

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

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

Monday - 07/06/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991588 Caprese Pasta 9-12	serving	100	459	7.63	602	10.96	*0.95	15.69	0.00	38	58.17
993105 VG/DF- - SPAGHETTI AND VEGGIE MEAT SAUCE - R:1/2	1 serving	1	302	0.02	258	*7.35	*0.00	2.99	*0.00	0	55.10
000307 APPLES,Fresh - 1 Cup (100 - 125 ct)	1 cup	1	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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	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			563	7.63	740	*23.19	*0.95	16.97	*0.00	48	71.92
% of Calories				12.20 %		*16.48 %	*0.67%	27.1%	*0.0%		51.1%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Tuesday - 07/07/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992450 Golden Crispy Chicken Tenders	3 tenders	99	260	0.00	390	1.00	*1.00	15.00	0.00	25	16.00

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Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993085 V/VG - Breaded Veggie Tenders	4 tenders	1	420	2.00	1200	2.00	*0.00	18.00	0.00	0	36.00
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2.00	*0.00	9.00	0.00	0	27.00
991612 Baked Potato French Fries - 1 cup	4.5 oz	100	150	0.75	30	0.00	*N/A*	6.00	0.00	0	25.50
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
990315 PEACHES,RAW - 1 cup (56 count) 2 peaches	2 peaches	100	101	0.05	0	21.81	0.00	0.65	0.00	0	24.80
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	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			823	7.82	1063	*38.82	*2.99	31.93	0.00	35	108.50
% of Calories				8.55%		*18.87 %	*1.45%	34.9%	0.0%		52.7%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Wednesday - 07/08/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992788 Chicken Fajitas OT:1/4	2 fajitas	100	338	2.02	520	*1.78	*0.00	11.82	0.00	41	36.14
992527 V/VG - Meatless Chicken Fajitas OT:1/4	2 fajitas 6"	1	356	1.43	631	*2.68	*0.00	11.49	0.00	0	37.96
993177 Cheesy Refried Beans L:3/4	3/4	100	276	6.07	897	1.50	*0.00	12.86	0.00	30	25.01

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Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992869 Sour Cream (ss)	28 gr	100	60	3.50	15	1.00	1.00	5.00	0.00	20	1.00
991059 Cranberry Apple Juice (1 cup- 2 juices per kid)	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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	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			900	11.62	1574	*40.41	*1.00	31.09	0.00	101	101.66
% of Calories				11.62 %		*17.96 %	*0.44%	31.1%	0.0%		45.2%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Thursday - 07/09/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992173 Buffalo Chicken Mac & Cheese - (Cheese Sauce)	1 Portion	99	373	6.32	806	2.05	*0.00	12.64	0.00	51	46.00
992175 V- Buffalo Chicken Meatless Mac & Cheese	1 Portion	1	380	6.02	859	2.50	*0.00	12.49	0.00	30	46.91
992234 VG/DF- Buffalo Chicken Meatless Mac & Cheese	1 Portion	0	463	13.69	795	2.50	*0.00	17.67	0.00	0	57.10
990929 BROCCOLI - CARROTS 1 (0.50 DG/0.5 Red)	1 cup	100	105	0.55	59	3.78	*0.00	7.32	0.00	0	9.15
000255 BLUEBERRIES,Fresh	CUP	100	84	0.04	1	14.74	*0.00	0.49	0.00	0	21.45

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	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			662	6.91	1002	*32.58	*0.00	21.70	0.00	61	89.61
% of Calories				9.39%		*19.69 %	*0.00%	29.5%	0.0%		54.1%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Friday - 07/10/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991613 Corn Dog Chicken Mini WG	6 pc (4.02oz)	100	315	3.64	497	6.06	*N/A*	16.97	0.00	48	26.67
990672 WG Biscuit 2oz	56g	1	200	7.00	410	2.00	*0.00	9.00	0.00	0	27.00
991720 V/V-Vegan Chicken Nuggets	5 Nuggets	100	251	1.88	465	2.51	*0.00	11.30	0.00	0	25.12
991865 Green Beans and Corn Medley S:1/2, OT:1/2	1 cup	100	145	0.28	2	4.82	*0.00	4.42	0.00	0	29.22
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
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
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00

