

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

Menu Name:

LUNCH HIGH

Include Cost:

No

Site:

Use Alternate Menu Name:

No

Wednesday - 10/01/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990118 MEATBALLS, HAWAIIAN	5 MEATBALLS	1	339	677	23	*0	20.07	0.60	21	28.51	0.86	10.57
991035 RICE, GARLICKY BROWN	1/2 CUP	1	66	218	0	*N/A*	0.54	0.00	0	13.85	0.40	1.49
990066 BREADSTICK	BREADSTICK	1	67	83	2	*N/A*	0.83	0.00	0	11.67	0.83	1.67
990259 PORK, BBQ SANDWICH (PURCHASED)	SANDWICH	1	440	334	11	*N/A*	18.56	0.00	71	43.06	2.00	24.06
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	695	534	26	*2	31.01	0.00	*0	86.06	*10.05	20.05
990609 BEANS, BAKED 3/4 CUP	3/4 CUP	1	170	408	17	*N/A*	0.00	0.00	0	35.72	6.80	5.10
001118 COLESLAW (KFC STYLE) 1/2 CUP	1/2 CUP	1	64	132	*6	*5	3.08	*0.00	*8	8.90	*0.94	0.89
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*0	1.38	*0.00	0	79.57	13.85	3.24
991028 BLUEBERRY DELIGHT, FARM FRESH BLUEBERRIES	1/2 cup	1	43	1	8	*0	0.26	0.00	0	11.07	1.84	0.56
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00

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Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2613	2994	*184	*19	78.24	*0.60	*125	381.42	*37.57	99.64
% of Calories					*28.2%	*2.9%	26.9%	*0.2%		58.4%		15.3%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Thursday - 10/02/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990188 CHILI CON CARNE WITH BEANS 1 CUP	1 CUP	1	386	1433	*10	*0	11.57	0.00	81	39.09	13.21	33.45
990738 HS CORNBREAD- 2oz Grain	2, 5x5 pieces	1	212	314	*8	*N/A*	6.61	0.00	*30	33.84	*3.23	5.69
001716 SANDWICH, SOUTHERN STYLE CHICKEN	1 EACH	1	360	560	5	*N/A*	9.50	0.00	65	41.00	3.00	27.00
990059 LETTUCE & TOMATO (FOR SANDWICHES)	1 each	1	17	11	*0	*N/A*	0.27	*0.00	0	3.58	1.23	0.84
990269 BENTO BOX- MOZZARELLA CHEESE	1 BOX	1	370	631	*20	*0	15.38	*0.00	40	49.73	5.00	16.67
000442 BROCCOLI, SEASONED	1/2 c.	1	18	24	*1	*N/A*	0.00	0.00	0	2.92	*2.03	2.03
991099 POTATO, FRESH BAKED HS	1 Each	1	168	11	1	0	0.17	0.00	0	38.49	2.77	4.56
991077 APPLES, FRESH, W/SKIN	1 EACH	1	72	1	14	0	0.23	0.00	0	19.06	3.31	0.36
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	*N/A*	0.00	0.00	0	18.49	1.32	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0	*N/A*	4.00	0.00	5	0.00	0.00	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	*N/A*	0.00	0.00	0	3.00	0.00	0.00
991069 DRESSING, HONEY MUSTARD BULK	10OZ PORTION CUP	1	120	127	7	*N/A*	86.32	0.14	7	8.22	0.08	0.28
990086 SOUR CREAM, IND.	1 PACK	1	61	15	1	*N/A*	5.06	0.00	20	1.01	0.00	1.01
Weighted Daily Average			2313	3914	*131	*12	141.63	*0.14	*273	321.43	*35.19	123.88
% of Calories					*22.7%	*2.1%	55.1%	*0.1%		55.6%		21.4%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Friday - 10/03/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990440 FISH, NUGGETS BREADED	4 nuggets	1	230	290	1	*N/A*	8.00	0.00	50	23.00	2.00	15.00
990174 ROLLS, YEAST WG 1oz	1 ROLL	1	85	68	2	*N/A*	1.50	*N/A*	0	14.01	1.50	3.50
990134 PIZZA, 3 CHEESE GARLIC BREAD	1 EACH	1	335	802	*3	*N/A*	14.64	0.00	24	33.81	0.91	18.48
991089 CHICKEN SALAD ON CROISSANT	1/2 CUP + 1	1	293	768	5	*2	11.52	0.00	40	33.81	2.81	16.04

