

Base Menu Spreadsheet

Portion Values

Sep 1, 2026 thru Sep 30, 2026

Menu Name:	LUNCH HIGH	Include Cost:	No
Site:			
Use Alternate Menu Name:	No		

Tuesday - 09/01/2026Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001238 TURKEY, CORN DOG	1 CORNDOG	1	280	700	9.00	*N/A*	14.00	0.00	45	27.00	1.00	10.00
990537 HIGH SCHOOL WRAP, DELI RANCH	1 TORTILLA	1	462	1092	*1.52	*0.00	22.42	*0.00	62	40.00	4.29	26.71
991072 YOGURT & MUFFIN PLATE- (BLUEBERRY MUFFIN)	SERVING	1	397	511	30.53	*N/A*	13.16	0.00	*25	58.30	0.00	14.06
990615 SALAD, CRISP GARDEN HS 2 CUPS	2 CUP	1	49	38	*2.17	*0.00	0.73	*0.00	0	9.68	4.70	3.68
000637 POTATO WEDGES, SEASONED 3/4 CUP	3/4 CUP	1	159	442	0.00	*N/A*	7.94	0.00	0	20.41	2.27	2.27
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	3.96	*N/A*	0.00	0.00	0	18.49	1.32	0.00
991077 APPLES, FRESH, W/SKIN	1 EACH	1	72	1	14.34	0.00	0.23	0.00	0	19.06	3.31	0.36
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2.00	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0.00	*N/A*	0.00	0.00	0	0.50	0.00	0.50
991073 DRESSING, RANCH 1 OZ SERVINGS	1oz PORTION	1	79	264	1.10	*N/A*	7.80	0.12	6	1.87	0.09	0.60
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17.00	6.00	0.00	0.00	5	19.00	0.00	8.00

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Portion Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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	17.00	6.00	0.00	0.00	5	18.00	0.00	8.00
Weighted Daily Average			1893	3661	*109.73	*12.00	68.60	*0.12	*157	247.34	16.98	81.59
% of Calories					*23.19 %	*2.54%	32.6%	*0.1%		52.3%		17.2%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

Wednesday - 09/02/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991239 BEEF, HAMBURGER PATTY MAID RITE NEW	1 each	1	260	290	3.00	*0.00	9.50	0.00	45	26.00	2.00	20.00
990357 LETTUCE & TOMATO (FOR HAMBURGER/CHEESEBURGER)	1 each	1	17	200	*0.34	*N/A*	0.27	*0.00	0	3.58	1.23	0.84
990077 PIZZA, PEPPERONI	1 SLICE	1	370	560	9.00	*N/A*	17.00	0.00	45	35.00	3.00	21.00
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	695	534	25.62	*2.02	31.01	0.00	*0	86.06	*10.05	20.05
990053 POTATO, FRENCH FRIES 3/4 CUP	3/4 CUP	1	144	36	0.00	*N/A*	5.40	0.00	0	22.81	2.40	2.40
990609 BEANS, BAKED 3/4 CUP	3/4 CUP	1	170	408	17.01	*N/A*	0.00	0.00	0	35.72	6.80	5.10
990337 SIDEKICKS, STRAWBERRY MANGO	1 PORTION CUP	1	80	45	19.00	*N/A*	0.00	0.00	0	20.00	0.00	0.00
000177 ORANGES, FRESH	EACH	1	76	0	15.11	0.00	0.19	0.00	0	18.99	3.88	1.52
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17.00	6.00	0.00	0.00	5	19.00	0.00	8.00

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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	17.00	6.00	0.00	0.00	5	18.00	0.00	8.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0.00	*N/A*	4.00	0.00	5	0.00	0.00	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2.00	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0.00	*N/A*	0.00	0.00	0	0.50	0.00	0.50
Weighted Daily Average			2189	2763	*136.20	*14.02	69.70	*0.00	*114	300.70	*29.36	94.82
% of Calories					*24.89 %	*2.56%	28.7%	*0.0%		54.9%		17.3%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

Thursday - 09/03/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001716 SANDWICH, SOUTHERN STYLE CHICKEN	1 EACH	1	360	560	5.00	*N/A*	9.50	0.00	65	41.00	3.00	27.00
990059 LETTUCE & TOMATO (FOR SANDWICHES)	1 each	1	17	11	*0.34	*N/A*	0.27	*0.00	0	3.58	1.23	0.84
990279 SAUSAGE DOG	2 OZ; 1 PIECE	1	399	860	7.00	*N/A*	20.00	0.00	60	37.00	*2.00	18.00
990228 YOGURT & MUFFIN PLATE- (BANANA MUFFIN)	SERVING	1	409	462	34.96	*N/A*	12.92	0.00	60	60.92	2.00	13.92
990205 POTATO, SWEET FRIES 3/4 CUP	3/4 CUP	1	217	294	10.87	*N/A*	6.52	0.00	0	36.97	4.35	1.09
990617 BROCCOLI, SEASONED ES/K8/MS 3/4 CUP	3/4 CUP	1	27	35	*1.02	*N/A*	0.00	0.00	0	4.38	*3.05	3.05
990339 PEACHES, FRESH DOD	1 EACH	1	51	0	10.91	0.00	0.32	0.00	0	12.40	1.95	1.18

