

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 30, 2026

Menu Name:

LUNCH MIDDLE AND K8

Include Cost:

No

Site:

Use Alternate Menu Name:

No

Thursday - 10/01/2026Reimbursable 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)
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
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
991311 POTATO, TATER TOTS BAKED 1/2 CUP	1/2 CUP	1	133	319	*0.00	*N/A*	6.20	0.00	*0	16.82	1.77	1.77
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

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2026 thru Oct 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			1885	3805	*104.36	*2.02	71.22	*1.52	*172	232.36	*22.13	122.64
% of Calories					*22.15 %	*0.43%	34.0%	*0.7%		49.3%		26.0%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Friday - 10/02/2026

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)
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	370	700	6.00	*4.00	9.50	0.00	65	45.00	3.00	28.00
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	17.62	*2.02	25.01	0.00	*0	65.18	*8.85	16.85
990122 CARROTS, SWEET GLAZED 1/2 CUP	1/2 CUP	1	57	66	*8.82	*4.94	1.26	*0.00	*0	*11.44	*2.69	*0.64
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 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
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			2080	3478	*122.49	*10.96	144.34	*0.14	*139	*266.88	*21.38	*96.37
% of Calories					*23.56 %	*2.11%	62.5%	*0.1%		*51.3%		*18.5%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Monday - 10/05/2026

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
991239 BEEF, HAMBURGER PATTY MAID RITE NEW	1 each	1	270	430	4.00	4.00	9.50	0.00	45	30.00	2.00	21.00
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
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
990054 SALAD, ROMAINE & SPINACH	1 CUP	1	30	56	1.63	*0.00	0.48	0.00	0	5.49	2.94	2.81
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
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

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2026 thru Oct 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)
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
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			1912	3400	*108.28	*4.00	69.47	*0.12	*224	*230.53	*16.32	*98.10
% of Calories					*22.65 %	*0.84%	32.7%	*0.1%		*48.2%		*20.5%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Tuesday - 10/06/2026

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

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 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)
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	56	182	*0.00	*0.00	3.66	*0.00	*0	*6.38	*2.34	*2.05
991086 TOMATO, SEASONED SLICES	3 HALF SLICES	1	4	2	*0.00	*0.00	0.06	*0.00	0	0.91	0.19	0.18
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
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			3129	*4141	*259.68	*0.00	*91.05	*0.00	*319	*447.90	*15.96	*139.22
% of Calories					*33.20 %	*0.00%	*26.2%	*0.0%		*57.3%		*17.8%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Wednesday - 10/07/2026 Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2026 thru Oct 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)
990118 MEATBALLS, HAWAIIAN	4 MEATBALLS	1	252	458	23.00	*0.00	9.56	0.60	40	28.34	0.86	13.57
991035 RICE, GARLICKY BROWN	1/2 CUP	1	66	218	0.40	*N/A*	0.54	0.00	0	13.85	0.40	1.49
990259 PORK, BBQ SANDWICH (PURCHASED)	SANDWICH	1	450	474	12.03	*4.00	18.56	0.00	71	47.06	2.00	25.06
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	17.62	*2.02	25.01	0.00	*0	65.18	*8.85	16.85
990068 BEANS, BAKED	1/2 CUP	1	111	266	11.09	*N/A*	0.00	0.00	0	23.30	4.44	3.33
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
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			2614	2952	*177.86	*11.31	78.67	*0.60	*143	341.17	*22.65	96.95
% of Calories					*27.22 %	*1.73%	27.1%	*0.2%		52.2%		14.8%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Thursday - 10/08/2026

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 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			600 - 650	<=1110		<10						

Friday - 10/09/2026 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)
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			600 - 650	<=1110		<10						

Monday - 10/12/2026 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)
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			600 - 650	<=1110		<10						

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2026 thru Oct 30, 2026

Tuesday - 10/13/2026

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)
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			600 - 650	<=1110		<10						