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990053 POTATO, FRENCH FRIES 3/4 CUP	.75 CUP	1	144	36	0	*N/A*	5.40	0.00	0	22.81	2.40	2.40
991098 CARROTS, MEXICAN PICKLED	1/2 CUP	1	34	300	*0	*N/A*	0.23	*0.00	*0	7.87	*2.34	0.78
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*0	1.38	*0.00	0	79.57	13.85	3.24
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	0	0.05	0.00	0	11.31	1.44	0.90
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	*N/A*	0.00	0.00	0	29.15	3.98	0.00
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	170	13	*34	*N/A*	0.00	0.00	0	41.80	2.60	0.00
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	*N/A*	0.00	0.00	0	18.49	1.32	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	72	1	17	0	0.10	0.00	0	18.87	0.96	0.50
991117 COOKIE DOUGH, SUGAR COOKIE WG	1 COOKIE	1	105	110	9	0	3.22	0.00	10	18.67	2.01	1.51
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
991090 SAUCE, TARTER IND	1 PK	1	40	100	*N/A*	*N/A*	3.00	0.00	0	3.00	0.00	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	*N/A*	0.00	0.00	0	3.00	0.00	0.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	*N/A*	0.00	0.00	0	0.50	0.00	0.50
Weighted Daily Average			2476	3257	*179	*14	51.54	*0.00	*149	422.68	*38.12	94.86
% of Calories					*28.9%	*2.3%	18.7%	*0.0%		68.3%		15.3%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Monday - 10/06/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990057 PASTA, BAKED PENNE WITH MEAT SAUCE	1 CUP	1	466	1004	*7	*N/A*	20.22	*0.00	55	43.14	4.71	23.69
990174 ROLLS, YEAST WG 1oz	1 ROLL	1	85	68	2	*N/A*	1.50	*N/A*	0	14.01	1.50	3.50
990076 PIZZA, FOUR MEAT	1 SLICE	1	370	650	9	*N/A*	17.00	0.00	40	36.00	3.00	20.00
990466 YOGURT & MUFFIN PLATE- (CHOCOLATE MUFFIN)	SERVING	1	267	338	23	*N/A*	9.52	0.00	41	35.55	0.80	11.52
991072 YOGURT & MUFFIN PLATE- (BLUEBERRY MUFFIN)	SERVING	1	397	511	31	*N/A*	13.16	0.00	*25	58.30	0.00	14.06
990228 YOGURT & MUFFIN PLATE- (BANANA MUFFIN)	SERVING	1	409	462	35	*N/A*	12.92	0.00	60	60.92	2.00	13.92
990465 YOGURT & MUFFIN PLATE- (CHERRY MUFFIN)	SERVING	1	397	511	31	*N/A*	13.16	0.00	45	58.28	0.00	14.06
990615 SALAD, CRISP GARDEN HS 2 CUPS	2 CUP	1	49	38	*2	*0	0.73	*0.00	0	9.68	4.70	3.68
990884 CARROTS, BABY DOD, ROASTED, SEASONED	1/2 CUP	1	53	231	*4	*0	2.36	*0.00	*0	7.88	*2.66	0.60
991081 ORANGES, WEDGES	EACH	1	76	0	15	0	0.19	0.00	0	18.99	3.88	1.52

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Oct 1, 2025 thru Oct 31, 2025

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990634 PEARS, DICED CANNED, HS 1 CUP	1 cup	1	238	0	*N/A*	*N/A*	0.00	0.00	0	58.30	7.95	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
991085 DRESSING, SALAD, ASST	1 OZ CUP	1	79	216	3	*N/A*	32.48	*0.09	4	3.99	0.06	0.30
Weighted Daily Average			3305	4624	*220	*12	125.75	*0.09	*294	468.04	*31.25	138.86
% of Calories					*26.6%	*1.5%	34.2%	*0.0%		56.6%		16.8%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Tuesday - 10/07/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990462 SALAD, TACO	3.5 OZ SALAD	1	415	590	*3	*0	22.09	*0.00	51	41.43	7.09	20.54
990019 CHICKEN, SANDWICH KICKIN	1 EACH	1	361	645	5	*N/A*	9.50	0.00	65	41.16	3.00	27.00
990460 QUESADILLA, CHEESE, HIGH	2 QUESADILLA	1	501	804	2	*N/A*	31.24	0.00	73	30.92	2.00	26.41
990085 LETTUCE SHRD, TOM. DICED & SOUR CREAM (TACOS, ETC.)	1 SERVING	1	77	22	*1	*N/A*	5.33	*0.00	20	4.54	1.20	1.83
100001 CORN, MEXICAN STREET	1/2 CUP	1	*117	*252	*3	*N/A*	*3.62	*0.00	*9	*18.57	*0.97	*3.27

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Oct 1, 2025 thru Oct 31, 2025