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Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17.00	6.00	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17.00	6.00	0.00	0.00	5	18.00	0.00	8.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0.00	*N/A*	4.00	0.00	5	0.00	0.00	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2.00	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0.00	*N/A*	0.00	0.00	0	0.50	0.00	0.50
Weighted Daily Average			1975	2913	*117.21	*12.00	55.85	*0.00	209	277.94	*21.55	88.98
% of Calories					*23.74 %	*2.43%	25.5%	*0.0%		56.3%		18.0%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

Friday - 09/04/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001444 TURKEY, HOTDOG	2 oz	1	309	450	6.00	*N/A*	13.00	0.00	50	34.00	2.00	13.00
990864 PORK, BBQ RIBLET ON HOAGIE	1 SANDWICH	1	412	976	18.47	*N/A*	13.10	0.00	38	51.40	1.40	16.40
991111 SANDWICH, PIMENTO CHEESE	1 SANDWICH	1	258	533	*2.03	*2.02	15.54	*0.00	*46	26.62	*4.07	12.22
990525 CARROTS, BABY, DOD 3/4 CUP	3/4 cup	1	40	88	5.40	*N/A*	0.15	0.00	0	9.34	3.29	0.73
991308 CORN ON COB, EAR	1 EAR	1	94	32	*2.90	*0.00	2.86	0.00	*0	*17.16	*2.45	*2.91

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
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*
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17.00	6.00	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17.00	6.00	0.00	0.00	5	18.00	0.00	8.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2.00	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0.00	*N/A*	0.00	0.00	0	0.50	0.00	0.50
991118 COOKIE DOUGH, CHOC CHIP WG	1 COOKIE	1	104	94	9.16	0.00	3.15	0.00	10	18.50	1.92	1.69
Weighted Daily Average			1609	2781	*96.55	*14.02	50.35	*0.00	*164	*223.97	*17.71	*71.41
% of Calories					*24.00 %	*3.49%	28.2%	*0.0%		*55.7%		*17.8%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

Monday - 09/07/2026

Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990114 HOLIDAY - NO SCHOOL	1	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0	0	0	0	0
% of Calories					0%	0%	0%	0%		0%		0%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

Tuesday - 09/08/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990500 BBQ NACHOS	1 SERVING	1	593	639	8.03	*N/A*	35.58	0.00	91	43.18	2.00	26.13
990063 PIZZA, FOUR CHEESE	1 SLICE	1	370	490	9.00	*N/A*	16.00	0.00	35	35.00	3.00	21.00
990955 CHICKEN, DRUMS & THIGHS - USDA	1 DRUM OR THIGH	1	230	490	0.00	*N/A*	14.00	0.00	75	11.00	1.00	16.00
990067 ROLLS, 2oz PROOF AND BAKE	1 ROLL	1	140	190	3.00	*N/A*	2.50	0.00	0	24.00	5.00	6.00
991328 BEANS, PINTO, 3/4 CUP	3/4 CUP	1	264	417	*5.14	*N/A*	0.00	0.00	*0	46.54	*17.83	14.78
100001 CORN, MEXICAN STREET	1/2 CUP	1	*117	*252	*3.21	*N/A*	*3.62	*0.00	*9	*18.57	*0.97	*3.27
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
991187 STRAWBERRY DELIGHT 3/4 CUP	3/4 cup	1	217	0	48.63	*N/A*	1.00	0.00	0	49.99	2.72	0.68
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00

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Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
Weighted Daily Average			*2408	*3036	*141.61	*0.00	*75.25	*0.00	*234	*306.73	*35.11	*119.82
% of Calories					*23.52 %	*0.00%	*28.1%	*0.0%		*51.0%		*19.9%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

