

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 2025

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

Monday - 10/06/2025 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)
992713 SPAGHETTI AND TURKEYMEAT SAUCE 1 cup: R: 1	1 CUP	99	420	2.42	114	*11	*0	11.75	*0.00	91	58.63
991882 V/VG - SPAGHETTI AND TURKEYMEAT SAUCE - 9-12	1 CUP	1	358	0.14	273	*11	*0	4.73	*0.00	0	63.29
992362 Grape Juice - (1 cup: 2 juices)	2 (4 fl)	100	160	0.00	20	36	0	0.00	0.00	0	38.00
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			679	3.14	266	*60	*0	12.93	*0.00	100	109.67
% of Calories				4.16%		*35.3%	*0%	17.1%	*0.0%		64.6%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 10/07/2025 Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 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 (g)	Cholst (mg)	Carb (g)
991520 Chinese Chicken Fried Rice S:1/2, R:1/4, OT:1/4	1 serving	99	533	2.64	863	*9	*0	15.94	*0.00	236	65.78
992044 V-Chinese Chicken Fried Rice- S:1/2, R:1/4, OT:1/4	1 serving	1	591	2.06	1000	*9	*0	16.19	*0.00	195	74.37
992796 BROCCOLI FLORETS - Steamed DG: 1/2	1/2 cup	100	15	0.00	7	0	*N/A*	0.17	0.00	0	3.02
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24	0	0.31	0.00	0	30.78
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			772	3.43	1002	*47	*0	17.68	*0.00	246	112.67
% of Calories				4.00%		*24.4%	*0%	20.6%	*0.0%		58.4%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 10/08/2025

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)
993017 V- WG Breaded Mozzarella Sticks	5 sticks	99	370	7.00	410	1	*1	18.00	0.00	25	35.00
992235 VG/DF- Grilled Vegan Cheese Sandwich	servings	1	260	4.00	640	4	*0	11.00	0.00	0	36.00
991071 Marinara Sauce (ss)	57 gr	100	45	0.00	230	4	*N/A*	1.00	0.00	0	7.00

Base Menu Spreadsheet

Lunches Di Si

Portion Values

Oct 6, 2025 thru Oct 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 (g)	Cholst (mg)	Carb (g)
992712 Bean Dip 3/4 Cup: L: 3/4	3/4 CUP	100	126	0.01	148	*1	*N/A*	0.04	*0.00	0	21.85
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0	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	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			850	8.00	922	*48	*1	21.00	*0.00	35	130.76
% of Calories				8.47%		*22.6%	*0.5%	22.2%	*0.0%		61.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 10/09/2025

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 - 10/10/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 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 (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			

Monday - 10/13/2025

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			

Tuesday - 10/14/2025

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)
993035 Kung Pao Chicken R:1/2, OT:1/2	serving.	100	246	0.72	674	*6	*0	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	*7	*0	7.25	*0.00	0	24.25
990924 Brown Rice - Riceland	1 cup	100	200	0.00	4	0	*0	1.33	0.00	0	42.67
991307 Cranberry, Dried Original	1.16oz	100	110	0.00	0	24	*N/A*	0.00	0.00	0	28.00

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 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 (g)	Cholst (mg)	Carb (g)
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*0	0.13	0.00	0	10.29
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			697	1.50	817	*50	*0	10.49	*0.00	71	116.63
% of Calories				1.94%		*28.7%	*0%	13.5%	*0.0%		66.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 10/15/2025

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 (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	7	*1	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	7	*1	14.56	0.00	0	61.93
993004 V- WG Garlic Knot Roll	2 oz	100	170	1.50	190	3	2	6.00	0.00	0	27.00
993030 Rosted Eggplant OT:1/2 cup	1/2	100	93	0.65	5	1	*0	8.93	0.00	0	3.06
991059 Cranberry Apple Juice (1 cup- 2 juices)	2 HC	100	120	0.00	0	24	0	0.00	0.00	0	26.00
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

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 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 (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	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			725	4.00	608	*48	*3	19.28	0.00	10	105.03
% of Calories				4.97%		*26.5%	*1.7%	23.9%	0.0%		57.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 10/16/2025

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)
990727 Chiken Teriyaki	Servings	99	230	0.85	373	14	*0	8.92	0.00	58	16.25
991872 V/VG- Chicken Meatless Teriyaki	Servings	1	242	0.49	580	14	*0	8.67	0.00	0	18.18
990993 Brown Rice - Riceland CR	1 cup cooked	100	200	0.00	0	0	*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	*0	14.33	0.00	0	6.88
000422 GRAPES,Fresh - 1 CUP	28 grapes	100	95	0.07	3	21	*0	0.22	0.00	0	24.83
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