Wednesday - 10/14/2026

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)
991334 CHICKEN N WAFFLES (CHUNKS)	1 EACH	1	514	680	12.00	*0.00	19.80	0.00	61	58.00	5.00	24.00
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
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	17.62	*2.02	25.01	0.00	*0	65.18	*8.85	16.85
000442 BROCCOLI, SEASONED	1/2 c.	1	18	23	*0.67	*N/A*	0.00	0.00	0	2.91	*2.02	2.02
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
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
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2.00	*N/A*	0.00	0.00	0	3.00	0.00	0.00

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2026 thru Oct 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)
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0.00	*N/A*	0.00	0.00	0	0.50	0.00	0.50
000509 SYRUP, IND PK	1.5 oz	1	160	45	16.00	*N/A*	0.00	0.00	0	31.00	0.00	0.00
000961 MILK, CHOCOLATE SKIM	HALF PINT	1	120	180	18.00	*N/A*	0.00	0.00	5	20.00	0.00	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18.00	*N/A*	2.50	0.00	15	20.00	*N/A*	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
Weighted Daily Average			2338	2806	*146.91	*8.02	147.62	*0.14	*142	325.23	*28.50	86.29
% of Calories					*25.13 %	*1.37%	56.8%	*0.1%		55.6%		14.8%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Thursday - 10/15/2026

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)
991337 PRETZEL DOG	EACH	1	260	540	6.00	5.00	10.00	0.00	45	31.00	2.00	11.00
001057 SANDWICH, GRILLED CHEESE	1 each	1	392	1355	*4.05	*2.02	26.86	1.41	51	28.42	4.05	14.19
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	17.62	*2.02	25.01	0.00	*0	65.18	*8.85	16.85
991162 POTATO SMILES	4 EACH	1	130	180	*N/A*	*N/A*	4.50	0.00	0	20.00	2.00	2.00
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
990239 APPLES, SLICES 100/2oz DOD	1 PACK/2 OZ	1	29	1	5.89	0.00	0.10	0.00	0	7.83	1.36	0.15

Portion Values

Oct 1, 2026 thru Oct 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)
991336 DIP, CARAMEL, IND	1 oz cup	1	104	132	14.18	*N/A*	4.25	0.00	5	15.12	0.00	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
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
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
991333 CHIPS, POPCORN, WHITE CHEDDAR	1 BAG	1	70	110	0.00	*N/A*	2.50	0.00	0	9.00	2.00	2.00
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
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18.00	*N/A*	2.50	0.00	15	20.00	*N/A*	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
Weighted Daily Average			2288	3984	*172.33	*15.05	78.48	1.41	*135	*314.53	*23.23	*79.57
% of Calories					*30.13 %	*2.63%	30.9%	0.6%		*55.0%		*13.9%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Friday - 10/16/2026

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)
991338 CHICKEN, EMPANADA (GF)	EACH	1	350	470	1.00	0.00	8.00	0.00	15	56.00	4.00	18.00

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 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)
990806 QUESADILLA, PIZZA, PEPPERONI & CHEESE, ELEM/MIDDLE	1 QUESADILLA	1	447	956	5.59	*N/A*	29.93	0.00	78	27.10	3.00	26.37
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	17.62	*2.02	25.01	0.00	*0	65.18	*8.85	16.85
990452 BEANS, BLACK, SEASONED	1/2 CUP	1	145	207	1.15	*N/A*	0.84	0.00	0	25.41	5.73	8.02
990366 CORN, SEASONED, CANNED	1/2 CUP	1	*33	*36	*0.00	*N/A*	*3.56	*0.00	*0	*0.16	*0.00	*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
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*
991335 CRACKERS, ANIMAL	1 BAG	1	130	95	8.00	0.00	4.00	0.00	0	20.00	1.00	2.00
991180 SALSA, MILD	1 oz portion	1	6	43	0.61	*N/A*	0.00	0.00	0	1.22	0.61	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
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18.00	*N/A*	2.50	0.00	15	20.00	*N/A*	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
Weighted Daily Average			*2187	*2882	*103.57	*8.02	*76.40	*0.00	*127	*279.52	*25.78	*103.20
% of Calories					*18.94 %	*1.47%	*31.4%	*0.0%		*51.1%		*18.9%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Monday - 10/19/2026

Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2026 thru Oct 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)
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
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
990070 SALAD, CRISP GARDEN	1 CUP	1	24	19	*1.09	*0.00	0.37	*0.00	0	4.84	2.35	1.84
990882 Potato, Curly Spiral Cut Fries 1/2 CUP	1/2 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

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2026 thru Oct 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			2274	3616	*140.39	*0.00	63.89	*0.12	*152	347.36	*19.71	74.45
% of Calories					*24.69 %	*0.00%	25.3%	*0.0%		61.1%		13.1%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Tuesday - 10/20/2026

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
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
000339 BEANS, PINTO, 1/2 CUP	1/2 CUP	1	176	282	*3.42	*N/A*	0.00	0.00	*0	31.03	*11.88	9.85
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
000289 STRAWBERRY DELIGHT	1/2 cup	1	149	0	32.75	*N/A*	1.00	0.00	0	33.66	1.81	0.45
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

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2026 thru Oct 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			*2197	*2778	*122.51	*0.00	*74.25	*0.00	*234	*264.91	*24.75	*112.17
% of Calories					*22.30 %	*0.00%	*30.4%	*0.0%		*48.2%		*20.4%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Wednesday - 10/21/2026

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)
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
991074 PIZZA, FIESTA FLATBREAD ES/MS	1 EACH	1	437	928	3.14	*0.00	22.16	0.04	77	30.34	3.99	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
990060 POTATO, SWEET FRIES 1/2 CUP	1/2 CUP	1	145	196	7.25	*N/A*	4.35	0.00	0	24.65	2.90	0.72
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 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)
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			3063	4516	*219.50	*0.00	102.90	*0.04	*335	*409.98	*18.88	*135.99
% of Calories					*28.66 %	*0.00%	30.2%	*0.0%		*53.5%		*17.8%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Thursday - 10/22/2026

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
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
991311 POTATO, TATER TOTS BAKED 1/2 CUP	1/2 CUP	1	133	319	*0.00	*N/A*	6.20	0.00	*0	16.82	1.77	1.77
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

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2026 thru Oct 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)
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			1885	3805	*104.36	*2.02	71.22	*1.52	*172	232.36	*22.13	122.64
% of Calories					*22.15 %	*0.43%	34.0%	*0.7%		49.3%		26.0%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Friday - 10/23/2026

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)
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	370	700	6.00	*4.00	9.50	0.00	65	45.00	3.00	28.00
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	17.62	*2.02	25.01	0.00	*0	65.18	*8.85	16.85
990122 CARROTS, SWEET GLAZED 1/2 CUP	1/2 CUP	1	57	66	*8.82	*4.94	1.26	*0.00	*0	*11.44	*2.69	*0.64

Portion Values

Oct 1, 2026 thru Oct 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)
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			2080	3478	*122.49	*10.96	144.34	*0.14	*139	*266.88	*21.38	*96.37
% of Calories					*23.56 %	*2.11%	62.5%	*0.1%		*51.3%		*18.5%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Monday - 10/26/2026

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

Oct 1, 2026 thru Oct 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)
991239 BEEF, HAMBURGER PATTY MAID RITE NEW	1 each	1	270	430	4.00	4.00	9.50	0.00	45	30.00	2.00	21.00
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
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
990054 SALAD, ROMAINE & SPINACH	1 CUP	1	30	56	1.63	*0.00	0.48	0.00	0	5.49	2.94	2.81
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
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
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			1912	3400	*108.28	*4.00	69.47	*0.12	*224	*230.53	*16.32	*98.10
% of Calories					*22.65 %	*0.84%	32.7%	*0.1%		*48.2%		*20.5%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Tuesday - 10/27/2026

Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2026 thru Oct 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)
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	56	182	*0.00	*0.00	3.66	*0.00	*0	*6.38	*2.34	*2.05
991086 TOMATO, SEASONED SLICES	3 HALF SLICES	1	4	2	*0.00	*0.00	0.06	*0.00	0	0.91	0.19	0.18
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
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

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2026 thru Oct 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			3129	*4141	*259.68	*0.00	*91.05	*0.00	*319	*447.90	*15.96	*139.22
% of Calories					*33.20 %	*0.00%	*26.2%	*0.0%		*57.3%		*17.8%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Wednesday - 10/28/2026

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)
990118 MEATBALLS, HAWAIIAN	4 MEATBALLS	1	252	458	23.00	*0.00	9.56	0.60	40	28.34	0.86	13.57
991035 RICE, GARLICKY BROWN	1/2 CUP	1	66	218	0.40	*N/A*	0.54	0.00	0	13.85	0.40	1.49
990259 PORK, BBQ SANDWICH (PURCHASED)	SANDWICH	1	450	474	12.03	*4.00	18.56	0.00	71	47.06	2.00	25.06
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	17.62	*2.02	25.01	0.00	*0	65.18	*8.85	16.85
990068 BEANS, BAKED	1/2 CUP	1	111	266	11.09	*N/A*	0.00	0.00	0	23.30	4.44	3.33
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
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

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2026 thru Oct 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)
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			2614	2952	*177.86	*11.31	78.67	*0.60	*143	341.17	*22.65	96.95
% of Calories					*27.22 %	*1.73%	27.1%	*0.2%		52.2%		14.8%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Thursday - 10/29/2026

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)
000038 CHILI CON CARNE WITH BEANS 1/2 CUP	.5 CUP	1	307	636	*6.13	*N/A*	15.45	0.00	46	23.05	7.72	62.53
900002 ES/MS CORNBREAD- 1oz Grain	5x5 piece	1	106	157	*3.81	*N/A*	3.30	0.00	*15	16.92	*1.62	2.84
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
991320 LUNCH SNACK PACK PEPPERONI ES/MS	1 PACK	1	325	541	*6.00	*2.50	20.59	0.00	56	*23.37	2.00	13.67
991172 LUNCH SNACK PACK - ES/MS	1 PACK	1	307	399	*21.34	*2.50	11.59	0.00	28	*40.54	2.00	14.17
990058 POTATO, FRESH BAKED	1/2 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
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

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 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
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			2197	2940	*118.91	*5.00	81.50	*0.00	*258	*267.69	*26.77	149.58
% of Calories					*21.65 %	*0.91%	33.4%	*0.0%		*48.7%		27.2%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Friday - 10/30/2026

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)
990440 FISH, NUGGETS BREADED	4 nuggets	1	230	290	1.00	*N/A*	8.00	0.00	50	23.00	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
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
990052 POTATO, FRENCH FRIES 1/2 CUP	1/2 CUP	1	77	23	*0.00	*N/A*	2.88	0.00	*0	12.17	*1.28	1.28
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*

Portion Values

Oct 1, 2026 thru Oct 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)
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			1847	*2520	*87.52	*1.00	*61.31	*0.00	*186	213.48	*13.78	*97.14
% of Calories					*18.95 %	*0.22%	*29.9%	*0.0%		46.2%		*21.0%
Weekly Nutrient Guideline			600 - 650	<=1110		<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	*1892	*2800	*120.77	*4.26	*72.54	*0.29	*162	*248.20	*17.19	*88.41
% of Calories			*25.53 %	*0.90%	*34.5%	*0.1%		*52.5%		*18.7%

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.