



JUNE ROCKETSHIP

Pre-K Breakfast Menu

Menu is subject to change
*Item prepared with locally sourced ingredient

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Red Rabbit O's Apples 1% & Fat-Free Milk	3 Chocolate Chip Breakfast Bar Bananas 1% & Fat-Free Milk	4 Homemade Granola Pears 1% & Fat-Free Milk	5 WG Mini Bagel w/ Cream Cheese Apples 1% & Fat-Free Milk	6 Maple Cinnamon Monkey Bread Bananas 1% & Fat-Free Milk
9 Red Rabbit O's Pears 1% & Fat-Free Milk	10 WG Mini Bagel w/ Assorted Jelly Apples 1% & Fat-Free Milk	11 Homemade Granola Oranges 1% & Fat-Free Milk	12 Peach & Oat Breakfast Crisp Apples 1% & Fat-Free Milk	13 Chocolate Chip Monkey Bread Bananas 1% & Fat-Free Milk
16	17	18	19	20
23	24	25	26	27
30				



JUNE ROCKETSHIP

Breakfast Menu

Menu is subject to change
*Item prepared with locally sourced ingredient

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Red Rabbit O's Apples 1% & Fat-Free Milk	3 Chocolate Chip Breakfast Bar Bananas 1% & Fat-Free Milk	4 Homemade Granola Pears 1% & Fat-Free Milk	5 WG Mini Bagel w/ Cream Cheese Apples 1% & Fat-Free Milk	6 Maple Cinnamon Monkey Bread Bananas 1% & Fat-Free Milk
9 Red Rabbit O's Pears 1% & Fat-Free Milk	10 WG Mini Bagel w/ Assorted Jelly Apples 1% & Fat-Free Milk	11 Homemade Granola Oranges 1% & Fat-Free Milk	12 Peach & Oat Breakfast Crisp Apples 1% & Fat-Free Milk	13 Chocolate Chip Monkey Bread Bananas 1% & Fat-Free Milk
16	17	18	19	20
23	24	25	26	27
30				



JUNE ROCKETSHIP

Pre-K Lunch Menu

Menu is subject to change
*Item prepared with locally sourced ingredient

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Creamy Roasted Red Pepper Pasta (VG) Mozzarella Cheese Vegan Red Pepper Pasta Rosa (V) Sauteed Spinach* Roasted Red Peppers Cantaloupe 1% & Fat-Free Milk	3 Chopped Cheese & Beef Lentil Sliders (V) WG Roll Potato Wedges Sauteed Corn w/ Red Peppers & Cilantro* Strawberries 1% & Fat-Free Milk	4 Jerk Chicken* Jerk Tofu (V) Seasoned Brown Rice Kidney Beans Roasted Plantains Honeydew 1% & Fat-Free Milk	5 Broccoli Cheddar Rice (VG) Cheddar Cheese Sauce WG Seasoned Brown Rice Roasted Broccoli w/ Scallions* Sweet Potato Wedges Watermelon 1% & Fat-Free Milk	6 BBQ Chicken* BBQ Tofu Pasta (V) WG Dinner Roll Sauteed Green Beans Baked Beans Oranges 1% & Fat-Free Milk
9 Pizza Melt Mozzarella Cheese Vegan Pizza Melt (V) Sweet Potato Wedges w/ Parsley* Roasted Zucchini & Shallots Bananas 1% & Fat-Free Milk	10 Chicken* & Grits Bowl Cheese Grits w/ Red Eye Gravy Lentils (V) Roasted Potatoes Sauteed Peppers & Onions Cantaloupe 1% & Fat-Free Milk	11 Carne Molida Torta (Beef Cake) Black Bean Tacos (V) WG Roll Pinto Beans Elote Corn w/ Cilantro* Strawberries 1% & Fat-Free Milk	12 Baked Ziti (VG) Mozzarella Cheese Roasted Broccoli Roasted Tomatoes w/ Peppers & Scallions* Pineapple 1% & Fat-Free Milk	13 Chicken* Fried Rice Tofu Fried Rice (V) Edamame Sauteed Green Peas w/ Carrots Sauteed Peppers & Onions Apples 1% & Fat-Free Milk
16	17	18	19	20
23	24	25	26	27
30				



JUNE ROCKETSHIP

Lunch Menu

Menu is subject to change
*Item prepared with locally sourced ingredient

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Creamy Roasted Red Pepper Pasta (VG) Mozzarella Cheese Vegan Red Pepper Pasta Rosa (V) Sauteed Spinach* Roasted Red Peppers Cantaloupe 1% & Fat-Free Milk	3 Chopped Cheese & Beef Lentil Sliders (V) WG Roll Potato Wedges Sauteed Corn w/ Red Peppers & Cilantro* Strawberries 1% & Fat-Free Milk	4 Jerk Chicken* Jerk Tofu (V) Seasoned Brown Rice Kidney Beans Roasted Plantains Honeydew 1% & Fat-Free Milk	5 Broccoli Cheddar Rice (VG) Cheddar Cheese Sauce WG Seasoned Brown Rice Roasted Broccoli w/ Scallions* Sweet Potato Wedges Watermelon 1% & Fat-Free Milk	6 BBQ Chicken* BBQ Tofu Pasta (V) WG Dinner Roll Sauteed Green Beans Baked Beans Oranges 1% & Fat-Free Milk
9 Pizza Melt Mozzarella Cheese Vegan Pizza Melt (V) Sweet Potato Wedges w/ Parsley* Roasted Zucchini & Shallots Bananas 1% & Fat-Free Milk	10 Chicken* & Grits Bowl Cheese Grits w/ Red Eye Gravy Lentils (V) Roasted Potatoes Sauteed Peppers & Onions Cantaloupe 1% & Fat-Free Milk	11 Carne Molida Torta (Beef Cake) Black Bean Tacos (V) WG Roll Pinto Beans Elote Corn w/ Cilantro* Strawberries 1% & Fat-Free Milk	12 Baked Ziti (VG) Mozzarella Cheese Roasted Broccoli Roasted Tomatoes w/ Peppers & Scallions* Pineapple 1% & Fat-Free Milk	13 Chicken* Fried Rice Tofu Fried Rice (V) Edamame Sauteed Green Peas w/ Carrots Sauteed Peppers & Onions Apples 1% & Fat-Free Milk
16	17	18	19	20
23	24	25	26	27
30				