Oct 6, 2025 thru Oct 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 (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			783	2.70	522	*50	*0	26.04	0.00	68	103.65
% of Calories				3.10%		*25.5%	*0%	29.9%	0.0%		53.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 10/17/2025

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 (g)	Cholst (mg)	Carb (g)
993008 Ground Turkey Fajitas	2 fajitas 6"	99	324	3.37	455	*0	*0	13.57	0.00	91	30.94
993009 V/VG- Ground Crumbles Veggie Fajitas	2 fajitas	1	263	1.09	618	*1	*0	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	11	*0	1.92	0.00	18	45.57
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	2	0.00	0.00	0	4.00
991136 Nectarines, Fresh 56-64 ct (2 nectarines)	1 cup	100	114	0.06	0	20	0	0.83	0.00	0	27.22
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

Oct 6, 2025 thru Oct 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 (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			805	4.19	756	*47	*2	17.49	0.00	119	120.78
% of Calories				4.68%		*23.4%	*1.0%	19.6%	0.0%		60.0%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 10/20/2025

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)
992495 Chicken Parmesan R: 1/4	serving	99	245	3.28	318	*2	*0	16.19	*0.00	51	4.43
992526 V- Chicken Meatless Parmesan R:1/4	serving	1	263	2.69	430	*3	*0	15.97	*0.00	10	6.25
000249 MASHED POTATOES - .75 cup	3/4 cup	100	126	1.83	21	*2	*0	2.96	*0.00	6	22.01
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2	*0	9.00	0.00	0	27.00
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(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

Oct 6, 2025 thru Oct 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 (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			790	12.85	890	*43	*0	29.40	*0.00	67	94.46
% of Calories				14.64 %		*21.8%	*0%	33.5%	*0.0%		47.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 10/21/2025

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 (g)	Cholst (mg)	Carb (g)
990986 Turkey Burger	3.5 oz	99	450	6.00	1020	*4	*4	27.00	0.00	80	28.00
992265 V/VG Vegan Burger -	serving	1	280	0.00	760	5	*4	7.00	0.00	0	36.00
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2	2	0.00	0.00	0	2.00
991842 Green Beans, Broccoli Medley DG:1/2, OT:1.2	1 cup	100	79	0.33	8	1	*N/A*	5.72	0.00	0	8.00
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

Oct 6, 2025 thru Oct 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 (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			760	7.06	1245	*45	*6	34.09	0.00	89	81.87
% of Calories				8.36%		*23.7%	*3.2%	40.4%	0.0%		43.1%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 10/22/2025

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 (g)	Cholst (mg)	Carb (g)
993010 Ground Turkey	2.87 oz	99	154	2.45	78	*0	*0	10.73	0.00	91	0.78
993011 V/VG- Ground Crumbles Veggie	serving	1	93	0.17	238	*1	*0	3.74	0.00	0	5.55
990924 Brown Rice - Riceland	1 cup	100	200	0.00	4	0	*0	1.33	0.00	0	42.67
000136 Baked Plantains - S: 1 cup	1 cup	100	239	0.00	3	33	*N/A*	0.25	0.00	0	63.71
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
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

Oct 6, 2025 thru Oct 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 (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			776	3.21	218	*61	*0	13.70	0.00	100	142.74
% of Calories				3.72%		*31.4%	*0%	15.9%	0.0%		73.6%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 10/23/2025

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)
991118 Baked Chicken Penne Pasta R:3/4, OT:1/4	1 cup	90	497	6.55	452	9	*1	15.20	*0.00	72	62.42
991884 V- Baked Chicken Meatless WG Pasta R:3/4, OT:1/4	1 cup	10	522	5.96	580	10	*1	15.10	*0.00	32	64.36
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0	0.25	0.00	0	20.58
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			677	7.28	597	*38	*1	16.69	*0.00	78	96.19
% of Calories				9.68%		*22.5%	*0.6%	22.2%	*0.0%		56.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Friday - 10/24/2025

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 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 (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
000422 GRAPES,Fresh - 1 CUP	28 grapes	100	95	0.07	3	21	*0	0.22	0.00	0	24.83
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			778	6.00	862	*49	*0	27.99	*0.00	*25	105.44
% of Calories				6.94%		*25.2%	*0%	32.4%	*0.0%		54.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Monday - 10/27/2025

