

# Base Menu Spreadsheet

## Portion Values

Nov 3, 2025 thru Nov 28, 2025

**Menu Name:** LAYC ACADEMY 9 to 12 - Lunch **Include Cost:** No  
**Site:**  
**Use Alternate Menu Name:** No

### Monday - 11/03/2025 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992713 SPAGHETTI AND TURKEYMEAT SAUCE 1 cup: R: 1	1 CUP	100	420	2.42	114	*10.64	*0.00	11.75	*0.00	91	58.63
991882 V/VG - SPAGHETTI AND TURKEYMEAT SAUCE - 9 -12	1 CUP	1	358	0.14	273	*11.31	*0.00	4.73	*0.00	0	63.29
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			601	3.21	249	*39.23	*0.00	13.30	*0.00	101	92.84
% of Calories				4.81%		*26.11 %	*0.00%	19.9%	*0.0%		61.8%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

### Tuesday - 11/04/2025 Reimbursable Meal Total 50

# Base Menu Spreadsheet

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## Portion Values

Nov 3, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991520 Chinese Chicken Fried Rice S:1/2, R:1/4, OT:1/4	1 serving	48	533	2.64	863	*9.18	*0.00	15.94	*0.00	236	65.78
992044 V-Chinese Chicken Fried Rice- S:1/2, R:1/4, OT:1/4	1 serving	2	591	2.06	1000	*9.05	*0.00	16.19	*0.00	195	74.37
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24.50	0.00	0.31	0.00	0	30.78
000190 Low Fat Milk - 1%	8 fl. oz.	25	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	25	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	50	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>882</b>	<b>3.45</b>	<b>999</b>	<b>*71.17</b>	<b>*0.00</b>	<b>17.83</b>	<b>*0.00</b>	<b>244</b>	<b>140.69</b>
<b>% of Calories</b>				<b>3.52%</b>		<b>*32.28%</b>	<b>*0.00%</b>	<b>18.2%</b>	<b>*0.0%</b>		<b>63.8%</b>
<b>Weekly Nutrient Guideline</b>			<b>750 - 850</b>	<b>&lt;10</b>	<b>1280</b>		<b>&lt;10</b>	<b>&lt;=0</b>			

### Wednesday - 11/05/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991746 Cheese Lunch Individual Pizza w/ Chicken/BeefPepper	4.56oz 5 pepper	100	317	4.50	930	5.00	*N/A*	13.00	0.00	10	24.33
991392 V- Cheese Lunch Individual Pizza	4.56oz (129gr)	1	270	3.00	750	5.00	*N/A*	9.00	0.00	0	24.00
992725 DF - Cheese Pizza Sub R:1/4	slice	0	302	6.11	810	4.65	*N/A*	12.49	0.00	0	42.96
993059 Honey Broccoli & Cauliflower 1CUP: DG:1/2,OT:1/2	1 cup	100	148	0.48	255	*4.00	*0.00	4.02	*0.00	0	27.47

# Base Menu Spreadsheet

## Portion Values

Nov 3, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>778</b>	<b>6.03</b>	<b>1325</b>	<b>*50.92</b>	<b>*0.00</b>	<b>19.14</b>	<b>*0.00</b>	<b>20</b>	<b>118.94</b>
% of Calories				6.98%		*26.18 %	*N/A*	22.1%	*0.0%		61.2%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

### Thursday - 11/06/2025

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992564 BYO Turkey Nachos - (2 chips per student)	SERVING	100	426	8.30	432	*0.29	*0.00	22.76	0.00	82	37.73
992720 VG/DF- BYO Veggie Nachos -9-12 Grade	SERVING	1	401	7.08	774	*0.96	*0.00	17.45	0.00	0	46.46
992830 Black Bean and Corn Salad - L:1/2, S:1/2	1 cup	100	243	0.03	139	10.94	*0.00	1.92	0.00	18	45.57
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2.00	2.00	0.00	0.00	0	4.00
992362 Grape Juice - (1 cup: 2 juices)	2 (4 fl)	100	160	0.00	20	36.00	0.00	0.00	0.00	0	38.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00

# Base Menu Spreadsheet

## Portion Values

Nov 3, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			958	9.15	759	*62.24	*2.00	26.10	0.00	110	138.76
% of Calories				8.60%		*25.99 %	*0.00%	24.5%	0.0%		57.9%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

### Friday - 11/07/2025

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993017 V- WG Breaded Mozzarella Sticks	5 sticks	100	370	7.00	410	1.00	*1.00	18.00	0.00	25	35.00
992235 VG/DF- Grilled Vegan Cheese Sandwich	servings	0	260	4.00	640	4.00	*0.00	11.00	0.00	0	36.00
991071 Marinara Sauce (ss)	57 gr	100	45	0.00	230	4.00	*N/A*	1.00	0.00	0	7.00
000242 Roasted Sweet Potato - R: 3/4 cup	.75 cup	100	169	0.34	54	9.72	*0.00	3.95	0.00	0	31.06
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14.43	0.00	0.21	0.00	0	22.54
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