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990452 BEANS, BLACK, SEASONED	1/2 CUP	1	145	207	1	*N/A*	0.84	0.00	0	25.41	5.73	8.02
991075 APPLESAUCE, CUPS, ASST FLAVORS	4.5 OZ CUP	1	54	1	12	0	0.00	0.00	0	14.39	1.20	0.00
990939 COBBLER, BLUEBERRY	1/2 CUP	1	647	383	44	*0	19.41	0.00	0	76.35	2.59	3.97
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0	*N/A*	4.00	0.00	5	0.00	0.00	0.00
Weighted Daily Average			*2787	*3685	*131	*12	*98.53	*0.00	*248	*318.78	*23.78	*123.05
% of Calories					*18.8%	*1.7%	*31.8%	*0.0%		*45.8%		*17.7%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Wednesday - 10/08/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001352 SUB, HOT ITALIAN HS	1 SANDWICH	1	712	1336	15	*N/A*	20.24	0.00	46	97.68	12.56	33.38
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
991113 CHICKEN, MEGA MINI CHUNKS USDA	10 PIECES	1	272	564	1	0	15.10	0.00	86	15.10	2.01	19.13

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Richmond County Board of Education

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Oct 1, 2025 thru Oct 31, 2025

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990067 ROLLS, 2oz PROOF AND BAKE	1 ROLL	1	140	190	3	*N/A*	2.50	0.00	0	24.00	5.00	6.00
990121 SALAD, CUCUMBER & TOMATO	1/2 CUP	1	75	132	*6	*4	4.58	*0.00	*0	9.23	*0.88	0.93
990190 POTATO, SEASONED FRIES 3/4 CUP	3/4 CUP	1	190	502	0	*N/A*	6.11	0.00	0	31.20	2.71	2.71
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*0	1.38	*0.00	0	79.57	13.85	3.24
000289 STRAWBERRY DELIGHT	1/2 cup	1	149	0	33	*N/A*	1.00	0.00	0	33.66	1.81	0.45
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
991069 DRESSING, HONEY MUSTARD BULK	1OZ PORTION CUP	1	120	127	7	*N/A*	86.32	0.14	7	8.22	0.08	0.28
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	*N/A*	0.00	0.00	0	3.00	0.00	0.00
Weighted Daily Average			2396	3557	*159	*16	139.73	*0.14	*164	364.67	*38.92	98.14
% of Calories					*26.5%	*2.7%	52.5%	*0.1%		60.9%		16.4%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Wednesday - 10/15/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991049 Buffalo Chicken Dip w/chips	2.8 oz	1	311	745	1	*0	14.39	0.34	57	24.17	*2.29	20.97
991082 PIZZA, FIESTA FLATBREAD HS	1 EACH	1	442	1438	3	*0	22.16	0.04	77	31.34	4.99	29.22
990228 YOGURT & MUFFIN PLATE- (BANANA MUFFIN)	SERVING	1	409	462	35	*N/A*	12.92	0.00	60	60.92	2.00	13.92
991072 YOGURT & MUFFIN PLATE- (BLUEBERRY MUFFIN)	SERVING	1	397	511	31	*N/A*	13.16	0.00	*25	58.30	0.00	14.06
990465 YOGURT & MUFFIN PLATE- (CHERRY MUFFIN)	SERVING	1	397	511	31	*N/A*	13.16	0.00	45	58.28	0.00	14.06
990466 YOGURT & MUFFIN PLATE- (CHOCOLATE MUFFIN)	SERVING	1	267	338	23	*N/A*	9.52	0.00	41	35.55	0.80	11.52
990205 POTATO, SWEET FRIES 3/4 CUP	3/4 CUP	1	217	294	11	*N/A*	6.52	0.00	0	36.97	4.35	1.09
990208 BEANS, GREEN, SEASONED	1/2 CUP	1	28	308	*1	*N/A*	0.44	0.00	*0	*4.46	*2.97	*1.48
991076 MELON, FRESH CUT	1/2 CUP	1	56	16	*9	*N/A*	0.31	*0.00	0	14.01	1.10	1.11
991075 APPLESAUCE, CUPS, ASST FLAVORS	4.5 OZ CUP	1	54	1	12	0	0.00	0.00	0	14.39	1.20	0.00
000030 MILK, SKIM	HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.00	0.00	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			3087	5349	*226	*12	95.10	*0.38	*335	*414.39	*19.69	*147.44
% of Calories					*29.3%	*1.6%	27.7%	*0.1%		*53.7%		*19.1%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Thursday - 10/16/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990270 BAKED SPAGHETTI WITH TACO FILLING	1 CUP	1	293	893	*4	*0	10.20	*0.00	*55	28.73	*4.33	21.54
990066 BREADSTICK	BREADSTICK	1	67	83	2	*N/A*	0.83	0.00	0	11.67	0.83	1.67
990269 BENTO BOX-MOZZARELLA CHEESE	1 BOX	1	370	631	*20	*0	15.38	*0.00	40	49.73	5.00	16.67
001238 TURKEY, CORN DOG	1 CORNDOG	1	280	700	9	*N/A*	14.00	0.00	45	27.00	1.00	10.00
990071 VEGGIE STICKS, FRESH	1/2 CUP	1	24	41	*0	*0	0.15	*0.00	0	5.50	1.83	0.76
100006 TATER TOTS, CHEESY	1/2 CUP	1	253	895	0	*N/A*	15.27	0.00	*22	20.36	2.05	8.35
001262 PEARS, ROSY	HALF CUP	1	108	18	*5	*N/A*	0.00	0.00	0	26.43	2.86	0.32
991077 APPLES, FRESH, W/SKIN	1 EACH	1	72	1	14	0	0.23	0.00	0	19.06	3.31	0.36
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	*N/A*	0.00	0.00	0	0.50	0.00	0.50
990780 DRESSING, RANCH 1oz CUPS	1 oz cup	1	70	125	3	*N/A*	6.01	0.00	5	5.01	0.00	0.00
Weighted Daily Average			1971	4134	*118	*12	64.58	*0.00	*193	259.99	*21.21	92.18
% of Calories					*23.9%	*2.4%	29.5%	*0.0%		52.8%		18.7%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Friday - 10/17/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990131 TACOS, FISH	2 TACOS	1	467	643	*3	*N/A*	17.82	*0.00	65	54.93	5.17	25.34
001716 SANDWICH, SOUTHERN STYLE CHICKEN	1 EACH	1	360	560	5	*N/A*	9.50	0.00	65	41.00	3.00	27.00
990059 LETTUCE & TOMATO (FOR SANDWICHES)	1 each	1	17	11	*0	*N/A*	0.27	*0.00	0	3.58	1.23	0.84
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	695	534	26	*2	31.01	0.00	*0	86.06	*10.05	20.05
990122 CARROTS, SWEET GLAZED 1/2 CUP	1/2 CUP	1	57	66	*9	*5	1.26	*0.00	*0	*11.44	*2.69	*0.64
991078 CABBAGE, SAUTEED	1/2 CUP	1	50	448	*0	*0	2.58	*0.00	*0	6.70	*2.77	1.73