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 (g)	Cholst (mg)	Carb (g)
991027 Turkey Hot Dog	serving	100	270	3.00	930	*6	*N/A*	11.00	0.00	35	31.00
991712 Veggie Hot Dog	serving	1	280	0.00	750	*5	*0	7.00	0.00	0	35.00
992515 Garlic Roasted Potatoes -1 cup S: 1	1 cup	100	228	0.41	17	*0	*0	4.87	0.00	0	42.65

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 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 (g)	Cholst (mg)	Carb (g)
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2	2	0.00	0.00	0	2.00
992362 Grape Juice - (1 cup: 2 juices)	2 (4 fl)	100	160	0.00	20	36	0	0.00	0.00	0	38.00
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			771	4.16	1194	*57	*2	17.19	0.00	45	127.00
% of Calories				4.86%		*29.6%	*1.0%	20.1%	0.0%		65.9%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Tuesday - 10/28/2025

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 (g)	Cholst (mg)	Carb (g)
992368 Lime Chicken Black Beans & Rice 1c: L:3/4, OT:1/4	serving	100	541	1.01	408	*3	*0	9.88	*0.00	41	81.13
992369 V/VG -Lime Chicken Bk. Bean & Rice 1c: L:3/4,O:1/4	serving	1	559	0.43	460	*4	*0	9.66	*0.00	0	83.34
991307 Cranberry, Dried Original	1.16oz	100	110	0.00	0	24	*N/A*	0.00	0.00	0	28.00
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0	0.25	0.00	0	20.58
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

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 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 (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	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			834	1.81	544	*56	*0	11.48	*0.00	51	143.54
% of Calories				1.95%		*26.9%	*0%	12.4%	*0.0%		68.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Wednesday - 10/29/2025

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 (g)	Cholst (mg)	Carb (g)
993032 V- Lasagna, Cheese WG Pasta w/ Marinara R:1	7oz (2 roll)	100	456	8.00	651	10	*1	15.91	0.00	90	56.70
992716 VG/DF- Caprese WG Pasta 1cup: R:3/4, OT:1/4	serving	1	398	10.03	664	7	*1	14.56	0.00	0	61.93
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

Oct 6, 2025 thru Oct 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 (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			683	8.89	788	*47	*1	17.62	0.00	100	101.11
% of Calories				11.71 %		*27.5%	*0.6%	23.2%	0.0%		59.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Thursday - 10/30/2025

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 (g)	Cholst (mg)	Carb (g)
990402 BBQ Chicken WG Slider	serving	90	294	0.62	799	15	*4	4.34	0.00	43	41.86
991711 V/VG -BBQ Chicken Meatless Slider	serving	10	318	0.02	929	16	*4	4.21	0.00	0	43.86
991388 CREAMY COLESLAW - 1 cup: R:1/4, OT:3/4	1 cup	100	86	0.29	79	8	*0	1.72	*0.00	2	15.46
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	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			566	1.64	1022	*51	*4	7.50	*0.00	50	93.06
% of Calories				2.61%		*36.0%	*2.8%	11.9%	*0.0%		65.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0			

Base Menu Spreadsheet

Portion Values

Oct 6, 2025 thru Oct 31, 2025

Friday - 10/31/2025

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 (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
990672 WG Biscuit 2oz	56g	99	200	7.00	410	2	*0	9.00	0.00	0	27.00
992873 V/VG- Vegan Chicken Nuggets w/WG Roll	5 Nuggets	1	411	1.88	805	7	*4	13.30	0.00	0	55.12
992836 Collards Green & Tomato Salad - DG:1/2, R:1/2	1 cup	100	138	0.67	123	*4	*0	8.95	*0.01	0	13.85
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2	2	0.00	0.00	0	2.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0	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	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			868	11.11	1096	*51	*2	31.90	*0.01	50	121.91
% of Calories				11.52 %		*23.5%	*0.9%	33.1%	*0.0%		56.2%
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 (g)	Cholst (mg)	Carb (g)
Weighted Averages	754	5	785	*50	*1	19.56	*0.00	*77	112.15
% of Calories		6.39%		*26.5%	*0.5%	23.3%	*0.0%		59.5%

Base Menu Spreadsheet

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Portion Values

Oct 6, 2025 thru Oct 31, 2025

**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.*