JUNE ROCKETSHIP

Supper Menu

Menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Black Bean Taco Salad w/ Cheddar Cheese WG Tortilla Strips Tomatoes, Sauteed Peppers, Corn Strawberries Low-fat (1%) / Fat-free Milk	3 Make Your Own WG Pizza Mozzarella Cheese Cut Carrots Celery w/ Ranch Dressing Grapes Low-fat (1%) / Fat-free Milk	4 Seasoned Chicken Taco WG Tortilla Lettuce & Tomatoes Cheddar Cheese Watermelon Low-fat (1%) / Fat-free Milk	5 Buffalo Chicken Wrap WG Tortilla Cucumbers Lettuce w/ Ranch Honeydew Low-fat (1%) / Fat-free Milk	6 Turkey Bacon Sandwich WG Bread Lettuce & Tomatoes Potato Salad Pineapple Low-fat (1%) / Fat-free Milk
9 Black Bean Taco Salad w/ Cheddar Cheese WG Tortilla Strips Tomatoes, Sauteed Peppers, Corn Strawberries Low-fat (1%) / Fat-free Milk	10 Make Your Own WG Pizza Mozzarella Cheese Cut Carrots Celery w/ Ranch Dressing Grapes Low-fat (1%) / Fat-free Milk	11 Seasoned Chicken Taco WG Tortilla Lettuce & Tomatoes Cheddar Cheese Watermelon Low-fat (1%) / Fat-free Milk	12 Buffalo Chicken Wrap WG Tortilla Cucumbers Lettuce w/ Ranch Honeydew Low-fat (1%) / Fat-free Milk	13 Turkey Bacon Sandwich WG Bread Lettuce & Tomatoes Potato Salad Pineapple Low-fat (1%) / Fat-free Milk
16	17	18	19	20
23	24	25	26	27
30				

Menu Name:

Rocketship Breakfast

Include Cost:

Yes

Site:

Use Alternate Menu Name:

No

Monday - 06/02/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protrn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990270 Red Rabbit O's Cereal	1 cup	100	107	0.32	181	9	0	1.47	0.00	0	24.15	1.78	1.58	*N/A*	105.0	15.75	4.72	\$0.000
000064 APPLES,Fresh	Cup	100	65	0.04	1	13	0	0.21	0.00	0	17.26	3.00	0.32	4	7.5	5.75	0.15	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	0	1.39	*N/A*	7	7.16	0.00	4.83	83	179.3	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	40	33	0.05	41	5	0	0.08	*N/A*	2	4.86	0.00	3.30	60	119.6	0.00	0.03	\$0.000
990552 Silk Soy Milk	8 oz	5	6	0.00	6	1	*N/A*	0.18	0.00	0	0.90	0.05	0.30	*N/A*	2.2	*N/A*	0.30	\$0.000
Weighted Daily Average			272	1.31	292	36	*0	3.33	*0.00	9	54.33	4.84	10.34	*147	413.6	*21.50	5.25	\$0.000
% of Calories				4.33%		52.9%	*0%	11.0%	*0.0%		79.9%		15.2%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

Tuesday - 06/03/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protrn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990480 Cereal Breakfast Bar	2 oz	100	101	0.48	52	9	5	2.06	0.00	0	19.62	1.25	0.95	*N/A*	87.9	0.00	1.68	\$0.000
990277 BANANAS	EACH	100	105	0.13	1	14	0	0.39	0.00	0	26.95	3.07	1.29	4	5.9	10.27	0.31	\$0.000
000230 MILK,1% Lowfat	8 oz	50	50	0.76	53	6	0	1.16	*N/A*	6	5.97	0.00	4.03	69	149.4	0.00	0.04	\$0.000

Weighted Values

Jun 2, 2025 thru Jun 6, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000231 MILK,Skim	8 oz	50	42	0.07	51	6	0	0.10	*N/A*	2	6.08	0.00	4.13	75	149.4	0.00	0.04	\$0.000
990552 Silk Soy Milk	8 oz	5	6	0.00	6	1	*N/A*	0.18	0.00	0	0.90	0.05	0.30	*N/A*	2.2	*N/A*	0.30	\$0.000
Weighted Daily Average			305	1.43	163	37	*5	3.88	*0.00	8	59.51	4.36	10.70	*148	394.9	*10.27	2.36	\$0.000
% of Calories				4.22%		48.5%	*6.6%	11.4%	*0.0%		78.0%		14.0%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