Wednesday - 09/09/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990862 CHICKEN, BUFFALO DIP W. CHIPS	2 oz	1	348	596	0.00	*0.00	21.40	0.00	53	26.55	2.00	16.79
991082 PIZZA, FIESTA FLATBREAD HS	1 EACH	1	442	1438	3.14	*0.00	22.16	0.04	77	31.34	4.99	29.22
990228 YOGURT & MUFFIN PLATE- (BANANA MUFFIN)	SERVING	1	409	462	34.96	*N/A*	12.92	0.00	60	60.92	2.00	13.92
991072 YOGURT & MUFFIN PLATE- (BLUEBERRY MUFFIN)	SERVING	1	397	511	30.53	*N/A*	13.16	0.00	*25	58.30	0.00	14.06
990465 YOGURT & MUFFIN PLATE- (CHERRY MUFFIN)	SERVING	1	397	511	30.52	*N/A*	13.16	0.00	45	58.28	0.00	14.06
990466 YOGURT & MUFFIN PLATE- (CHOCOLATE MUFFIN)	SERVING	1	267	338	22.78	*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	10.87	*N/A*	6.52	0.00	0	36.97	4.35	1.09
990208 BEANS, GREEN, SEASONED	1/2 CUP	1	28	308	*1.48	*N/A*	0.44	0.00	*0	*4.46	*2.97	*1.48
991076 MELON, FRESH CUT	1/2 CUP	1	56	16	*8.78	*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	11.79	0.00	0.00	0.00	0	14.39	1.20	0.00

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991118 COOKIE DOUGH, CHOC CHIP WG	1 COOKIE	1	104	94	9.16	0.00	3.15	0.00	10	18.50	1.92	1.69
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			3140	5124	*223.12	*0.00	105.07	*0.04	*335	*423.30	*21.32	*136.36
% of Calories					*28.42 %	*0.00%	30.1%	*0.0%		*53.9%		*17.4%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

Thursday - 09/10/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990972 BAKED SPAGHETTI WITH GROUND BEEF	1 CUP	1	359	643	*4.33	*0.00	18.19	*0.00	*50	28.09	*4.00	62.08
990066 BREADSTICK	BREADSTICK	1	67	83	1.67	*N/A*	0.83	0.00	0	11.67	0.83	1.67
001057 SANDWICH, GRILLED CHEESE	1 each	1	392	1355	*4.05	*2.02	26.86	1.41	51	28.42	4.05	14.19
990753 CHICKEN CORN DOG	1 CORN DOG	1	243	476	8.10	*N/A*	9.11	0.00	40	30.37	2.02	9.11
990356 VEGGIES, FRESH, RED PEPPERS/CARROTS AND CUCUMBER	1/2 CUP	1	63	25	*5.90	*0.00	0.52	*0.00	0	13.77	4.02	2.29
991310 POTATO, TATER TOTS BAKED 3/4 CUP	3/4 CUP	1	199	478	*0.00	*N/A*	9.29	0.00	*0	25.22	2.66	2.66

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991077 APPLES, FRESH, W/SKIN	1 EACH	1	72	1	14.34	0.00	0.23	0.00	0	19.06	3.31	0.36
001262 PEARS, ROSY	HALF CUP	1	108	18	*5.44	*N/A*	0.00	0.00	0	26.43	2.86	0.32
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0.00	*N/A*	0.00	0.00	0	0.50	0.00	0.50
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2.00	*N/A*	0.00	0.00	0	3.00	0.00	0.00
991073 DRESSING, RANCH 1 OZ SERVINGS	1oz PORTION	1	79	264	1.10	*N/A*	7.80	0.12	6	1.87	0.09	0.60
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2019	4048	*106.03	*2.02	75.15	*1.52	*172	252.44	*23.85	125.19
% of Calories					*21.01 %	*0.40%	33.5%	*0.7%		50.0%		24.8%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

Friday - 09/11/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990864 PORK, BBQ RIBLET ON HOAGIE	1 SANDWICH	1	412	976	18.47	*N/A*	13.10	0.00	38	51.40	1.40	16.40
001716 SANDWICH, SOUTHERN STYLE CHICKEN	1 EACH	1	360	560	5.00	*N/A*	9.50	0.00	65	41.00	3.00	27.00
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	695	534	25.62	*2.02	31.01	0.00	*0	86.06	*10.05	20.05

Base Menu Spreadsheet

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990612 CARROTS, SWEET GLAZED 3/4 CUP	3/4 CUP	1	86	100	*13.37	*7.48	1.91	*0.00	*0	*17.33	*4.08	*0.97
991078 CABBAGE, SAUTEED	1/2 CUP	1	50	448	*0.00	*0.00	2.58	*0.00	*0	6.70	*2.77	1.73
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
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*
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0.00	*N/A*	4.00	0.00	5	0.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0.00	*N/A*	0.00	0.00	0	0.50	0.00	0.50
991069 DRESSING, HONEY MUSTARD BULK	1OZ PORTION CUP	1	120	127	6.97	*N/A*	86.32	0.14	7	8.22	0.08	0.28
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2247	3438	*134.03	*9.50	150.99	*0.14	*139	*289.66	*23.97	*98.90
% of Calories					*23.86 %	*1.69%	60.5%	*0.1%		*51.6%		*17.6%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

Monday - 09/14/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001219 CASSEROLE, CHICKEN & RICE	1 cup	1	263	558	*0.66	*0.00	10.33	*0.00	*68	25.36	*0.60	20.95