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
991118 COOKIE DOUGH, CHOC CHIP WG	1 COOKIE	1	104	94	9	0	3.15	0.00	10	18.50	1.92	1.69
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*0	1.38	*0.00	0	79.57	13.85	3.24
990392 SAUCE,TARTAR INDV	POUCH	1	25	85	1	*N/A*	2.50	*N/A*	5	1.00	0.00	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	*N/A*	0.00	0.00	0	0.50	0.00	0.50
991069 DRESSING, HONEY MUSTARD BULK	10Z PORTION CUP	1	120	127	7	*N/A*	86.32	0.14	7	8.22	0.08	0.28
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0	*N/A*	4.00	0.00	5	0.00	0.00	0.00
Weighted Daily Average			2678	3411	*154	*19	162.31	*0.14	*182	*377.50	*40.77	*113.31
% of Calories					*23.0%	*2.8%	54.5%	*0.0%		*56.4%		*16.9%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Monday - 10/20/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990183 CASSEROLE, CHICKEN & RICE	1 CUP	1	217	675	*0	*0	8.33	*0.00	*47	24.14	*0.97	16.84
990204 HAMBURGER	EACH	1	280	370	4	*N/A*	9.50	0.00	35	28.00	3.00	22.00
000145 CHEESEBURGER	EACH	1	331	623	5	*N/A*	14.06	0.00	48	29.01	3.00	24.53
990357 LETTUCE & TOMATO (FOR HAMBURGER/CHEESEBURGER)	1 each	1	17	200	*0	*N/A*	0.27	*0.00	0	3.58	1.23	0.84
991084 ZESTY CHEESE AND CHIPS	1/2 CUP	1	499	1099	0	*N/A*	30.15	0.00	60	40.45	4.05	18.05
990622 CORN, SEASONED, FROZEN HS 1 CUP	1 CUP	1	222	78	*11	*0	9.27	0.00	*30	*29.89	*5.62	*4.88
990744 SALAD, ROMAINE & SPINACH HS 2 CUPS	2 CUP	1	60	112	3	*0	0.96	0.00	0	10.97	5.89	5.62
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*0	1.38	*0.00	0	79.57	13.85	3.24
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	170	13	*34	*N/A*	0.00	0.00	0	41.80	2.60	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
991085 DRESSING, SALAD, ASST	1 OZ CUP	1	79	216	3	*N/A*	32.48	*0.09	4	3.99	0.06	0.30
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	*N/A*	0.00	0.00	0	0.50	0.00	0.50