Wednesday - 06/04/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990129 Yogurt, Low Fat	1 cup	100	154	2.45	172	17	0	3.80	*N/A*	15	17.25	0.00	12.86	34	448.4	1.96	0.20	\$0.000
990558 Dairy-free Yogurt	.5 cup	5	8	0.02	4	0	*0	0.17	*0.00	0	1.21	0.17	0.48	*0	2.5	*0.15	0.12	\$0.000
990032 Crunchy Granola	1/2 cup	100	196	0.42	379	*12	*7	2.35	*0.00	0	35.30	4.59	6.15	*0	36.3	0.23	1.80	\$0.000
990346 PEARS,FRESH	EACH	100	101	0.04	2	17	0	0.25	0.00	0	27.11	5.52	0.64	2	16.0	7.65	0.32	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	0	1.39	*N/A*	7	7.16	0.00	4.83	83	179.3	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	40	33	0.05	41	5	0	0.08	*N/A*	2	4.86	0.00	3.30	60	119.6	0.00	0.03	\$0.000
990552 Silk Soy Milk	8 oz	5	6	0.00	6	1	*N/A*	0.18	0.00	0	0.90	0.05	0.30	*N/A*	2.2	*N/A*	0.30	\$0.000
Weighted Daily Average			559	3.89	666	*60	*8	8.21	*0.00	24	93.79	10.33	28.57	*179	804.3	*9.99	2.80	\$0.000
% of Calories				6.26%		*42.9%	*5.7%	13.2%	*0.0%		67.1%		20.4%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

Thursday - 06/05/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990188 Bagels, Whole Wheat, Mini	1 ct	100	144	0.00	179	2	*N/A*	0.50	0.00	0	29.84	2.98	4.97	*N/A*	0.0	0.00	0.00	\$0.000
000322 CREAM CHEESE	1 TBSP	100	51	2.93	46	1	0	4.99	*N/A*	15	0.80	0.00	0.89	45	14.1	0.00	0.02	\$0.000
000064 APPLES,Fresh	Cup	100	65	0.04	1	13	0	0.21	0.00	0	17.26	3.00	0.32	4	7.5	5.75	0.15	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	0	1.39	*N/A*	7	7.16	0.00	4.83	83	179.3	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	40	33	0.05	41	5	0	0.08	*N/A*	2	4.86	0.00	3.30	60	119.6	0.00	0.03	\$0.000
990552 Silk Soy Milk	8 oz	5	6	0.00	6	1	*N/A*	0.18	0.00	0	0.90	0.05	0.30	*N/A*	2.2	*N/A*	0.30	\$0.000
Weighted Daily Average			360	3.93	336	29	*0	7.35	*0.00	24	60.82	6.03	14.63	*191	322.7	*5.75	0.54	\$0.000
% of Calories				9.82%		32.2%	*0%	18.4%	*0.0%		67.6%		16.3%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

Friday - 06/06/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990411 Cinnamon Monkey Bread	1 ct	100	187	0.57	411	1	0	3.75	*0.01	25	33.09	3.31	6.30	*12	65.5	0.02	2.00	\$0.000
000068 BANANAS	1 cup	100	200	0.25	2	28	0	0.74	0.00	0	51.39	5.85	2.45	7	11.2	19.58	0.58	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	0	1.39	*N/A*	7	7.16	0.00	4.83	83	179.3	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	40	33	0.05	41	5	0	0.08	*N/A*	2	4.86	0.00	3.30	60	119.6	0.00	0.03	\$0.000

Weighted Values

Jun 2, 2025 thru Jun 6, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990552 Silk Soy Milk	8 oz	5	6	0.00	6	1	*N/A*	0.18	0.00	0	0.90	0.05	0.30	*N/A*	2.2	*N/A*	0.30	\$0.000
Weighted Daily Average			487	1.78	524	41	*0	6.14	*0.01	35	97.40	9.21	17.19	*162	377.9	*19.60	2.95	\$0.000
% of Calories				3.29%		33.7%	*0%	11.3%	*0.0%		80.0%		14.1%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages		397	2	396	*41	*3	5.78	*0.00	20	73.17	6.95	16.29	*165	463	*13.42	2.78	\$0.000
% of Calories			5.60%		*41.3%	*3.0%	13.1%	*0.0%		73.7%		16.4%					

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	397		400-500	99%	3.00			Correction Required - Calories are Low
Saturated Fat	2.47 g	5.60%	<10.000%					
Sodium	396 mg		540.000	73%				
Total Sugars	*41 g	*41.3%					Missing Data	
Added Sugars	*3 g	*3.0%					Missing Data	
Total Fat	5.78 g	13.1%						
Trans Fat	*0.00 g	*0.0%					Missing Data	
Cholesterol	20 mg							
Carbohydrate	73.17 g	73.7%						
Fiber	6.95 g							
Protein	16.29 g	16.4%						
Vitamin A	*165 RAE						Missing Data	
Calcium	462.7 mg							
Vitamin C	*13.42 mg						Missing Data	
Iron	2.78 mg							

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
¹ - denotes required nutrient values

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Menu Name: Rocketship Lunch

Include Cost: Yes

Site:

Use Alternate Menu Name: No

Monday - 06/02/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990460 Roasted Red Pepper Pasta	8 oz	100	326	3.40	364	4	*N/A*	17.29	*0.17	*2	31.13	3.97	12.10	*36	211.3	*0.00	1.75	\$0.000
990428 Garlic Spinach	0.5 cup	100	54	1.61	94	1	0	2.84	*0.00	5	5.16	3.17	4.10	710	182.3	13.10	4.76	\$0.000
990459 Red Peppers	1/4 cup	100	8	0.02	1	1	0	0.10	0.00	0	1.91	0.67	0.31	50	2.2	40.55	0.14	\$0.000
990347 Melons, Cantaloupe	0.5 cup	100	27	0.04	12	6	0	0.15	0.00	0	6.36	0.70	0.66	132	7.0	28.63	0.16	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	0	1.39	*N/A*	7	7.16	0.00	4.83	83	179.3	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	40	33	0.05	41	5	0	0.08	*N/A*	2	4.86	0.00	3.30	60	119.6	0.00	0.03	\$0.000
990552 Silk Soy Milk	8 oz	5	6	0.00	6	1	*N/A*	0.18	0.00	0	0.90	0.05	0.30	*N/A*	2.2	*N/A*	0.30	\$0.000
Weighted Daily Average			515	6.04	582	25	*0	22.03	*0.17	*16	57.49	8.56	25.60	*1071	704.0	*82.28	7.18	\$0.000
% of Calories				10.56 %		19.4%	*0%	38.5%	*0.3%		44.7%		19.9%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Tuesday - 06/03/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990090 Chopped Cheese w/ WG Bun	1 ct	100	327	7.04	565	5	*0	16.03	*0.45	55	29.60	4.29	17.80	*40	127.7	0.06	2.46	\$0.000