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990174 ROLLS, YEAST WG 1oz	1 ROLL	1	85	68	1.50	*N/A*	1.50	*N/A*	0	14.01	1.50	3.50
991239 BEEF, HAMBURGER PATTY MAID RITE NEW	1 each	1	260	290	3.00	*0.00	9.50	0.00	45	26.00	2.00	20.00
991240 BEEF, CHEESEBURGER PATTY MAID RITE NEW	1 each	1	311	543	3.51	*0.00	14.06	0.00	58	27.01	2.00	22.53
990357 LETTUCE & TOMATO (FOR HAMBURGER/CHEESEBURGER)	1 each	1	17	200	*0.34	*N/A*	0.27	*0.00	0	3.58	1.23	0.84
991084 ZESTY CHEESE AND CHIPS	1/2 CUP	1	499	1099	0.00	*N/A*	30.15	0.00	60	40.45	4.05	18.05
990744 SALAD, ROMAINE & SPINACH HS 2 CUPS	2 CUP	1	60	112	3.26	*0.00	0.96	0.00	0	10.97	5.89	5.62
990622 CORN, SEASONED, FROZEN HS 1 CUP	1 CUP	1	222	78	*11.25	*0.00	9.27	0.00	*30	*29.89	*5.62	*4.88
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	170	13	*33.82	*N/A*	0.00	0.00	0	41.80	2.60	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2.00	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0.00	*N/A*	4.00	0.00	5	0.00	0.00	0.00
991073 DRESSING, RANCH 1 OZ SERVINGS	1oz PORTION	1	79	264	1.10	*N/A*	7.80	0.12	6	1.87	0.09	0.60
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2439	3966	*119.54	*0.00	90.14	*0.12	*296	*287.99	*25.59	*128.38
% of Calories					*19.60 %	*0.00%	33.3%	*0.0%		*47.2%		*21.1%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

Tuesday - 09/15/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991302 PASTA, JAMAICAN JERK CHICKEN	1.5 CUP	1	515	*884	*3.98	*0.00	*19.26	*0.00	*80	54.13	*6.43	*31.02
990228 YOGURT & MUFFIN PLATE- (BANANA MUFFIN)	SERVING	1	409	462	34.96	*N/A*	12.92	0.00	60	60.92	2.00	13.92
991072 YOGURT & MUFFIN PLATE- (BLUEBERRY MUFFIN)	SERVING	1	397	511	30.53	*N/A*	13.16	0.00	*25	58.30	0.00	14.06
990465 YOGURT & MUFFIN PLATE- (CHERRY MUFFIN)	SERVING	1	397	511	30.52	*N/A*	13.16	0.00	45	58.28	0.00	14.06
990466 YOGURT & MUFFIN PLATE- (CHOCOLATE MUFFIN)	SERVING	1	267	338	22.78	*N/A*	9.52	0.00	41	35.55	0.80	11.52
990077 PIZZA, PEPPERONI	1 SLICE	1	370	560	9.00	*N/A*	17.00	0.00	45	35.00	3.00	21.00
991088 CAULIFLOWER, BUFFALO	1/2 CUP SERVING	1	57	188	*1.95	*0.00	3.67	0.00	*0	*6.68	*2.04	*1.96
991108 TOMATO, SEASONED SLICES HS	3 SLICES	1	8	3	*0.00	*0.00	0.11	*0.00	0	1.70	0.37	0.32
991075 APPLESAUCE, CUPS, ASST FLAVORS	4.5 OZ CUP	1	54	1	11.79	0.00	0.00	0.00	0	14.39	1.20	0.00
990335 SIDEKICKS, BLUE RASPBERRY	1 PORTION CUP	1	80	45	19.00	*N/A*	0.00	0.00	0	20.00	0.00	0.00

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990336 SIDEKICKS, STRAWBERRY KIWI	1 PORTION CUP	1	80	45	19.00	*N/A*	0.00	0.00	0	20.00	0.00	0.00
990337 SIDEKICKS, STRAWBERRY MANGO	1 PORTION CUP	1	80	45	19.00	*N/A*	0.00	0.00	0	20.00	0.00	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			3134	*4149	*261.62	*0.00	*91.12	*0.00	*319	*448.98	*15.84	*139.27
% of Calories					*33.39 %	*0.00%	*26.2%	*0.0%		*57.3%		*17.8%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