# Base Menu Spreadsheet

## Portion Values

Nov 3, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			768	8.13	825	*42.15	*1.00	24.41	0.00	35	108.61
% of Calories				9.53%		*21.95 %	*0.52%	28.6%	0.0%		56.6%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

### Monday - 11/10/2025

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992262 One Pot Chicken Fajita Pasta OT:1/2, R:1/2	serving	99	565	7.39	390	*5.21	*0.00	23.51	*0.00	53	67.07
992263 V/VG One Pot Chicken Fajita Pasta OT:1/2, R:1/2	serving	1	521	3.91	494	6.12	*0.00	18.51	0.00	0	65.28
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14.43	0.00	0.21	0.00	0	22.54
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			749	8.13	523	*32.65	*0.00	24.91	*0.00	62	102.59
% of Calories				9.77%		*17.44 %	*0.00%	29.9%	*0.0%		54.8%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

### Tuesday - 11/11/2025

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

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

### Wednesday - 11/12/2025

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993035 Kung Pao Chicken R:1/2, OT:1/2	serving.	100	246	0.72	674	*5.66	*0.00	7.71	*0.00	61	22.44
993036 V/VG- Kung Pao Chicken R:1/2, OT:1/2	serving	1	247	0.34	863	*6.57	*0.00	7.25	*0.00	0	24.25
990054 Brown Rice - Riceland -1.5 cup	1.5 cup	100	300	0.00	0	0.00	*N/A*	2.00	0.00	0	64.00
991059 Cranberry Apple Juice (1 cup- 2 juices)	2 HC	100	120	0.00	0	24.00	0.00	0.00	0.00	0	26.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

# Base Menu Spreadsheet

## Portion Values

Nov 3, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			768	1.48	813	*42.73	*0.00	11.03	*0.00	71	125.68
% of Calories				1.73%		*22.26 %	*0.00%	12.9%	*0.0%		65.5%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

Thursday - 11/13/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993003 V- WG Jumbo Cheese Ravioli R:1/2 cup	3.78 oz (3 pc)	100	238	1.00	276	6.81	*0.64	2.95	0.00	0	35.35
992622 VG/DF- Caprese WG Pasta 3/4cup: R:1/2, OT:1/4	serving	1	398	10.03	664	6.53	*0.64	14.56	0.00	0	61.93
993004 V- WG Garlic Knot Roll	2 oz	100	170	1.50	190	3.00	2.00	6.00	0.00	0	27.00
992796 BROCCOLI FLORETS - Steamed DG: 1/2	1/2 cup	100	15	0.00	7	0.46	*N/A*	0.17	0.00	0	3.02
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	28.86	0.00	0.78	0.00	0	53.90
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

# Base Menu Spreadsheet

## Portion Values

Nov 3, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			738	3.61	612	*52.19	*2.64	11.30	0.00	10	132.89
% of Calories				4.40%		*28.29 %	*0.34%	13.8%	0.0%		72.0%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

### Friday - 11/14/2025

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993008 Ground Turkey Fajitas	2 fajitas 6"	99	324	3.37	455	*0.29	*0.00	13.57	0.00	91	30.94
993009 V/VG- Ground Crumbles Veggie Fajitas	2 fajitas	1	263	1.09	618	*0.97	*0.00	6.58	0.00	0	35.72
992830 Black Bean and Corn Salad - L:1/2, S:1/2	1 cup	100	243	0.03	139	10.94	*0.00	1.92	0.00	18	45.57
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2.00	2.00	0.00	0.00	0	4.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

# Base Menu Spreadsheet

## Portion Values

Nov 3, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			769	4.17	757	*41.72	*2.00	16.92	0.00	119	114.14
% of Calories				4.88%		*21.70 %	*0.00%	19.8%	0.0%		59.4%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

### Monday - 11/17/2025

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990727 Chiken Teriyaki	Servings	99	230	0.85	373	13.50	*0.00	8.92	0.00	58	16.25
991872 V/VG- Chicken Meatless Teriyaki	Servings	1	242	0.49	580	14.47	*0.00	8.67	0.00	0	18.18
990993 Brown Rice - Riceland CR	1 cup cooked	100	200	0.00	0	0.00	*N/A*	1.33	0.00	0	42.67
993031 Sautéed Broccoli & Rd. Peppers DG:1/2, R:1/2	1 CUP	100	158	1.03	14	*2.39	*0.00	14.33	0.00	0	6.88
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14.43	0.00	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

# Base Menu Spreadsheet

## Portion Values

Nov 3, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			773	2.66	521	*43.33	*0.00	26.03	0.00	68	101.35
% of Calories				3.10%		*22.42 %	*0.00%	30.3%	0.0%		52.4%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