Base Menu Spreadsheet

Red Rabbit

Weighted Values

Jun 2, 2025 thru Jun 6, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000281 LENTIL BURGERS	2 OZ PATTY	5	6	0.01	0	*0	0	0.05	*0.00	0	1.09	0.20	0.42	0	0.8	0.09	0.11	\$0.000
990488 POTATO WEDGES	1/2 cup	100	111	1.59	9	1	0	2.62	*0.00	5	20.19	2.52	2.53	21	18.2	22.34	1.02	\$0.000
990432 Sweet Corn	0.25 cup	100	69	0.09	1	3	0	0.56	0.00	0	16.38	2.09	2.17	11	3.5	6.22	0.41	\$0.000
990620 STRAWBERRIES,RAW	1/2 c	100	24	0.01	1	4	0	0.23	0.00	0	5.84	1.52	0.51	1	12.2	44.69	0.31	\$0.000
000230 MILK,1% Lowfat	8 oz	50	50	0.76	53	6	0	1.16	*N/A*	6	5.97	0.00	4.03	69	149.4	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	50	42	0.07	51	6	0	0.10	*N/A*	2	6.08	0.00	4.13	75	149.4	0.00	0.04	\$0.000
990552 Silk Soy Milk	8 oz	5	6	0.00	6	1	*N/A*	0.18	0.00	0	0.90	0.05	0.30	*N/A*	2.2	*N/A*	0.30	\$0.000
Weighted Daily Average			636	9.56	685	*26	*0	20.92	*0.45	68	86.03	10.67	31.89	*217	463.5	*73.40	4.69	\$0.000
% of Calories				13.53 %		*16.4%	*0%	29.6%	*0.6%		54.1%		20.1%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Wednesday - 06/04/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990412 Jerk Chicken	1/4 cup	100	178	*2.21	370	*0	*0	9.34	*0.01	116	*1.51	*0.11	21.36	*0	*2.6	*4.20	*1.10	\$0.000
990562 Jerk Tofu	2 oz	5	2	*0.01	15	*0	*N/A*	0.08	*0.00	0	0.12	*0.00	0.20	*N/A*	1.0	0.21	0.08	\$0.000
990035 Brown Rice	1 cup	100	216	0.35	10	0	0	1.76	0.00	0	44.79	3.61	5.04	*N/A*	20.0	0.00	0.82	\$0.000
990596 KIDNEY BEANS w/ PEPPERS	1/2 cup	100	115	0.13	141	*N/A*	*0	0.93	0.00	*0	20.31	8.28	6.76	*N/A*	31.9	1.48	1.62	\$0.000
990437 Plantains	0.25 cup	100	65	0.16	376	6	0	2.37	0.01	0	11.80	0.63	0.48	*21	1.1	6.81	0.20	\$0.000

Weighted Values

Jun 2, 2025 thru Jun 6, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990343 Melons, Honeydew	0.5 cup	100	67	0.07	33	15	0	0.26	0.00	0	16.90	1.49	1.00	6	11.2	33.48	0.32	\$0.000
000230 MILK,1% Lowfat	8 oz	50	50	0.76	53	6	0	1.16	*N/A*	6	5.97	0.00	4.03	69	149.4	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	50	42	0.07	51	6	0	0.10	*N/A*	2	6.08	0.00	4.13	75	149.4	0.00	0.04	\$0.000
990552 Silk Soy Milk	8 oz	5	6	0.00	6	1	*N/A*	0.18	0.00	0	0.90	0.05	0.30	*N/A*	2.2	*N/A*	0.30	\$0.000
Weighted Daily Average			741	*3.77	1054	*35	*0	16.17	*0.02	*125	*108.38	*14.17	43.29	*170	*368.9	*46.17	*4.52	\$0.000
% of Calories				*4.58%		*18.9%	*0%	19.6%	*0.0%		*58.5%		23.4%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Thursday - 06/05/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990599 CHEESE SAUCE	2 oz	100	112	4.91	385	1	*N/A*	8.57	0.00	26	1.67	0.00	6.50	72	200.2	0.00	0.00	\$0.000
990029 Vegan Cheese Sauce	2 oz	5	3	0.16	81	*0	*0	0.24	*0.00	1	0.13	0.06	0.21	*2	*1.6	*0.18	*0.04	\$0.000
990035 Brown Rice	1 cup	100	216	0.35	10	0	0	1.76	0.00	0	44.79	3.61	5.04	*N/A*	20.0	0.00	0.82	\$0.000
990039 Garlic Broccoli	0.5 cup	100	81	0.57	48	2	0	4.90	*0.01	0	8.63	3.88	2.83	90	48.0	76.14	0.80	\$0.000
990043 Roasted Sweet Potatoes	.25 cup	100	71	0.12	24	4	0	1.22	0.00	0	14.09	2.24	1.37	654	25.9	13.34	0.47	\$0.000
000101 WATERMELON,CHUNKS	0.5 cup	100	34	0.02	1	7	0	0.17	0.00	0	8.56	0.45	0.69	32	7.9	9.18	0.27	\$0.000
000230 MILK,1% Lowfat	8 oz	50	50	0.76	53	6	0	1.16	*N/A*	6	5.97	0.00	4.03	69	149.4	0.00	0.04	\$0.000
000229 MILK,2% Lowfat	HALF PINT	50	61	1.53	57	6	0	2.42	0.10	10	5.86	0.00	4.03	67	146.4	0.24	0.02	\$0.000