Wednesday - 09/16/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990118 MEATBALLS, HAWAIIAN	4 MEATBALLS	1	252	458	23.00	*0.00	9.56	0.60	40	28.34	0.86	13.57
991330 RICE, GARLICKY BROWN HS	1 CUP	1	132	437	0.81	*N/A*	1.09	0.00	0	27.70	0.80	2.99
990259 PORK, BBQ SANDWICH (PURCHASED)	SANDWICH	1	440	334	11.03	*N/A*	18.56	0.00	71	43.06	2.00	24.06
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	695	534	25.62	*2.02	31.01	0.00	*0	86.06	*10.05	20.05
990609 BEANS, BAKED 3/4 CUP	3/4 CUP	1	170	408	17.01	*N/A*	0.00	0.00	0	35.72	6.80	5.10
001118 COLESLAW (KFC STYLE) 1/2 CUP	1/2 CUP	1	62	126	*5.54	*5.28	3.03	*0.00	*7	8.65	*0.94	0.71

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
990939 COBBLER, BLUEBERRY	1/2 CUP	1	647	383	43.56	*0.00	19.41	0.00	0	76.35	2.59	3.97
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2876	3238	*191.18	*7.31	85.22	*0.60	*143	384.33	*26.62	102.42
% of Calories					*26.59 %	*1.02%	26.7%	*0.2%		53.5%		14.2%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

Thursday - 09/17/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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	495	1020	*9.80	*N/A*	24.73	0.00	73	38.03	12.68	100.22
990738 HS CORNBREAD- 2oz Grain	2, 5x5 pieces	1	212	314	*7.62	*N/A*	6.61	0.00	*30	33.84	*3.23	5.69
990135 CHICKEN, TENDERS BOOM BOOM	3 TENDERS	1	328	553	1.21	*N/A*	20.28	*0.00	69	19.81	4.00	17.00
990468 BENTO BOX- HIGH SCHOOL CHEESE AND PEPPERONI	1 BOX	1	544	839	*20.02	*5.00	29.26	*0.12	55	*59.85	8.09	15.02
991099 POTATO, FRESH BAKED HS	1 Each	1	168	11	1.32	0.00	0.17	0.00	0	38.49	2.77	4.56
000442 BROCCOLI, SEASONED	1/2 c.	1	18	23	*0.67	*N/A*	0.00	0.00	0	2.91	*2.02	2.02

Base Menu Spreadsheet

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991077 APPLES, FRESH, W/SKIN	1 EACH	1	72	1	14.34	0.00	0.23	0.00	0	19.06	3.31	0.36
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	3.96	*N/A*	0.00	0.00	0	18.49	1.32	0.00
990086 SOUR CREAM, IND.	1 PACK	1	61	15	1.01	*N/A*	5.06	0.00	20	1.01	0.00	1.01
990398 MARGARINE, INDIVIDUAL	pack	1	25	40	0.00	*N/A*	2.50	0.00	0	0.00	0.00	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2404	3379	*119.07	*5.00	91.16	*0.12	*272	*295.53	*37.43	177.29
% of Calories					*19.81 %	*0.83%	34.1%	*0.0%		*49.2%		29.5%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

Friday - 09/18/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990132 SANDWICH, FISH	1 SANDWICH	1	300	380	4.00	*N/A*	7.50	0.00	50	42.00	4.00	20.00
991323 SANDWICH, CUBAN	1 SANDWICH	1	476	700	6.60	*N/A*	19.29	0.00	72	41.12	1.00	27.02
991279 PIZZA, GARLIC CHEESE PIZZA NARDONE'S	1 SLICE	1	372	542	4.02	1.00	21.09	0.00	40	26.12	2.01	17.08
990053 POTATO, FRENCH FRIES 3/4 CUP	3/4 CUP	1	144	36	0.00	*N/A*	5.40	0.00	0	22.81	2.40	2.40

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991307 KICKIN' CAJUN CARROTS	.5 cup	1	74	*89	*7.80	*0.00	*2.99	*0.00	*0	12.12	*3.41	*0.80
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
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*
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2.00	*N/A*	0.00	0.00	0	3.00	0.00	0.00
991090 SAUCE, TARTER IND	1 PK	1	40	100	*N/A*	*N/A*	3.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0.00	*N/A*	0.00	0.00	0	0.50	0.00	0.50
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			1899	*2555	*89.02	*1.00	*61.83	*0.00	*186	229.11	*15.40	*99.76
% of Calories					*18.75 %	*0.21%	*29.3%	*0.0%		48.3%		*21.0%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

Monday - 09/21/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990913 CHICKEN, ASIAN, ORANGE	3.6 oz	1	150	280	10.00	*N/A*	3.00	0.00	40	19.00	0.00	11.00
991330 RICE, GARLICKY BROWN HS	1 CUP	1	132	437	0.81	*N/A*	1.09	0.00	0	27.70	0.80	2.99