**Tuesday - 11/18/2025**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990149 Beef Burger	1 serving	100	368	3.54	737	5.43	*4.42	16.38	0.00	35	37.02
992265 V/VG Vegan Burger -	serving	1	280	0.00	760	5.00	*4.00	7.00	0.00	0	36.00
993070 Romaine, Tomato & Onion Salad DG:1/2,R:1/4, OT:1/4	1 cup	100	93	1.43	21	5.10	*0.00	4.79	*0.00	0	11.80
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
992900 TANGERINES,FRESH - (1 cup - 2 Tangerines)120 ct	2 (120 ct p/cs)	100	127	0.09	5	25.39	0.00	0.74	0.00	0	32.02
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

# Base Menu Spreadsheet

## Portion Values

Nov 3, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			701	5.82	991	*50.97	*6.46	23.24	*0.00	45	96.19
% of Calories				7.47%		*29.08 %	*2.52%	29.8%	*0.0%		54.9%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

### Wednesday - 11/19/2025

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992495 Chicken Parmesan R: 1/4	serving	99	245	3.28	318	*2.42	*0.32	16.19	*0.00	51	4.43
992526 V- Chicken Meatless Parmesan R:1/4	serving	1	263	2.69	430	*3.32	*0.32	15.97	*0.00	10	6.25
000249 MASHED POTATOES - .75 cup	3/4 cup	100	126	1.83	21	*1.59	*0.00	2.96	*0.00	6	22.01
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2.00	*0.00	9.00	0.00	0	27.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14.43	0.00	0.21	0.00	0	22.54
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

# Base Menu Spreadsheet

## Portion Values

Nov 3, 2025 thru Nov 28, 2025

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			755	12.88	881	*33.44	*0.32	29.60	*0.00	67	89.00
% of Calories				15.35 %		*17.72 %	*0.17%	35.3%	*0.0%		47.2%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

### Thursday - 11/20/2025

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (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	14.00	*N/A*	11.00	0.00	15	37.00
992725 DF - Cheese Pizza Sub R:1/4	slice	0	302	6.11	810	4.65	*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	*1.02	*0.00	15.52	*0.00	*0	30.60
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15.48	0.00	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	0	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			761	5.97	861	*43.50	*0.00	28.02	*0.00	*25	101.18
% of Calories				7.06%		*22.86 %	*N/A*	33.1%	*0.0%		53.2%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

# Base Menu Spreadsheet

## Portion Values

Nov 3, 2025 thru Nov 28, 2025

### Friday - 11/21/2025

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990152 Carved Turkey - KT	3.4 oz	99	112	1.29	516	0.86	*0.86	4.30	0.00	43	0.86
992056 Carved Plant Based Turkey - KT	90gr	1	112	0.00	276	1.02	*0.00	2.05	0.00	0	2.05
990693 GREEN BEANS OT: 1/2 cup	1/2 CUP	100	22	0.04	1	2.27	*0.00	0.18	0.00	0	4.92
992782 Roasted Sweet Potato - R: 1/2 cup	1/2 cup	100	98	0.28	37	2.86	*0.00	3.58	0.00	0	16.52
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2.00	*0.00	9.00	0.00	0	27.00
993069 Pie, Pumpkin	76 gr	100	180	3.00	230	12.50	*N/A*	6.50	0.00	30	28.00
991059 Cranberry Apple Juice (1 cup- 2 juices)	2 HC	100	120	0.00	0	24.00	0.00	0.00	0.00	0	26.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	130	13.00	*N/A*	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	1.50	130	13.00	*N/A*	2.50	0.00	15	13.00
990556 Place Settings	1	100	0	0.00	0	*0.00	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			832	12.34	1321	*57.49	*0.85	24.78	0.00	83	116.32
% of Calories				13.35 %		*27.64 %	*0.41%	26.8%	0.0%		55.9%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0			

### Monday - 11/24/2025

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Nov 3, 2025 thru Nov 28, 2025

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

### Tuesday - 11/25/2025

#### Reimbursable Meal Total 1

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

### Wednesday - 11/26/2025

#### Reimbursable Meal Total 1

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

# Base Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Nov 28, 2025

## Thursday - 11/27/2025

### Reimbursable Meal Total 1

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

## Friday - 11/28/2025

### Reimbursable Meal Total 1

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

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars <sup>1</sup> (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
Weighted Averages	774	6	817	*47.41	*1.09	21.19	*0.00	*76	112.80
% of Calories		7.23%		*24.50 %	*0.00%	24.6%	*0.0%		58.3%

# Base Menu Spreadsheet

Portion Values

Nov 3, 2025 thru Nov 28, 2025

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*\*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*

*<sup>1</sup> - denotes required nutrient values*

*Added Sugars target is informational only, with an effective date of July 1, 2027.*

***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.***