Weighted Values

Jun 2, 2025 thru Jun 6, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990552 Silk Soy Milk	8 oz	5	6	0.00	6	1	*N/A*	0.18	0.00	0	0.90	0.05	0.30	*N/A*	2.2	*N/A*	0.30	\$0.000
Weighted Daily Average			636	8.42	666	*27	*0	20.61	*0.12	42	90.59	10.29	24.99	*986	*601.7	*99.09	*2.76	\$0.000
% of Calories				11.92 %		*17.0%	*0%	29.2%	*0.2%		57.0%		15.7%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Friday - 06/06/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990418 BBQ Chicken	1 ct	100	184	0.97	78	*6	*6	3.44	*0.00	81	6.65	0.16	29.72	*6	29.4	0.86	1.50	\$0.000
990574 BBQ Pasta Salad	1 cup	5	22	0.08	15	*0	*0	0.32	*0.00	*1	3.84	*0.19	*0.88	*0	2.1	*0.17	0.19	\$0.000
990042 Whole Grain Roll	2 oz	100	132	0.66	211	5	0	1.98	0.00	0	27.69	5.27	5.27	*N/A*	0.0	0.00	0.00	\$0.000
000424 GREEN BEANS	1/2 cup	100	38	0.05	12	0	0	0.22	0.00	0	8.70	4.00	2.03	*N/A*	66.0	5.60	1.18	\$0.000
990375 BBQ Baked Beans	0.5 cup	100	122	0.00	148	*7	*5	1.04	*0.00	0	23.95	6.15	6.16	*0	75.1	0.86	1.94	\$0.000
990346 PEARS,FRESH	EACH	100	101	0.04	2	17	0	0.25	0.00	0	27.11	5.52	0.64	2	16.0	7.65	0.32	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	0	1.39	*N/A*	7	7.16	0.00	4.83	83	179.3	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	40	33	0.05	41	5	0	0.08	*N/A*	2	4.86	0.00	3.30	60	119.6	0.00	0.03	\$0.000

Weighted Values

Jun 2, 2025 thru Jun 6, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990552 Silk Soy Milk	8 oz	5	6	0.00	6	1	*N/A*	0.18	0.00	0	0.90	0.05	0.30	*N/A*	2.2	*N/A*	0.30	\$0.000
Weighted Daily Average			699	2.76	576	*49	*11	8.89	*0.00	*91	110.87	*21.34	*53.14	*151	489.8	*15.15	5.51	\$0.000
% of Calories				3.55%		*28.0%	*6.3%	11.4%	*0.0%		63.4%		*30.4%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages		645	*6.11	713	*32	*2	17.72	*0.15	*68	*90.67	*13.01	*35.78	*519	*525.6	*63.22	*4.93	\$0.000
% of Calories			*8.53%		*19.8%	*1.2%	24.7%	*0.2%		*56.2%		*22.2%					

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	645		550-650	100%				
Saturated Fat	*6.11 g	*8.53%	<10.000%				Missing Data	
Sodium	713 mg		1110.000	64%				
Total Sugars	*32 g	*19.8%					Missing Data	
Added Sugars	*2 g	*1.2%					Missing Data	
Total Fat	17.72 g	24.7%						
Trans Fat	*0.15 g	*0.2%					Missing Data	
Cholesterol	*68 mg						Missing Data	
Carbohydrate	*90.67 g	*56.2%					Missing Data	
Fiber	*13.01 g						Missing Data	
Protein	*35.78 g	*22.2%					Missing Data	
Vitamin A	*519 RAE						Missing Data	
Calcium	*525.6 mg						Missing Data	
Vitamin C	*63.22 mg						Missing Data	
Iron	*4.93 mg						Missing Data	

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
¹ - denotes required nutrient values

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Menu Name:

Rocketship Breakfast

Include Cost:

Yes

Site:

Use Alternate Menu Name:

No

Monday - 06/09/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990270 Red Rabbit O's Cereal	1 cup	100	107	0.32	181	9	0	1.47	0.00	0	24.15	1.78	1.58	*N/A*	105.0	15.75	4.72	\$0.000
000064 APPLES,Fresh	Cup	100	65	0.04	1	13	0	0.21	0.00	0	17.26	3.00	0.32	4	7.5	5.75	0.15	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	0	1.39	*N/A*	7	7.16	0.00	4.83	83	179.3	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	40	33	0.05	41	5	0	0.08	*N/A*	2	4.86	0.00	3.30	60	119.6	0.00	0.03	\$0.000
990552 Silk Soy Milk	8 oz	5	6	0.00	6	1	*N/A*	0.18	0.00	0	0.90	0.05	0.30	*N/A*	2.2	*N/A*	0.30	\$0.000
Weighted Daily Average			272	1.31	292	36	*0	3.33	*0.00	9	54.33	4.84	10.34	*147	413.6	*21.50	5.25	\$0.000
% of Calories				4.33%		52.9%	*0%	11.0%	*0.0%		79.9%		15.2%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

Tuesday - 06/10/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990188 Bagels, Whole Wheat, Mini	1 ct	100	144	0.00	179	2	*N/A*	0.50	0.00	0	29.84	2.98	4.97	*N/A*	0.0	0.00	0.00	\$0.000
000322 CREAM CHEESE	1 TBSP	100	51	2.93	46	1	0	4.99	*N/A*	15	0.80	0.00	0.89	45	14.1	0.00	0.02	\$0.000
000068 BANANAS	1 cup	100	200	0.25	2	28	0	0.74	0.00	0	51.39	5.85	2.45	7	11.2	19.58	0.58	\$0.000