Base Menu Spreadsheet

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990076 PIZZA, FOUR MEAT	1 SLICE	1	370	650	9.00	*N/A*	17.00	0.00	40	36.00	3.00	20.00
991282 PIZZA, FOUR MEAT	1 SLICE	1	370	650	9.00	*N/A*	17.00	0.00	40	36.00	3.00	20.00
990468 BENTO BOX- HIGH SCHOOL CHEESE AND PEPPERONI	1 BOX	1	544	839	*20.02	*5.00	29.26	*0.12	55	*59.85	8.09	15.02
990615 SALAD, CRISP GARDEN HS 2 CUPS	2 CUP	1	49	38	*2.17	*0.00	0.73	*0.00	0	9.68	4.70	3.68
990884 CARROTS, BABY DOD, ROASTED, SEASONED	1/2 CUP	1	53	231	*4.32	*0.00	2.36	*0.00	*0	7.88	*2.66	0.60
991081 ORANGES, WEDGES	EACH	1	76	0	15.11	0.00	0.19	0.00	0	18.99	3.88	1.52
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
991073 DRESSING, RANCH 1 OZ SERVINGS	1oz PORTION	1	79	264	1.10	*N/A*	7.80	0.12	6	1.87	0.09	0.60
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			2364	3945	*130.64	*5.00	80.75	*0.23	*205	*310.15	*30.19	106.82
% of Calories					*22.10 %	*0.85%	30.7%	*0.1%		*52.5%		18.1%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

Tuesday - 09/22/2026

Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991325 BEEF, SPICY TACO STICK	1 STICK	1	330	530	1.00	0.00	16.00	0.00	45	29.00	3.00	17.00
990019 CHICKEN, SANDWICH KICKIN	1 EACH	1	361	645	5.00	*N/A*	9.50	0.00	65	41.16	3.00	27.00
990460 QUESADILLA, CHEESE, HIGH	2 QUESADILLA	1	501	804	2.00	*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	*1.34	*N/A*	5.33	*0.00	20	4.54	1.20	1.83
991180 SALSA, MILD	1 oz portion	1	6	43	0.61	*N/A*	0.00	0.00	0	1.22	0.61	0.00
990092 CORN, SEASONED, FROZEN	1/2 CUP	1	111	39	*5.62	*0.00	4.63	0.00	*15	*14.95	*2.81	*2.44
991056 Black Bean Corn Salsa	1/2 cup	1	169	328	*4.20	*0.00	3.15	*0.00	*0	30.00	*4.88	*7.19
991075 APPLESAUCE, CUPS, ASST FLAVORS	4.5 OZ CUP	1	54	1	11.79	0.00	0.00	0.00	0	14.39	1.20	0.00
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2.00	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0.00	*N/A*	4.00	0.00	5	0.00	0.00	0.00
991069 DRESSING, HONEY MUSTARD BULK	1OZ PORTION CUP	1	120	127	6.97	*N/A*	86.32	0.14	7	8.22	0.08	0.28
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
Weighted Daily Average			2257	3282	*105.14	*0.00	162.74	*0.14	*254	*255.84	*21.37	*114.12
% of Calories					*18.63 %	*0.00%	64.9%	*0.1%		*45.3%		*20.2%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

Wednesday - 09/23/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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	15.35	*N/A*	20.24	0.00	46	97.68	12.56	33.38
991246 CHICKEN, BONELESS CHUNKS, RICH CHICKS NEW	4 EACH	1	215	332	0.00	0.00	6.84	0.00	41	15.08	2.01	20.11
990067 ROLLS, 2oz PROOF AND BAKE	1 ROLL	1	140	190	3.00	*N/A*	2.50	0.00	0	24.00	5.00	6.00
990228 YOGURT & MUFFIN PLATE- (BANANA MUFFIN)	SERVING	1	409	462	34.96	*N/A*	12.92	0.00	60	60.92	2.00	13.92
991072 YOGURT & MUFFIN PLATE- (BLUEBERRY MUFFIN)	SERVING	1	397	511	30.53	*N/A*	13.16	0.00	*25	58.30	0.00	14.06
990465 YOGURT & MUFFIN PLATE- (CHERRY MUFFIN)	SERVING	1	397	511	30.52	*N/A*	13.16	0.00	45	58.28	0.00	14.06
990466 YOGURT & MUFFIN PLATE- (CHOCOLATE MUFFIN)	SERVING	1	267	338	22.78	*N/A*	9.52	0.00	41	35.55	0.80	11.52
990121 SALAD, CUCUMBER & TOMATO	1/2 CUP	1	75	132	*5.73	*4.07	4.58	*0.00	*0	9.23	*0.88	0.93
991162 POTATO SMILES	4 EACH	1	130	180	*N/A*	*N/A*	4.50	0.00	0	20.00	2.00	2.00
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991187 STRAWBERRY DELIGHT 3/4 CUP	3/4 cup	1	217	0	48.63	*N/A*	1.00	0.00	0	49.99	2.72	0.68
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2.00	*N/A*	0.00	0.00	0	3.00	0.00	0.00
991069 DRESSING, HONEY MUSTARD BULK	1OZ PORTION CUP	1	120	127	6.97	*N/A*	86.32	0.14	7	8.22	0.08	0.28
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			3566	4776	*265.07	*4.07	177.29	*0.14	*289	518.69	*30.64	148.92
% of Calories					*29.73 %	*0.46%	44.7%	*0.0%		58.2%		16.7%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