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Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991919 Soy Milk	8 fl	1	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			909	5.91	1196	*41.95	*2.00	34.29	0.00	58	118.95
% of Calories				5.85%		*18.46 %	*0.88%	34.0%	0.0%		52.3%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Monday - 07/13/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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	100	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	1	591	2.06	1000	*9.05	*0.00	16.19	0.00	195	74.37
992823 Sauce, Soy Light SS Pouch	serving	100	0	0.00	230	0.00	0.00	0.00	0.00	0	1.00
990708 Fruit Punch, Juice - (1 Cup - 2 juices)	(2 HC)	100	120	0.00	10	24.00	0.00	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

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Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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			760	2.67	1250	*45.39	*0.00	17.40	0.00	248	108.65
% of Calories				3.16%		*23.89 %	*0.00%	20.6%	0.0%		57.2%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Tuesday - 07/14/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
993087 V- Stuffed Crust Pizza w/Cheese	137 gr	100	330	4.50	850	4.00	*1.00	14.00	0.00	15	36.00
993156 DF/VG - Cheese Pizza w/ veggie crumbles Sub R:1/4	slice	1	368	6.11	1036	5.31	*0.00	13.83	0.00	0	47.63
993175 Chickpea Salad L:1/2, OT:1/4, R:1/4	serving	100	298	3.56	366	*0.60	*0.00	14.93	*0.00	*14	31.86
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	0.00	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	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			942	8.39	1364	*45.52	*1.00	31.09	*0.00	*39	135.24
% of Calories				8.02%		*19.33 %	*0.42%	29.7%	*0.0%		57.4%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Base Menu Spreadsheet

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Portion Values

Jul 6, 2026 thru Jul 31, 2026

Wednesday - 07/15/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991118 Baked Chicken Penne Pasta R:3/4, OT:1/4	1 cup	100	497	6.55	452	9.19	*0.95	15.20	*0.00	72	62.42
991884 V- Baked Chicken Meatless WG Pasta R:3/4, OT:1/4	1 cup	1	522	5.96	580	10.16	*0.95	15.10	*0.00	32	64.36
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	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			813	6.87	597	*50.27	*0.96	17.42	*0.00	83	130.10
% of Calories				7.61%		*24.73 %	*0.47%	19.3%	*0.0%		64.0%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Thursday - 07/16/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991027 Turkey Hot Dog	serving	99	270	3.00	930	*6.00	*N/A*	11.00	0.00	35	31.00
992265 V/VG Vegan Burger -	serving	1	280	0.00	760	5.00	*4.00	7.00	0.00	0	36.00
992283 Roasted Potatoes - .1cup: S:1 cup	1 cup	100	221	0.40	11	*0.00	*0.00	4.83	0.00	0	40.98

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Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
991498 RELISH, PICKLE SWEET SS POUCH	9 gr	100	15	0.00	70	3.00	*N/A*	0.00	0.00	0	3.00
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
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	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			739	3.41	1234	*47.49	*2.04	17.35	0.00	45	120.82
% of Calories				4.15%		*25.71 %	*1.10%	21.1%	0.0%		65.4%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Friday - 07/17/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (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	5.38	*0.00	9.64	0.00	60	31.47
992329 Provolone WW Sandwich (V)	serving	1	426	11.54	892	6.42	*2.00	26.29	0.00	48	29.15
992783 BROCCOLI, Fresh DG: 1 cup	1 CUP	100	31	0.10	30	1.55	*0.00	0.34	0.00	0	6.04
991277 Ranch Dressing (ss)	1 ss (pouch)	100	20	0.00	80	1.00	*N/A*	0.00	0.00	0	4.00
000101 WATERMELON,CHUNKS	1 CUP	100	46	0.02	2	9.42	*0.00	0.23	0.00	0	11.48

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000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	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			481	2.59	1036	*29.53	*0.02	11.76	0.00	71	66.41
% of Calories				4.85%		*24.56 %	*0.02%	22.0%	0.0%		55.2%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Monday - 07/20/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992804 Grilled Chicken & Brown Rice (2oz Gr/ 2oz MA)	Serving	99	316	0.53	66	0.01	*0.00	5.87	0.00	58	42.78
991866 VG/DF- Grilled Chicken Meatless & Brown Rice	2.87 oz	1	428	0.17	273	0.98	*0.00	6.30	0.00	0	66.04
000136 Baked Plantains - S: 1 cup	1 cup	100	239	0.00	3	32.85	*N/A*	0.25	0.00	0	63.71
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	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