Weighted Values

Jun 9, 2025 thru Jun 13, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	0	1.39	*N/A*	7	7.16	0.00	4.83	83	179.3	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	40	33	0.05	41	5	0	0.08	*N/A*	2	4.86	0.00	3.30	60	119.6	0.00	0.03	\$0.000
990552 Silk Soy Milk	8 oz	5	6	0.00	6	1	*N/A*	0.18	0.00	0	0.90	0.05	0.30	*N/A*	2.2	*N/A*	0.30	\$0.000
Weighted Daily Average			495	4.15	337	44	*0	7.88	*0.00	24	94.95	8.88	16.76	*194	326.5	*19.58	0.97	\$0.000
% of Calories				7.55%		35.6%	*0%	14.3%	*0.0%		76.7%		13.5%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

Wednesday - 06/11/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990129 Yogurt, Low Fat	1 cup	100	154	2.45	172	17	0	3.80	*N/A*	15	17.25	0.00	12.86	34	448.4	1.96	0.20	\$0.000
990558 Dairy-free Yogurt	.5 cup	5	8	0.02	4	0	*0	0.17	*0.00	0	1.21	0.17	0.48	*0	2.5	*0.15	0.12	\$0.000
990032 Crunchy Granola	1/2 cup	100	196	0.42	379	*12	*7	2.35	*0.00	0	35.30	4.59	6.15	*0	36.3	0.23	1.80	\$0.000
990346 PEARS,FRESH	EACH	100	101	0.04	2	17	0	0.25	0.00	0	27.11	5.52	0.64	2	16.0	7.65	0.32	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	0	1.39	*N/A*	7	7.16	0.00	4.83	83	179.3	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	40	33	0.05	41	5	0	0.08	*N/A*	2	4.86	0.00	3.30	60	119.6	0.00	0.03	\$0.000

Weighted Values

Jun 9, 2025 thru Jun 13, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990552 Silk Soy Milk	8 oz	5	6	0.00	6	1	*N/A*	0.18	0.00	0	0.90	0.05	0.30	*N/A*	2.2	*N/A*	0.30	\$0.000
Weighted Daily Average			559	3.89	666	*60	*8	8.21	*0.00	24	93.79	10.33	28.57	*179	804.3	*9.99	2.80	\$0.000
% of Calories				6.26%		*42.9%	*5.7%	13.2%	*0.0%		67.1%		20.4%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

Thursday - 06/12/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990021 PEACH-MANGO CRUMBLE	1/2 cup	100	273	1.63	22	*14	*10	5.42	*0.06	4	50.26	3.81	6.54	*31	34.2	0.85	2.30	\$0.000
000064 APPLES,Fresh	Cup	100	65	0.04	1	13	0	0.21	0.00	0	17.26	3.00	0.32	4	7.5	5.75	0.15	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	0	1.39	*N/A*	7	7.16	0.00	4.83	83	179.3	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	40	33	0.05	41	5	0	0.08	*N/A*	2	4.86	0.00	3.30	60	119.6	0.00	0.03	\$0.000
990552 Silk Soy Milk	8 oz	5	6	0.00	6	1	*N/A*	0.18	0.00	0	0.90	0.05	0.30	*N/A*	2.2	*N/A*	0.30	\$0.000
Weighted Daily Average			438	2.63	133	*40	*10	7.28	*0.06	13	80.44	6.86	15.30	*178	342.9	*6.60	2.82	\$0.000
% of Calories				5.40%		*36.5%	*9.1%	15.0%	*0.1%		73.5%		14.0%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

Friday - 06/13/2025

Reimbursable Meal Total 100

Weighted Values

Jun 9, 2025 thru Jun 13, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990370 Chocolate Chip Bread WG	1 ct	100	389	2.76	432	*2	*1	10.37	*0.02	43	63.37	6.03	12.00	*39	76.3	*0.00	3.84	\$0.000
000068 BANANAS	1 cup	100	200	0.25	2	28	0	0.74	0.00	0	51.39	5.85	2.45	7	11.2	19.58	0.58	\$0.000
000230 MILK,1% Lowfat	8 oz	50	50	0.76	53	6	0	1.16	*N/A*	6	5.97	0.00	4.03	69	149.4	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	50	42	0.07	51	6	0	0.10	*N/A*	2	6.08	0.00	4.13	75	149.4	0.00	0.04	\$0.000
990552 Silk Soy Milk	8 oz	5	6	0.00	6	1	*N/A*	0.18	0.00	0	0.90	0.05	0.30	*N/A*	2.2	*N/A*	0.30	\$0.000
Weighted Daily Average			688	3.84	544	*43	*1	12.55	*0.02	51	127.70	11.93	22.91	*189	388.7	*19.58	4.80	\$0.000
% of Calories				5.02%		*25.0%	*0.6%	16.4%	*0.0%		74.2%		13.3%					
Weekly Nutrient Guideline			400 - 500	<10	540			<=0										

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages		490	3	394	*45	*4	7.85	*0.02	24	90.24	8.57	18.78	*177	455	*15.45	3.33	\$0.000
% of Calories			5.80%		*36.7%	*3.3%	14.4%	*0.0%		73.7%		15.3%					

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	490		400-500	100%				
Saturated Fat	3.16 g	5.80%	<10.000%					
Sodium	394 mg		540.000	73%				
Total Sugars	*45 g	*36.7%					Missing Data	
Added Sugars	*4 g	*3.3%					Missing Data	
Total Fat	7.85 g	14.4%						
Trans Fat	*0.02 g	*0.0%					Missing Data	
Cholesterol	24 mg							
Carbohydrate	90.24 g	73.7%						

