Base Menu Spreadsheet

Jefferson City School District

Portion Values

Oct 1, 2026 thru Oct 30, 2026

Menu Name:	ECC Lunch	**Include Cost:**	No
Site:	All Sites		
Use Alternate Menu Name:	Alternate Menu Name 1		

Thursday - 10/01/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990263 Sloppy Joe w/ WG Tostito Scoops	4 oz	1	22.58
990321 Corn	1/4 Cup	1	10.22
990394 Melon	1/4 Cup	1	3.52
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			49.32
% of Calories			39.9%
Weekly Nutrient Guideline			

Friday - 10/02/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990256 WG Bosco Breadsticks	1.5 Sticks	1	25.57
000364 Marinara Sauce	1/4 Cup	1	5.62
990229 Rainbow Veggies	1/4 Cup	1	0.59
990078 Clementine	1 Fruit	1	11.28

990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			56.06
% of Calories			48.7%
Weekly Nutrient Guideline			

Monday - 10/05/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990264 WG Fish Nuggets	4 Nuggets	1	20.00
990309 Baked Beans	1/4 Cup	1	17.05
990320 Fruit Cocktail	1/4 Cup	1	8.50
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			58.55
% of Calories			51.9%
Weekly Nutrient Guideline			

Tuesday - 10/06/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990279 Brunch Lunch	0	1	*N/A*
990272 WG French Toast Sticks	2 Sticks	1	27.70
000998 Sausage Links	2 Links	1	0.00

000441 Hashbrown Patty	1 Patty	1	15.00
990326 Strawberries &Blueberries	1/4 Cup	1	17.43
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			73.14
% of Calories			41.6%
Weekly Nutrient Guideline			

Wednesday - 10/07/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990255 WG Chicken Patty Sandwich	1 Sandwich	1	41.00
990300 Mix Vegetables	1/4 Cup	1	3.82
000111 Cinnamon Baked Apples	1/2 Cup	1	31.40
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			89.22
% of Calories			59.8%
Weekly Nutrient Guideline			

Thursday - 10/08/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
000645 Cheeseburger Mac	SERVINGS	1	34.06
990342 Green Beans	1/4 Cup	1	2.16
990175 Grapes	1/4 Cup	1	3.94
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			53.17
% of Calories			35.0%
Weekly Nutrient Guideline			

Friday - 10/09/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
000858 Pizza	1 Slice	1	42.00
990229 Rainbow Veggies	1/4 Cup	1	0.59
000155 Orange Smiles	1 Orange	1	15.39
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			70.98
% of Calories			49.7%
Weekly Nutrient Guideline			

Monday - 10/12/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990068 No School	PKG	1	*N/A*
Weighted Daily Average			0
% of Calories			0%
Weekly Nutrient Guideline			

Tuesday - 10/13/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990384 -National School Lunch Week-	Pkg	1	*N/A*
990106 Chicken Tortellini	2/3 Cup	1	31.34
990302 Vegetable California	1/4 Cup	1	2.51
990316 Peaches	1/4 Cup	1	7.11
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			53.97
% of Calories			36.7%
Weekly Nutrient Guideline			

Wednesday - 10/14/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990384 -National School Lunch Week-	Pkg	1	*N/A*
000466 Pig in a Blanket	1 Bis, 1 Hotdog	1	30.00
990331 Potato Smiles	3 Pieces	1	15.00
990324 Pineapple	1/4 Cup	1	7.56
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			65.56
% of Calories			41.4%
Weekly Nutrient Guideline			

Thursday - 10/15/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990384 -National School Lunch Week-	Pkg	1	*N/A*
990265 WG Tacos	1/2 CUP	1	18.35
990321 Corn	1/4 Cup	1	10.22
990034 Mexican Bean Salsa	1/3 Cup	1	18.26

	Portion Size	Reimb Qty	Carb (g)
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			59.83
% of Calories			40.4%
Weekly Nutrient Guideline			

Friday - 10/16/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990384 -National School Lunch Week-	Pkg	1	*N/A*
990262 WG Mozzarella Sticks	4 Sticks	1	29.43
000364 Marinara Sauce	1/4 Cup	1	5.62
990229 Rainbow Veggies	1/4 Cup	1	0.59
990078 Clementine	1 Fruit	1	11.28
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			59.92
% of Calories			47.6%
Weekly Nutrient Guideline			

Monday - 10/19/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990254 WG Popcorn Chicken	8 Pieces	1	12.00
990406 Potato Wedges, ECC	4.5 Wedges	1	8.50
990320 Fruit Cocktail	1/4 Cup	1	8.50
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			42.00
% of Calories			41.2%
Weekly Nutrient Guideline			

Tuesday - 10/20/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
001110 Chicken Rice Casserole	8 oz	1	14.30
990307 Glazed Carrots	1/4 Cup	1	6.40
990326 Strawberries &Blueberries	1/4 Cup	1	17.43
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			51.13
% of Calories			50.0%
Weekly Nutrient Guideline			

Wednesday - 10/21/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990271 WG Cheese Pocket	1 Pocket	1	28.00
990309 Baked Beans	1/4 Cup	1	17.05
990317 Fresh Apple Wedges	2-3 Wedges	1	12.57
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			70.62
% of Calories			55.6%
Weekly Nutrient Guideline			

Thursday - 10/22/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
000372 Spaghetti w/Meatsauce	Servings	1	42.00
990343 Romaine Salad	1/2 Cup	1	5.69
990322 Diced Pears	1/4 Cup	1	8.19
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			68.88
% of Calories			45.8%
Weekly Nutrient Guideline			

Friday - 10/23/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
000858 Pizza	1 Slice	1	42.00
990229 Rainbow Veggies	1/4 Cup	1	0.59
000155 Orange Smiles	1 Orange	1	15.39
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			70.98
% of Calories			49.7%
Weekly Nutrient Guideline			

Monday - 10/26/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990173 Pepperoni Grilled Cheese	1 Sandwich	1	35.74
990323 Steamed Broccoli&Carrots	1/4 Cup	1	9.00
990316 Peaches	1/4 Cup	1	7.11
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			64.85
% of Calories			44.9%
Weekly Nutrient Guideline			

Tuesday - 10/27/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
000161 Hamburger or Cheeseburger	1 Burger	1	29.00
990397 French Fries	7 Fries	1	11.00
990175 Grapes	1/4 Cup	1	3.94
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			56.94
% of Calories			47.7%
Weekly Nutrient Guideline			

Wednesday - 10/28/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990269 WG Chicken Tenders	3 Tenders	1	16.71
990395 Peas	1/4 Cup	1	7.03
990322 Diced Pears	1/4 Cup	1	8.19

	Portion Size	Reimb Qty	Carb (g)
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			44.93
% of Calories			37.8%
Weekly Nutrient Guideline			

Thursday - 10/29/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
000010 Chili	1 Cup	1	29.47
990165 Cornbread Poppers	3 Pieces	1	19.00
990300 Mix Vegetables	1/4 Cup	1	3.82
990317 Fresh Apple Wedges	2-3 Wedges	1	12.57
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			77.85
% of Calories			46.0%
Weekly Nutrient Guideline			

Friday - 10/30/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990256 WG Bosco Breadsticks	1.5 Sticks	1	25.57
000364 Marinara Sauce	1/4 Cup	1	5.62
990229 Rainbow Veggies	1/4 Cup	1	0.59
990078 Clementine	1 Fruit	1	11.28
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			56.06
% of Calories			48.7%
Weekly Nutrient Guideline			

		Carb (g)
Weighted Averages		58.82
% of Calories		45.5%

***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.
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.