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0	*N/A*	4.00	0.00	5	0.00	0.00	0.00
Weighted Daily Average			2659	4228	*155	*12	112.90	*0.09	*254	*357.91	*40.28	*128.80
% of Calories					*23.3%	*1.8%	38.2%	*0.0%		*53.8%		*19.4%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Tuesday - 10/21/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990283 FIESTA HAMBURGER MAC BAKE	1 CUP	1	227	562	*2	*0	10.52	0.00	*38	23.53	*3.04	13.91
990066 BREADSTICK	BREADSTICK	1	67	83	2	*N/A*	0.83	0.00	0	11.67	0.83	1.67
990228 YOGURT & MUFFIN PLATE- (BANANA MUFFIN)	SERVING	1	409	462	35	*N/A*	12.92	0.00	60	60.92	2.00	13.92
991072 YOGURT & MUFFIN PLATE- (BLUEBERRY MUFFIN)	SERVING	1	397	511	31	*N/A*	13.16	0.00	*25	58.30	0.00	14.06
990465 YOGURT & MUFFIN PLATE- (CHERRY MUFFIN)	SERVING	1	397	511	31	*N/A*	13.16	0.00	45	58.28	0.00	14.06
990466 YOGURT & MUFFIN PLATE- (CHOCOLATE MUFFIN)	SERVING	1	267	338	23	*N/A*	9.52	0.00	41	35.55	0.80	11.52
990077 PIZZA, PEPPERONI	1 SLICE	1	370	560	9	*N/A*	17.00	0.00	45	35.00	3.00	21.00
991086 TOMATO, SEASONED SLICES	3 HALF SLICES	1	4	2	*0	*0	0.06	*0.00	0	0.91	0.19	0.18
991088 CAULIFLOWER, BUFFALO	1/2 CUP SERVING	1	57	188	*2	*0	3.67	0.00	*0	*6.68	*2.04	*1.96
991087 GRAPES, FRESH, CHILLED	1/2 CUP	1	56	2	13	*N/A*	0.13	0.00	0	14.78	0.74	0.59

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990335 SIDEKICKS, BLUE RASPBERRY	1 PORTION CUP	1	80	45	19	*N/A*	0.00	0.00	0	20.00	0.00	0.00
990336 SIDEKICKS, STRAWBERRY KIWI	1 PORTION CUP	1	80	45	19	*N/A*	0.00	0.00	0	20.00	0.00	0.00
990337 SIDEKICKS, STRAWBERRY MANGO	1 PORTION CUP	1	80	45	19	*N/A*	0.00	0.00	0	20.00	0.00	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
991108 TOMATO, SEASONED SLICES HS	3 SLICES	1	8	3	*0	*0	0.11	*0.00	0	1.70	0.37	0.32
Weighted Daily Average			2918	3952	*261	*12	83.58	*0.00	*278	*430.31	*13.00	*125.19
% of Calories					*35.8%	*1.6%	25.8%	*0.0%		*59.0%		*17.2%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Wednesday - 10/22/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990118 MEATBALLS, HAWAIIAN	5 MEATBALLS	1	339	677	23	*0	20.07	0.60	21	28.51	0.86	10.57
991035 RICE, GARLICKY BROWN	1/2 CUP	1	66	218	0	*N/A*	0.54	0.00	0	13.85	0.40	1.49
990066 BREADSTICK	BREADSTICK	1	67	83	2	*N/A*	0.83	0.00	0	11.67	0.83	1.67

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990259 PORK, BBQ SANDWICH (PURCHASED)	SANDWICH	1	440	334	11	*N/A*	18.56	0.00	71	43.06	2.00	24.06
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	695	534	26	*2	31.01	0.00	*0	86.06	*10.05	20.05
990609 BEANS, BAKED 3/4 CUP	3/4 CUP	1	170	408	17	*N/A*	0.00	0.00	0	35.72	6.80	5.10
001118 COLESLAW (KFC STYLE) 1/2 CUP	1/2 CUP	1	64	132	*6	*5	3.08	*0.00	*8	8.90	*0.94	0.89
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*0	1.38	*0.00	0	79.57	13.85	3.24
991028 BLUEBERRY DELIGHT, FARM FRESH BLUEBERRIES	1/2 cup	1	43	1	8	*0	0.26	0.00	0	11.07	1.84	0.56
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2613	2994	*184	*19	78.24	*0.60	*125	381.42	*37.57	99.64
% of Calories					*28.2%	*2.9%	26.9%	*0.2%		58.4%		15.3%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Thursday - 10/23/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990188 CHILI CON CARNE WITH BEANS 1 CUP	1 CUP	1	386	1433	*10	*0	11.57	0.00	81	39.09	13.21	33.45