Weighted Values

Jun 9, 2025 thru Jun 13, 2025

Fiber	8.57 g							
Protein	18.78 g	15.3%						
Vitamin A	*177 RAE						Missing Data	
Calcium	455.2 mg							
Vitamin C	*15.45 mg						Missing Data	
Iron	3.33 mg							

**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

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Menu Name:

Rocketship Lunch

Include Cost:

Yes

Site:

Use Alternate Menu Name:

No

Monday - 06/09/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990195 Homemade Pizza	1 pc	100	236	2.91	494	6	*0	9.28	0.03	10	28.84	2.21	9.86	*0	147.0	*9.92	2.31	\$0.000
990252 Roasted Sweet Potatoes	0.5 cup	100	118	0.50	36	6	0	3.39	*0.00	0	20.67	3.29	2.01	959	38.0	19.56	0.71	\$0.000
990594 ZUCCHINI SQUASH	1/4 cup	100	29	0.35	5	1	0	2.34	*0.00	0	1.76	0.56	0.68	6	9.1	10.11	0.22	\$0.000
990277 BANANAS	EACH	100	105	0.13	1	14	0	0.39	0.00	0	26.95	3.07	1.29	4	5.9	10.27	0.31	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	0	1.39	*N/A*	7	7.16	0.00	4.83	83	179.3	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	40	33	0.05	41	5	0	0.08	*N/A*	2	4.86	0.00	3.30	60	119.6	0.00	0.03	\$0.000
990552 Silk Soy Milk	8 oz	5	6	0.00	6	1	*N/A*	0.18	0.00	0	0.90	0.05	0.30	*N/A*	2.2	*N/A*	0.30	\$0.000
Weighted Daily Average			588	4.85	645	42	*0	17.05	*0.03	19	91.13	9.19	22.28	*1111	501.1	*49.86	3.92	\$0.000
% of Calories				7.42%		28.6%	*0%	26.1%	*0.0%		62.0%		15.2%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Tuesday - 06/10/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990099 Cajun Chicken	1 ct	100	134	1.90	46	*0	*0	6.30	0.06	53	0.00	0.00	18.40	*14	10.2	0.00	0.69	\$0.000

Weighted Values

Jun 9, 2025 thru Jun 13, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990289 Lentils	0.25 cup	5	5	0.00	0	0	0	*0.02	0.00	0	0.90	0.15	0.34	*0	0.7	*0.09	0.09	\$0.000
000331 GRITS	1 CUP	100	160	4.88	80	2	*0	8.06	*0.00	24	16.14	0.76	5.33	*49	*51.1	*0.04	*0.58	\$0.000
990059 Homefries	ct	100	32	0.02	50	2	*0	0.10	0.00	0	7.45	1.45	0.73	*45	7.7	*36.94	0.59	\$0.000
990401 Onions & Peppers	0.25 cup	100	51	0.08	6	7	0	0.34	0.00	0	11.83	3.06	1.65	142	22.0	120.88	0.53	\$0.000
990347 Melons, Cantaloupe	0.5 cup	100	27	0.04	12	6	0	0.15	0.00	0	6.36	0.70	0.66	132	7.0	28.63	0.16	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	0	1.39	*N/A*	7	7.16	0.00	4.83	83	179.3	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	40	33	0.05	41	5	0	0.08	*N/A*	2	4.86	0.00	3.30	60	119.6	0.00	0.03	\$0.000
990552 Silk Soy Milk	8 oz	5	6	0.00	6	1	*N/A*	0.18	0.00	0	0.90	0.05	0.30	*N/A*	2.2	*N/A*	0.30	\$0.000
Weighted Daily Average			509	7.89	305	*30	*0	*16.60	*0.06	86	55.60	6.18	35.55	*524	*399.9	*186.58	*3.02	\$0.000
% of Calories				13.95 %		*23.6%	*0%	*29.4%	*0.1%		43.7%		27.9%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Wednesday - 06/11/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990363 Carne Molida	1 serving	100	134	2.15	220	2	*1	5.59	*0.00	50	3.35	0.81	17.08	*33	76.0	23.54	1.40	\$0.000
990427 Black Bean & Corn Tacos	1 ct	5	8	0.15	12	0	*0	0.23	0.00	1	1.04	0.41	0.53	*0	*4.9	*0.03	*0.14	\$0.000
990042 Whole Grain Roll	2 oz	100	132	0.66	211	5	0	1.98	0.00	0	27.69	5.27	5.27	*N/A*	0.0	0.00	0.00	\$0.000
000007 PINTO BEANS	.5 c	100	132	0.13	2	1	0	0.65	0.00	0	24.32	8.27	8.27	*0	45.1	1.08	2.07	\$0.000