Thursday - 09/24/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (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	2.00	*N/A*	29.34	0.00	30	53.02	2.00	15.00
990174 ROLLS, YEAST WG 1oz	1 ROLL	1	85	68	1.50	*N/A*	1.50	*N/A*	0	14.01	1.50	3.50
991111 SANDWICH, PIMENTO CHEESE	1 SANDWICH	1	258	533	*2.03	*2.02	15.54	*0.00	*46	26.62	*4.07	12.22
990406 POT PIE, CHICKEN	8 OZ	1	419	1326	*6.33	*N/A*	21.29	*0.00	*59	43.76	3.63	22.10
001075 POTATO, MASHED	1/2 CUP	1	92	137	*0.00	*N/A*	2.23	*0.00	*0	*14.29	*0.60	*1.19

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990069 BROCCOLI, LEMON PEPPER	1/2 CUP	1	29	41	*1.11	*N/A*	0.01	*0.00	0	4.67	*3.20	3.21
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	3.96	*N/A*	0.00	0.00	0	18.49	1.32	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			1993	4622	*81.54	*2.02	72.46	*0.00	*159	*253.31	*18.90	*89.20
% of Calories					*16.37 %	*0.41%	32.7%	*0.0%		*50.8%		*17.9%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

Friday - 09/25/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990279 SAUSAGE DOG	2 OZ; 1 PIECE	1	399	860	7.00	*N/A*	20.00	0.00	60	37.00	*2.00	18.00
991327 PIZZA, CHEESE AND BEEF PEPPERONI DETROIT STYLE	1 pizza	1	300	667	4.17	1.67	12.50	0.00	29	35.83	15.00	15.00
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	695	534	25.62	*2.02	31.01	0.00	*0	86.06	*10.05	20.05
990525 CARROTS, BABY, DOD 3/4 CUP	3/4 cup	1	40	88	5.40	*N/A*	0.15	0.00	0	9.34	3.29	0.73
990208 BEANS, GREEN, SEASONED	1/2 CUP	1	28	308	*1.48	*N/A*	0.44	0.00	*0	*4.46	*2.97	*1.48

Base Menu Spreadsheet

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
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*
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0.00	*N/A*	0.00	0.00	0	0.50	0.00	0.50
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2.00	*N/A*	0.00	0.00	0	3.00	0.00	0.00
991073 DRESSING, RANCH 1 OZ SERVINGS	1oz PORTION	1	79	264	1.10	*N/A*	7.80	0.12	6	1.87	0.09	0.60
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2034	3429	*111.36	*3.69	74.45	*0.12	*119	*256.51	*35.98	*88.32
% of Calories					*21.90 %	*0.73%	32.9%	*0.1%		*50.4%		*17.4%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

Monday - 09/28/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990950 PIZZA BITES, CHEESE, WILD MIKE'S, MINI	4 BITES	1	280	540	0.00	0.00	12.00	0.00	20	28.00	1.00	4.00
991070 SAUCE, MARINARA	1/4 CUP	1	30	195	3.50	*N/A*	0.75	0.00	0	5.00	1.00	1.00
001444 TURKEY, HOTDOG	2 oz	1	309	450	6.00	*N/A*	13.00	0.00	50	34.00	2.00	13.00

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991315 WRAP, HONEY MUSTARD TURKEY	1 WRAP	1	388	1072	*2.49	*N/A*	22.47	*0.01	*52	38.13	*4.39	19.58
990615 SALAD, CRISP GARDEN HS 2 CUPS	2 CUP	1	49	38	*2.17	*0.00	0.73	*0.00	0	9.68	4.70	3.68
990881 Potato, Curly Spiral Cut Fries 3/4 CUP	3/4 CUP	1	130	290	0.00	*N/A*	5.00	0.00	0	21.00	1.00	1.00
991081 ORANGES, WEDGES	EACH	1	76	0	15.11	0.00	0.19	0.00	0	18.99	3.88	1.52
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0.00	*N/A*	0.00	0.00	0	0.50	0.00	0.50
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2.00	*N/A*	0.00	0.00	0	3.00	0.00	0.00
991073 DRESSING, RANCH 1 OZ SERVINGS	1oz PORTION	1	79	264	1.10	*N/A*	7.80	0.12	6	1.87	0.09	0.60
991319 JUICE, SMOOTH FROZEN WATERMELON FUEGO (SPICY)	1 POUCH	1	130	20	12.00	0.00	0.00	0.00	0	32.00	1.00	0.00
991318 JUICE, SMOOTH FROZEN MANGO GUAVA	1 POUCH	1	130	20	14.00	0.00	0.00	0.00	0	32.00	1.00	0.00
991317 JUICE, SMOOTH FROZEN STRAWBERRY	1 POUCH	1	130	20	12.00	0.00	0.00	0.00	0	32.00	1.00	0.00
991316 JUICE, SMOOTH FROZEN BLUE RASPBERRY	1 POUCH	1	130	20	12.00	0.00	0.00	0.00	0	32.00	1.00	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			2298	3635	*141.48	*0.00	64.26	*0.12	*152	352.20	*22.06	76.30
% of Calories					*24.63 %	*0.00%	25.2%	*0.0%		61.3%		13.3%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