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990738 HS CORNBREAD-2oz Grain	2, 5x5 pieces	1	212	314	*8	*N/A*	6.61	0.00	*30	33.84	*3.23	5.69
001716 SANDWICH, SOUTHERN STYLE CHICKEN	1 EACH	1	360	560	5	*N/A*	9.50	0.00	65	41.00	3.00	27.00
990059 LETTUCE & TOMATO (FOR SANDWICHES)	1 each	1	17	11	*0	*N/A*	0.27	*0.00	0	3.58	1.23	0.84
990269 BENTO BOX-MOZZARELLA CHEESE	1 BOX	1	370	631	*20	*0	15.38	*0.00	40	49.73	5.00	16.67
000442 BROCCOLI, SEASONED	1/2 c.	1	18	24	*1	*N/A*	0.00	0.00	0	2.92	*2.03	2.03
991099 POTATO, FRESH BAKED HS	1 Each	1	168	11	1	0	0.17	0.00	0	38.49	2.77	4.56
991077 APPLES, FRESH, W/SKIN	1 EACH	1	72	1	14	0	0.23	0.00	0	19.06	3.31	0.36
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	*N/A*	0.00	0.00	0	18.49	1.32	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0	*N/A*	4.00	0.00	5	0.00	0.00	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	*N/A*	0.00	0.00	0	3.00	0.00	0.00
991069 DRESSING, HONEY MUSTARD BULK	1OZ PORTION CUP	1	120	127	7	*N/A*	86.32	0.14	7	8.22	0.08	0.28

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990086 SOUR CREAM, IND.	1 PACK	1	61	15	1	*N/A*	5.06	0.00	20	1.01	0.00	1.01
Weighted Daily Average			2313	3914	*131	*12	141.63	*0.14	*273	321.43	*35.19	123.88
% of Calories					*22.7%	*2.1%	55.1%	*0.1%		55.6%		21.4%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Friday - 10/24/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990440 FISH, NUGGETS BREADED	4 nuggets	1	230	290	1	*N/A*	8.00	0.00	50	23.00	2.00	15.00
990174 ROLLS, YEAST WG 1oz	1 ROLL	1	85	68	2	*N/A*	1.50	*N/A*	0	14.01	1.50	3.50
990134 PIZZA, 3 CHEESE GARLIC BREAD	1 EACH	1	335	802	*3	*N/A*	14.64	0.00	24	33.81	0.91	18.48
991089 CHICKEN SALAD ON CROISSANT	1/2 CUP + 1	1	293	768	5	*2	11.52	0.00	40	33.81	2.81	16.04
990053 POTATO, FRENCH FRIES 3/4 CUP	.75 CUP	1	144	36	0	*N/A*	5.40	0.00	0	22.81	2.40	2.40
991098 CARROTS, MEXICAN PICKLED	1/2 CUP	1	34	300	*0	*N/A*	0.23	*0.00	*0	7.87	*2.34	0.78
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*0	1.38	*0.00	0	79.57	13.85	3.24
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	0	0.05	0.00	0	11.31	1.44	0.90
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	*N/A*	0.00	0.00	0	29.15	3.98	0.00
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	170	13	*34	*N/A*	0.00	0.00	0	41.80	2.60	0.00
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	*N/A*	0.00	0.00	0	18.49	1.32	0.00

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	72	1	17	0	0.10	0.00	0	18.87	0.96	0.50
991117 COOKIE DOUGH, SUGAR COOKIE WG	1 COOKIE	1	105	110	9	0	3.22	0.00	10	18.67	2.01	1.51
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
991090 SAUCE, TARTER IND	1 PK	1	40	100	*N/A*	*N/A*	3.00	0.00	0	3.00	0.00	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	*N/A*	0.00	0.00	0	0.50	0.00	0.50
Weighted Daily Average			2476	3257	*179	*14	51.54	*0.00	*149	422.68	*38.12	94.86
% of Calories					*28.9%	*2.3%	18.7%	*0.0%		68.3%		15.3%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Monday - 10/27/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990057 PASTA, BAKED PENNE WITH MEAT SAUCE	1 CUP	1	466	1004	*7	*N/A*	20.22	*0.00	55	43.14	4.71	23.69
990174 ROLLS, YEAST WG 1oz	1 ROLL	1	85	68	2	*N/A*	1.50	*N/A*	0	14.01	1.50	3.50