Base Menu Spreadsheet

Red Rabbit

Weighted Values

Jun 9, 2025 thru Jun 13, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990393 Elote Corn	0.5 cup	100	75	0.48	328	3	*0	1.20	*0.00	1	16.63	2.07	2.24	*14	3.1	3.02	0.42	\$0.000
990476 SOUR CREAM,FAT FREE	1 oz	100	21	0.00	40	0	0	0.00	*N/A*	3	4.42	0.00	0.88	21	35.4	0.00	0.00	\$0.000
990501 Cheese, Cheddar, Reduced Fat	1 oz	100	64	3.20	160	0	*N/A*	4.80	0.00	16	0.80	0.00	5.60	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990620 STRAWBERRIES,RAW	1/2 c	100	24	0.01	1	4	0	0.23	0.00	0	5.84	1.52	0.51	1	12.2	44.69	0.31	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	0	1.39	*N/A*	7	7.16	0.00	4.83	83	179.3	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	40	33	0.05	41	5	0	0.08	*N/A*	2	4.86	0.00	3.30	60	119.6	0.00	0.03	\$0.000
990552 Silk Soy Milk	8 oz	5	6	0.00	6	1	*N/A*	0.18	0.00	0	0.90	0.05	0.30	*N/A*	2.2	*N/A*	0.30	\$0.000
Weighted Daily Average			692	7.74	1083	28	*1	16.31	*0.00	80	97.01	18.40	48.81	*212	*477.9	*72.35	*4.72	\$0.000
% of Calories				10.07 %		16.2%	*0.6%	21.2%	*0.0%		56.1%		28.2%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Thursday - 06/12/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990435 3 Cheese Baked Ziti	1 cup	100	320	3.94	195	*2	*0	7.18	*0.00	*20	50.97	7.78	14.42	*19	*101.7	*1.03	*2.53	\$0.000
990436 Roasted Broccoli	0.5 cup	100	40	0.09	47	2	0	0.47	0.00	0	8.25	3.75	2.72	87	46.0	73.70	0.77	\$0.000
990266 Tomatoes & Peppers	.25 cup	100	28	0.05	6	2	0	0.32	0.00	0	6.27	2.05	1.25	*72	12.2	71.07	0.44	\$0.000
990348 Pineapples	0.5 cup	100	39	0.01	1	8	0	0.09	0.00	0	10.17	1.08	0.42	2	10.1	37.04	0.22	\$0.000
000230 MILK,1% Lowfat	8 oz	50	50	0.76	53	6	0	1.16	*N/A*	6	5.97	0.00	4.03	69	149.4	0.00	0.04	\$0.000

Weighted Values

Jun 9, 2025 thru Jun 13, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000229 MILK,2% Lowfat	HALF PINT	50	61	1.53	57	6	0	2.42	0.10	10	5.86	0.00	4.03	67	146.4	0.24	0.02	\$0.000
990552 Silk Soy Milk	8 oz	5	6	0.00	6	1	*N/A*	0.18	0.00	0	0.90	0.05	0.30	*N/A*	2.2	*N/A*	0.30	\$0.000
Weighted Daily Average			545	6.38	364	*26	*0	11.80	*0.11	*36	88.39	14.70	27.16	*317	*468.0	*183.09	*4.32	\$0.000
% of Calories				10.54 %		*19.1%	*0%	19.5%	*0.2%		64.9%		19.9%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Friday - 06/13/2025

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990487 FRIED RICE	1 cup	100	296	3.39	315	*1	*0	15.84	*0.02	211	27.19	2.77	11.71	*198	48.0	3.64	2.01	\$0.000
990561 Garlic Ginger Tofu	2 oz	5	2	0.01	5	0	*0	0.08	*0.00	0	0.12	0.00	0.20	*0	1.0	0.01	0.03	\$0.000
990465 CHICKEN BREAST,Boneless,Skinless	2 oz	100	108	1.25	25	*0	*0	4.69	*0.00	41	0.00	0.00	15.80	*0	9.5	0.00	0.67	\$0.000
990034 Edamame	0.5 cup	100	110	0.56	5	2	0	4.72	0.01	0	8.08	4.72	10.80	14	57.2	5.53	2.06	\$0.000
000432 MIXED VEGETABLES	1/4 cup	100	32	0.16	31	2	0	0.81	*0.00	0	5.63	2.05	1.90	129	32.6	54.16	0.49	\$0.000
000064 APPLES,Fresh	Cup	100	65	0.04	1	13	0	0.21	0.00	0	17.26	3.00	0.32	4	7.5	5.75	0.15	\$0.000
000230 MILK,1% Lowfat	8 oz	60	60	0.91	63	7	0	1.39	*N/A*	7	7.16	0.00	4.83	83	179.3	0.00	0.04	\$0.000
000231 MILK,Skim	8 oz	40	33	0.05	41	5	0	0.08	*N/A*	2	4.86	0.00	3.30	60	119.6	0.00	0.03	\$0.000

Weighted Values

Jun 9, 2025 thru Jun 13, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990552 Silk Soy Milk	8 oz	5	6	0.00	6	1	*N/A*	0.18	0.00	0	0.90	0.05	0.30	*N/A*	2.2	*N/A*	0.30	\$0.000
Weighted Daily Average			713	6.36	493	*31	*0	27.99	*0.03	261	71.20	12.58	49.18	*488	456.8	*69.09	5.78	\$0.000
% of Calories				8.03%		*17.4%	*0%	35.3%	*0.0%		39.9%		27.6%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages		609	7	578	*31	*0	*17.95	*0.05	*96	80.67	12.21	36.60	*530	*460.7	*112.19	*4.35	\$0.000
% of Calories			9.81%		*20.4%	*0%	*26.5%	*0.1%		53.0%		24.0%					

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	609		550-650	100%				
Saturated Fat	6.64 g	9.81%	<10.000%					
Sodium	578 mg		1110.000	52%				
Total Sugars	*31 g	*20.4%					Missing Data	
Added Sugars	*0 g	*0%					Missing Data	
Total Fat	*17.95 g	*26.5%					Missing Data	
Trans Fat	*0.05 g	*0.1%					Missing Data	
Cholesterol	*96 mg						Missing Data	
Carbohydrate	80.67 g	53.0%						
Fiber	12.21 g							
Protein	36.60 g	24.0%						
Vitamin A	*530 RAE						Missing Data	
Calcium	*460.7 mg						Missing Data	
Vitamin C	*112.19 mg						Missing Data	
Iron	*4.35 mg						Missing Data	

**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

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