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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			733	0.57	208	*60.35	*0.00	7.63	0.00	67	140.30
% of Calories				0.70%		*32.93 %	*0.00%	9.4%	0.0%		76.6%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Tuesday - 07/21/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992474 Creamy Chicken Penne Pasta DG: 1/2, R:1/2	1 cup	100	503	12.70	295	5.46	*0.00	24.05	*0.00	112	49.46
992475 V-Creamy Meatless Penne Pasta DG: 1/2, R:1/2	1 cup	1	443	7.77	300	5.82	*0.00	16.25	*0.00	44	50.76
990734 Blueberry Smoothie -1 cup - Strawberry /Blueberry	1 cup	100	151	0.03	2	34.38	*23.20	0.41	*0.00	0	39.70
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	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			760	12.82	437	*52.01	*23.20	25.91	*0.00	122	102.80
% of Calories				15.18 %		*27.37 %	*12.21 %	30.7%	*0.0%		54.1%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

Wednesday - 07/22/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992506 WW Tacos al Pastor	2 (tortillas 6)	100	336	3.44	483	0.64	*0.11	14.85	0.00	91	31.06
992524 V/VG- WW Tacos al Pastor	2 (tortillas 6)	1	269	1.17	623	1.25	*0.11	7.72	0.00	0	35.35
992830 Black Bean and Corn Salad - L:1/2, S:1/2	1 cup	100	241	0.02	141	10.54	*0.00	1.86	0.00	18	45.08
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2.00	2.00	0.00	0.00	0	4.00
993169 Hot Sauce	7 gr	100	0	0.00	270	0.00	0.00	0.00	0.00	0	0.00
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	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			834	3.57	1070	*50.69	*2.11	18.82	0.00	120	125.64
% of Calories				3.85%		*24.31 %	*1.01%	20.3%	0.0%		60.3%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Thursday - 07/23/2026 Reimbursable Meal Total 100

Portion Values

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990548 Cheese Beef Burger -	serving	100	387	4.79	915	6.01	*4.00	18.17	0.00	43	35.07
992265 V/VG Vegan Burger -	serving	1	280	0.00	760	5.00	*4.00	7.00	0.00	0	36.00
991388 CREAMY COLESLAW - 1 cup: R:1/4, OT:3/4	1 cup	100	105	0.57	88	8.72	*0.00	3.33	*0.00	4	16.80
991497 MUSTARD, YELLOW SS POUCH	5.5 gr	100	5	0.00	65	0.00	*N/A*	0.00	0.00	0	0.00
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
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	0.00	135	12.00	0.00	2.50	0.00	15	13.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
991919 Soy Milk	8 fl	1	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			822	5.63	1304	*57.76	*6.04	23.65	*0.00	57	121.27
% of Calories				6.16%		*28.11 %	*2.94%	25.9%	*0.0%		59.0%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Friday - 07/24/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991109 Breaded Chicken Nuggets Breaded 9-12	6 pc (136.5gr)	100	315	3.75	510	1.50	*0.00	18.00	0.00	60	18.00
991720 V/V-Vegan Chicken Nuggets	5 Nuggets	1	251	1.88	465	2.51	*0.00	11.30	0.00	0	25.12

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
990672 WG Biscuit 2oz	56g	100	200	7.00	410	2.00	*0.00	9.00	0.00	0	27.00
990245 Roasted Sweet Potato - R: 1 cup	cup	100	279	1.08	75	5.90	*0.00	14.26	0.00	0	39.33
991603 BBQ Sauce (ss)	0.44 oz	100	20	0.00	105	4.00	4.00	0.00	0.00	0	5.00
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
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	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			1001	11.88	1241	*39.85	*4.00	42.83	0.00	70	125.12
% of Calories				10.68 %		*15.92 %	*1.60%	38.5%	0.0%		50.0%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Monday - 07/27/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (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
993004 V- WG Garlic Knot Roll	2 oz	100	170	1.50	190	3.00	2.00	6.00	0.00	0	27.00
993105 VG/DF- - SPAGHETTI AND VEGGIE MEAT SAUCE - R:1/2	1 serving	1	302	0.02	258	*7.35	*0.00	2.99	*0.00	0	55.10
990980 Green Bean Frozen	1/2 cup	100	32	0.00	1	1.33	*N/A*	1.33	0.00	0	7.34