Base Menu Spreadsheet

Portion Values

Sep 1, 2026 thru Sep 30, 2026

Tuesday - 09/29/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990500 BBQ NACHOS	1 SERVING	1	593	639	8.03	*N/A*	35.58	0.00	91	43.18	2.00	26.13
990063 PIZZA, FOUR CHEESE	1 SLICE	1	370	490	9.00	*N/A*	16.00	0.00	35	35.00	3.00	21.00
990955 CHICKEN, DRUMS & THIGHS - USDA	1 DRUM OR THIGH	1	230	490	0.00	*N/A*	14.00	0.00	75	11.00	1.00	16.00
990067 ROLLS, 2oz PROOF AND BAKE	1 ROLL	1	140	190	3.00	*N/A*	2.50	0.00	0	24.00	5.00	6.00
991328 BEANS, PINTO, 3/4 CUP	3/4 CUP	1	264	417	*5.14	*N/A*	0.00	0.00	*0	46.54	*17.83	14.78
100001 CORN, MEXICAN STREET	1/2 CUP	1	*117	*252	*3.21	*N/A*	*3.62	*0.00	*9	*18.57	*0.97	*3.27
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
991187 STRAWBERRY DELIGHT 3/4 CUP	3/4 cup	1	217	0	48.63	*N/A*	1.00	0.00	0	49.99	2.72	0.68
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
Weighted Daily Average			*2408	*3036	*141.61	*0.00	*75.25	*0.00	*234	*306.73	*35.11	*119.82
% of Calories					*23.52 %	*0.00%	*28.1%	*0.0%		*51.0%		*19.9%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

Wednesday - 09/30/2026 Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990862 CHICKEN, BUFFALO DIP W. CHIPS	2 oz	1	348	596	0.00	*0.00	21.40	0.00	53	26.55	2.00	16.79
991082 PIZZA, FIESTA FLATBREAD HS	1 EACH	1	442	1438	3.14	*0.00	22.16	0.04	77	31.34	4.99	29.22
990228 YOGURT & MUFFIN PLATE- (BANANA MUFFIN)	SERVING	1	409	462	34.96	*N/A*	12.92	0.00	60	60.92	2.00	13.92
991072 YOGURT & MUFFIN PLATE- (BLUEBERRY MUFFIN)	SERVING	1	397	511	30.53	*N/A*	13.16	0.00	*25	58.30	0.00	14.06
990465 YOGURT & MUFFIN PLATE- (CHERRY MUFFIN)	SERVING	1	397	511	30.52	*N/A*	13.16	0.00	45	58.28	0.00	14.06
990466 YOGURT & MUFFIN PLATE- (CHOCOLATE MUFFIN)	SERVING	1	267	338	22.78	*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	10.87	*N/A*	6.52	0.00	0	36.97	4.35	1.09
990208 BEANS, GREEN, SEASONED	1/2 CUP	1	28	308	*1.48	*N/A*	0.44	0.00	*0	*4.46	*2.97	*1.48
991076 MELON, FRESH CUT	1/2 CUP	1	56	16	*8.78	*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	11.79	0.00	0.00	0.00	0	14.39	1.20	0.00
991118 COOKIE DOUGH, CHOC CHIP WG	1 COOKIE	1	104	94	9.16	0.00	3.15	0.00	10	18.50	1.92	1.69
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12.00	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00

Portion Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990029 MILK, STRAWBERRY SKIM	HALF PINT	1	110	125	18.00	*N/A*	0.00	0.00	5	19.00	0.00	8.00
Weighted Daily Average			3140	5124	*223.12	*0.00	105.07	*0.04	*335	*423.30	*21.32	*136.36
% of Calories					*28.42 %	*0.00%	30.1%	*0.0%		*53.9%		*17.4%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

		Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages		*2286	*3495	*138.40	*4.17	*85.58	*0.16	*204	*302.03	*23.92	*106.55
% of Calories				*24.22 %	*0.73%	*33.7%	*0.1%		*52.8%		*18.6%

**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.
Per the Whole Milk for Healthy Kids Act of 2025, saturated fat from fluid milk is excluded from HHFKA menu analysis.

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.