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990076 PIZZA, FOUR MEAT	1 SLICE	1	370	650	9	*N/A*	17.00	0.00	40	36.00	3.00	20.00
990466 YOGURT & MUFFIN PLATE- (CHOCOLATE MUFFIN)	SERVING	1	267	338	23	*N/A*	9.52	0.00	41	35.55	0.80	11.52
991072 YOGURT & MUFFIN PLATE- (BLUEBERRY MUFFIN)	SERVING	1	397	511	31	*N/A*	13.16	0.00	*25	58.30	0.00	14.06
990228 YOGURT & MUFFIN PLATE- (BANANA MUFFIN)	SERVING	1	409	462	35	*N/A*	12.92	0.00	60	60.92	2.00	13.92
990465 YOGURT & MUFFIN PLATE- (CHERRY MUFFIN)	SERVING	1	397	511	31	*N/A*	13.16	0.00	45	58.28	0.00	14.06
990615 SALAD, CRISP GARDEN HS 2 CUPS	2 CUP	1	49	38	*2	*0	0.73	*0.00	0	9.68	4.70	3.68
990884 CARROTS, BABY DOD, ROASTED, SEASONED	1/2 CUP	1	53	231	*4	*0	2.36	*0.00	*0	7.88	*2.66	0.60
991081 ORANGES, WEDGES	EACH	1	76	0	15	0	0.19	0.00	0	18.99	3.88	1.52
990634 PEARS, DICED CANNED, HS 1 CUP	1 cup	1	238	0	*N/A*	*N/A*	0.00	0.00	0	58.30	7.95	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
991085 DRESSING, SALAD, ASST	1 OZ CUP	1	79	216	3	*N/A*	32.48	*0.09	4	3.99	0.06	0.30
Weighted Daily Average			3305	4624	*220	*12	125.75	*0.09	*294	468.04	*31.25	138.86
% of Calories					*26.6%	*1.5%	34.2%	*0.0%		56.6%		16.8%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2025 thru Oct 31, 2025

Tuesday - 10/28/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990462 SALAD, TACO	3.5 OZ SALAD	1	415	590	*3	*0	22.09	*0.00	51	41.43	7.09	20.54
990019 CHICKEN, SANDWICH KICKIN	1 EACH	1	361	645	5	*N/A*	9.50	0.00	65	41.16	3.00	27.00
990460 QUESADILLA, CHEESE, HIGH	2 QUESADILLA	1	501	804	2	*N/A*	31.24	0.00	73	30.92	2.00	26.41
990085 LETTUCE SHRD, TOM. DICED & SOUR CREAM (TACOS, ETC.)	1 SERVING	1	77	22	*1	*N/A*	5.33	*0.00	20	4.54	1.20	1.83
100001 CORN, MEXICAN STREET	1/2 CUP	1	*117	*252	*3	*N/A*	*3.62	*0.00	*9	*18.57	*0.97	*3.27
990452 BEANS, BLACK, SEASONED	1/2 CUP	1	145	207	1	*N/A*	0.84	0.00	0	25.41	5.73	8.02
991075 APPLESAUCE, CUPS, ASST FLAVORS	4.5 OZ CUP	1	54	1	12	0	0.00	0.00	0	14.39	1.20	0.00
990939 COBBLER, BLUEBERRY	1/2 CUP	1	647	383	44	*0	19.41	0.00	0	76.35	2.59	3.97
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	*N/A*	0.00	0.00	0	3.00	0.00	0.00

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0	*N/A*	4.00	0.00	5	0.00	0.00	0.00
Weighted Daily Average			*2787	*3685	*131	*12	*98.53	*0.00	*248	*318.78	*23.78	*123.05
% of Calories					*18.8%	*1.7%	*31.8%	*0.0%		*45.8%		*17.7%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Wednesday - 10/29/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001352 SUB, HOT ITALIAN HS	1 SANDWICH	1	712	1336	15	*N/A*	20.24	0.00	46	97.68	12.56	33.38
990278 MANAGER'S CHOICE	1 PIECE	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
991113 CHICKEN, MEGA MINI CHUNKS USDA	10 PIECES	1	272	564	1	0	15.10	0.00	86	15.10	2.01	19.13
990067 ROLLS, 2oz PROOF AND BAKE	1 ROLL	1	140	190	3	*N/A*	2.50	0.00	0	24.00	5.00	6.00
990121 SALAD, CUCUMBER & TOMATO	1/2 CUP	1	75	132	*6	*4	4.58	*0.00	*0	9.23	*0.88	0.93
990190 POTATO, SEASONED FRIES 3/4 CUP	3/4 CUP	1	190	502	0	*N/A*	6.11	0.00	0	31.20	2.71	2.71
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*0	1.38	*0.00	0	79.57	13.85	3.24
000289 STRAWBERRY DELIGHT	1/2 cup	1	149	0	33	*N/A*	1.00	0.00	0	33.66	1.81	0.45
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
991069 DRESSING, HONEY MUSTARD BULK	1OZ PORTION CUP	1	120	127	7	*N/A*	86.32	0.14	7	8.22	0.08	0.28
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	*N/A*	0.00	0.00	0	3.00	0.00	0.00
Weighted Daily Average			2396	3557	*159	*16	139.73	*0.14	*164	364.67	*38.92	98.14
% of Calories					*26.5%	*2.7%	52.5%	*0.1%		60.9%		16.4%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Thursday - 10/30/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990138 COUNTRY FRIED STEAK WITH GRAVY	1 EACH	1	573	1954	2	*N/A*	29.34	0.00	30	53.02	2.00	15.00
990174 ROLLS, YEAST WG 1oz	1 ROLL	1	85	68	2	*N/A*	1.50	*N/A*	0	14.01	1.50	3.50
001057 SANDWICH, GRILLED CHEESE	1 each	1	392	1355	*4	*2	26.86	1.41	51	28.42	4.05	14.19
991114 FRIES, TEXAS TACO	1/2C 2.71OZ	1	314	796	0	*0	19.53	0.00	67	20.82	3.02	20.23
990066 BREADSTICK	BREADSTICK	1	67	83	2	*N/A*	0.83	0.00	0	11.67	0.83	1.67
000442 BROCCOLI, SEASONED	1/2 c.	1	18	24	*1	*N/A*	0.00	0.00	0	2.92	*2.03	2.03
991115 SQUASH CASSEROLE	1/2 CUP	1	227	484	*4	*0	17.30	*0.00	*52	*15.96	*1.77	*10.88
991077 APPLES, FRESH, W/SKIN	1 EACH	1	72	1	14	0	0.23	0.00	0	19.06	3.31	0.36