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991060 Orange Pineapple Juice (1 cup - 2 juices)	2 HC	100	120	0.00	0	24.00	*N/A*	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	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			664	2.51	606	*47.33	*2.64	11.61	*0.00	10	111.37
% of Calories				3.40%		*28.51 %	*1.59%	15.7%	*0.0%		67.1%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Tuesday - 07/28/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals¹ (kcal)	S-Fat¹ (g)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
991746 Cheese Lunch Individual Pizza w/ Chicken/BeefPeppe	4.56oz 5 pepper	100	317	4.50	930	5.00	*N/A*	13.00	0.00	10	24.33
991393 V-Cheese Lunch Individual Pizza	4.56oz (129gr)	1	270	3.00	750	5.00	*N/A*	9.00	0.00	0	24.00
993156 DF/VG - Cheese Pizza w/ veggie crumbles Sub R:1/4	slice	1	368	6.11	1036	5.31	*0.00	13.83	0.00	0	47.63
990929 BROCCOLI - CARROTS 1 (0.50 DG/0.5 Red)	1 cup	100	105	0.55	59	3.78	*0.00	7.32	0.00	0	9.15
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
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00

Base Menu Spreadsheet

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Portion Values

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	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			651	5.18	1142	*45.38	*0.00	22.11	0.00	20	77.99
% of Calories				7.16%		*27.88 %	*0.00%	30.6%	0.0%		47.9%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Wednesday - 07/29/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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
993050 Black Bean and Corn Salad - L:1/2, S:1/2	1 cup	100	231	0.01	140	9.41	*0.00	1.83	0.00	18	42.59
992869 Sour Cream (ss)	28 gr	100	60	3.50	15	1.00	1.00	5.00	0.00	20	1.00
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
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	2.50	0.00	15	13.00
991919 Soy Milk	8 fl	1	130	0.50	110	11.00	*N/A*	4.50	0.00	0	13.00

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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			907	11.91	732	*37.25	*1.00	31.27	0.00	130	117.46
% of Calories				11.82 %		*16.43 %	*0.44%	31.0%	0.0%		51.8%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Thursday - 07/30/2026

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992300 Crispy Chicken Burger (3.1oz)	serving	99	386	2.47	821	3.96	*3.96	14.82	0.00	25	42.56
992265 V/VG Vegan Burger -	serving	1	280	0.00	760	5.00	*4.00	7.00	0.00	0	36.00
993176 Creamy Buttered Peas & Corn S:1	1 cup	100	177	3.74	12	*4.11	*0.00	6.63	0.00	11	26.31
000222 KETCHUP: individual	9 gr	100	10	0.00	90	2.00	2.00	0.00	0.00	0	2.00
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
000231 MILK,Skim	8 fl. oz.	50	90	0.00	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	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

Jul 6, 2026 thru Jul 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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			749	6.22	1059	*37.57	*5.96	22.87	0.00	46	104.38
% of Calories				7.47%		*20.06 %	*3.18%	27.5%	0.0%		55.7%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Friday - 07/31/2026 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
992262 One Pot Chicken Fajita Pasta OT:1/2, R:1/2	serving	100	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
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	135	12.00	0.00	0.00	0.00	5	13.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	110	0.00	135	12.00	0.00	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			798	7.52	535	*42.66	*0.00	25.68	*0.00	63	112.74
% of Calories				8.48%		*21.38 %	*0.00%	29.0%	*0.0%		56.5%
Weekly Nutrient Guideline			750 - 850	<10	1280		<10				

Base Menu Spreadsheet

Portion Values

Jul 6, 2026 thru Jul 31, 2026

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)
Weighted Averages		776	6.58	970	*43.30	*2.80	23.17	*0.00	*75	109.55
% of Calories			7.63%		*22.32 %	*1.44%	26.9%	*0.0%		56.5%

**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
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.