cholst (mg)	Carb (g)
992276 Turkey Meatball Sub -w/Cheese R:1/4	sub (4Meatballs	100	310	3.02	714	7	*1	9.51	0.00	53	37.19
992277 V-VG Meatball Sub R:1/4	sub (4Meatballs	1	309	3.00	613	7	*1	8.98	0.00	0	41.18
990953 Sautéed Collards Green DG: 1/2	1/2 cup	100	75	0.26	34	0	*0	3.05	0.00	0	10.39
990147 Carrots Steamed R: 1/2	1/2 cup	100	27	0.02	45	3	*0	0.14	0.00	0	6.41
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0	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	0	130	0.50	110	11	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 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 (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			725	4.35	932	*52	*1	14.81	0.00	63	121.31
% of Calories				5.40%		*28.7%	*0.6%	18.4%	0.0%		66.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 07/03/2025 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 (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			

Friday - 07/04/2025 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 (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			

Base Menu Spreadsheet

Portion Values

Jun 2, 2025 thru Jul 4, 2025

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
Weighted Averages		757	6	821	*49	*1	20.76	*0.00	*70	110.64
% of Calories			7.72%		*25.9%	*0.5%	24.7%	*0.0%		58.5%

**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

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.