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991071 RIPS, BLUE RASPBERRY	1 POUCH	1	60	15	12	*N/A*	*N/A*	*N/A*	*N/A*	15.00	*N/A*	*N/A*
990264 RIPS, KIWI STRAWBERRY	1 pOUCH	1	60	15	12	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990265 RIPS, PARADISE PUNCH	1 POUCH	1	60	15	12	*N/A*	0.00	0.00	0	15.00	0.00	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2348	5405	*123	*14	*98.10	*1.41	*224	*273.89	*18.51	*99.86
% of Calories					*21.0%	*2.4%	*37.6%	*0.5%		*46.7%		*17.0%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Friday - 10/31/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990132 SANDWICH, FISH	1 SANDWICH	1	300	380	4	*N/A*	7.50	0.00	50	42.00	4.00	20.00
990211 CHICKEN, BBQ	2 OZ	1	175	509	*18	*N/A*	6.60	0.00	37	19.20	0.00	9.30
990067 ROLLS, 2oz PROOF AND BAKE	1 ROLL	1	140	190	3	*N/A*	2.50	0.00	0	24.00	5.00	6.00
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	695	534	26	*2	31.01	0.00	*0	86.06	*10.05	20.05
990525 CARROTS, BABY, DOD 3/4 CUP	3/4 cup	1	40	88	5	*N/A*	0.15	0.00	0	9.34	3.29	0.73

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990780 DRESSING, RANCH 1oz CUPS	1 oz cup	1	70	125	3	*N/A*	6.01	0.00	5	5.01	0.00	0.00
990208 BEANS, GREEN, SEASONED	1/2 CUP	1	28	308	*1	*N/A*	0.44	0.00	*0	*4.46	*2.97	*1.48
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*0	1.38	*0.00	0	79.57	13.85	3.24
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	0	0.05	0.00	0	11.31	1.44	0.90
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	*N/A*	0.00	0.00	0	29.15	3.98	0.00
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	*N/A*	0.00	0.00	0	18.49	1.32	0.00
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	170	13	*34	*N/A*	0.00	0.00	0	41.80	2.60	0.00
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	72	1	17	0	0.10	0.00	0	18.87	0.96	0.50
991116 COOKIE DOUGH, CANDY WG	1 COOKIE	1	23	20	2	*N/A*	0.69	0.00	2	4.06	0.43	0.35
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
991090 SAUCE, TARTER IND	1 PK	1	40	100	*N/A*	*N/A*	3.00	0.00	0	3.00	0.00	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	*N/A*	0.00	0.00	0	0.50	0.00	0.50

Portion Values

Oct 1, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0	*N/A*	4.00	0.00	5	0.00	0.00	0.00
Weighted Daily Average			2760	3123	*222	*14	65.93	*0.00	*124	*462.82	*49.89	*95.06
% of Calories					*32.2%	*2.0%	21.5%	*0.0%		*67.1%		*13.8%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

		Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages		*2642	*3877	*172	*14	*102.81	*0.21	*216	*375.31	*32.26	*113.62
% of Calories				*26.0%	*2.1%	*35.0%	*0.1%		*56.8%		*17.2%

**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.