

Base Menu Spreadsheet

Portion Values

Oct 1, 2026 thru Oct 30, 2026

Menu Name:	LUNCH HIGH	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
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
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

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Portion Values

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	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
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 - 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
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	695	534	25.62	*2.02	31.01	0.00	*0	86.06	*10.05	20.05
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

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	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)
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			2257	3578	*135.03	*13.50	150.99	*0.14	*139	*293.66	*23.97	*99.90
% of Calories					*23.93 %	*2.39%	60.2%	*0.1%		*52.0%		*17.7%
Weekly Nutrient Guideline			750 - 850	<=1280		<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
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	270	430	4.00	4.00	9.50	0.00	45	30.00	2.00	21.00
991240 BEEF, CHEESEBURGER PATTY MAID RITE NEW	1 each	1	321	683	4.51	*4.00	14.06	0.00	58	31.01	2.00	23.53
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

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	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)
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
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			2459	4246	*121.54	*8.00	90.14	*0.12	*296	*295.99	*25.59	*130.38
% of Calories					*19.77 %	*1.30%	33.0%	*0.0%		*48.1%		*21.2%
Weekly Nutrient Guideline			750 - 850	<=1280		<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

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	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)
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
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
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

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	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			3133	*4143	*259.68	*0.00	*91.11	*0.00	*319	*448.69	*16.15	*139.36
% of Calories					*33.15 %	*0.00%	*26.2%	*0.0%		*57.3%		*17.8%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

Wednesday - 10/07/2026

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	450	474	12.03	*4.00	18.56	0.00	71	47.06	2.00	25.06
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
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

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	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			2886	3378	*192.18	*11.31	85.22	*0.60	*143	388.33	*26.62	103.42
% of Calories					*26.64 %	*1.57%	26.6%	*0.2%		53.8%		14.3%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

Thursday - 10/08/2026 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)
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						

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			750 - 850	<=1280		<10						

Monday - 10/12/2026Reimbursable 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)
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 - 10/13/2026Reimbursable 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)
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						

Wednesday - 10/14/2026Reimbursable 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)
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

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	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)
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	695	534	25.62	*2.02	31.01	0.00	*0	86.06	*10.05	20.05
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
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			2486	2872	*154.91	*8.02	153.62	*0.14	*142	346.11	*29.70	89.49
% of Calories					*24.93 %	*1.29%	55.6%	*0.1%		55.7%		14.4%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

Thursday - 10/15/2026

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)
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
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	695	534	25.62	*2.02	31.01	0.00	*0	86.06	*10.05	20.05
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
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

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)
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			2435	4050	*180.33	*15.05	84.48	1.41	*135	*335.41	*24.43	*82.77
% of Calories					*29.62 %	*2.47%	31.2%	0.5%		*55.1%		*13.6%
Weekly Nutrient Guideline			750 - 850	<=1280		<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
990807 QUESADILLA, PIZZA, PEPPERONI & CHEESE, HIGH	2 QUESADILLA	1	1164	2482	13.18	*N/A*	75.86	0.00	196	73.21	6.00	63.74
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	695	534	25.62	*2.02	31.01	0.00	*0	86.06	*10.05	20.05
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

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)
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			*3052	*4474	*119.15	*8.02	*128.33	*0.00	*245	*346.51	*29.98	*143.77
% of Calories					*15.62 %	*1.05%	*37.8%	*0.0%		*45.4%		*18.8%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

Monday - 10/19/2026

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
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

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Oct 1, 2026 thru Oct 30, 2026

	Portion Size	Reimb Qty	Cals¹ (kcal)	Sodm¹ (mg)	Total Sugars (g)	Added Sugars¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
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						

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

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)
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 - 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
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

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)
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
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 - 10/22/2026

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)
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
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			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 - 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
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	695	534	25.62	*2.02	31.01	0.00	*0	86.06	*10.05	20.05
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

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
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			2257	3578	*135.03	*13.50	150.99	*0.14	*139	*293.66	*23.97	*99.90
% of Calories					*23.93 %	*2.39%	60.2%	*0.1%		*52.0%		*17.7%
Weekly Nutrient Guideline			750 - 850	<=1280		<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
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	270	430	4.00	4.00	9.50	0.00	45	30.00	2.00	21.00
991240 BEEF, CHEESEBURGER PATTY MAID RITE NEW	1 each	1	321	683	4.51	*4.00	14.06	0.00	58	31.01	2.00	23.53
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

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)
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
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			2459	4246	*121.54	*8.00	90.14	*0.12	*296	*295.99	*25.59	*130.38
% of Calories					*19.77 %	*1.30%	33.0%	*0.0%		*48.1%		*21.2%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

Tuesday - 10/27/2026

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

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)
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
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
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			3133	*4143	*259.68	*0.00	*91.11	*0.00	*319	*448.69	*16.15	*139.36
% of Calories					*33.15 %	*0.00%	*26.2%	*0.0%		*57.3%		*17.8%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

Wednesday - 10/28/2026

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
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	450	474	12.03	*4.00	18.56	0.00	71	47.06	2.00	25.06
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
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			2886	3378	*192.18	*11.31	85.22	*0.60	*143	388.33	*26.62	103.42
% of Calories					*26.64 %	*1.57%	26.6%	*0.2%		53.8%		14.3%
Weekly Nutrient Guideline			750 - 850	<=1280		<10						

Thursday - 10/29/2026

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)
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
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 - 10/30/2026

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)
990132 SANDWICH, FISH	1 SANDWICH	1	310	520	5.00	*4.00	7.50	0.00	50	46.00	4.00	21.00
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
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
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

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			1994	*2763	*91.52	*5.00	*63.33	*0.00	*186	247.12	*16.90	*104.26
% of Calories					*18.36 %	*1.00%	*28.6%	*0.0%		49.6%		*20.9%
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		*2078	*3096	*127.28	*5.03	*79.58	*0.30	*174	*273.23	*20.42	*96.66
% of Calories				*24.50 %	*0.97%	*34.5%	*0.1%		*52.6%		*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.