



MARCH ROCKETSHIP

Breakfast Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Arroz con Leche</p> <p>Apples* 1% & Fat-Free Milk</p>	<p>3 WG Mini Bagel w/ Turkey Sausage</p> <p>Pears 1% & Fat-Free Milk</p>	<p>4 Red Rabbit O's</p> <p>Oranges 1% & Fat-Free Milk</p>	<p>5 Zucchini Bread</p> <p>Bananas 1% & Fat-Free Milk</p>	<p>6 Breakfast Pizza</p> <p>Apples 1% & Fat-Free Milk</p>
<p>9 Chex Cereal</p> <p>Bananas 1% & Fat-Free Milk</p>	<p>10 Berry Oat Crumble</p> <p>Mandarins 1% & Fat-Free Milk</p>	<p>11 English Muffins w/ Butter</p> <p>Green Apples 1% & Fat-Free Milk</p>	<p>12 WG Mini Bagel w/ Cream Cheese</p> <p>Apples* 1% & Fat-Free Milk</p>	<p>13 Chocolate Chip Muffins</p> <p>Pineapples 1% & Fat-Free Milk</p>
<p>16</p>	<p>17 WG Mini Bagel w/ Cream Cheese</p> <p>Oranges 1% & Fat-Free Milk</p>	<p>18 Mango Overnight Oats</p> <p>Pears 1% & Fat-Free Milk</p>	<p>19 Sweet Potato Bread*</p> <p>Bananas 1% & Fat-Free Milk</p>	<p>20 Homemade Granola w/ Chocolate Chips</p> <p>Pineapples 1% & Fat-Free Milk</p>
<p>23 Cornflakes Cereal</p> <p>Apples* 1% & Fat-Free Milk</p>	<p>24 Chocolate Yogurt Parfait w/ Spiced Granola</p> <p>Bananas 1% & Fat-Free Milk</p>	<p>25 Carrot Oat Bread</p> <p>Clementines 1% & Fat-Free Milk</p>	<p>26 WG Mini Bagel w/ Butter & Jelly</p> <p>Apples 1% & Fat-Free Milk</p>	<p>27 Blueberry Bread</p> <p>Bananas 1% & Fat-Free Milk</p>
<p>30 Chex Cereal</p> <p>Bananas 1% & Fat-Free Milk</p>	<p>31 Oatmeal Bars</p> <p>Apples* 1% & Fat-Free Milk</p>			



MARCH

ROCKETSHIP APPLETREE

Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Arroz con Leche Apples* 1% & Fat-Free Milk	3 WG Mini Bagel w/ Turkey Sausage Pears 1% & Fat-Free Milk	4 Red Rabbit O's Oranges 1% & Fat-Free Milk	5 Zucchini Bread Bananas 1% & Fat-Free Milk	6 Breakfast Pizza Apples 1% & Fat-Free Milk
9 Chex Cereal Bananas 1% & Fat-Free Milk	10 Berry Oat Crumble Mandarins 1% & Fat-Free Milk	11 English Muffins w/ Butter Green Apples 1% & Fat-Free Milk	12 WG Mini Bagel w/ Cream Cheese Apples* 1% & Fat-Free Milk	13 Chocolate Chip Muffins Pineapples 1% & Fat-Free Milk
16	17 WG Mini Bagel w/ Cream Cheese Oranges 1% & Fat-Free Milk	18 Mango Overnight Oats Pears 1% & Fat-Free Milk	19 Sweet Potato Bread* Bananas 1% & Fat-Free Milk	20 Homemade Granola w/ Chocolate Chips Pineapples 1% & Fat-Free Milk
23 Cornflakes Cereal Apples* 1% & Fat-Free Milk	24 Chocolate Yogurt Parfait w/ Spiced Granola Bananas 1% & Fat-Free Milk	25 Carrot Oat Bread Clementines 1% & Fat-Free Milk	26 WG Mini Bagel w/ Butter & Jelly Apples 1% & Fat-Free Milk	27 Blueberry Bread Bananas 1% & Fat-Free Milk
30 Chex Cereal Bananas 1% & Fat-Free Milk	31 Oatmeal Bars Apples* 1% & Fat-Free Milk			



MARCH ROCKETSHIP

Lunch Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Beef Chili Bean Chili (V) WG Corn Bread*</p> <p>Roasted Potatoes Red Peppers & Onions</p> <p>Honeydew 1% & Fat-Free Milk</p>	<p>3 Tofu Teriyaki (V) Fried Rice w/ Eggs*</p> <p>Roasted Broccoli Honey Roasted Carrots</p> <p>Cantaloupe 1% & Fat-Free Milk</p>	<p>4 Tuna Pasta Salad* Mediterranean Pasta Salad w/ Tofu (V)</p> <p>Sliced Cucumbers Carrot & Celery Sticks</p> <p>Pineapple 1% & Fat-Free Milk</p>	<p>5 Mojo Chicken* Cilantro Rice Mediterranean Pasta Salad w/ Tofu (V)</p> <p>Black Beans Garden Salad</p> <p>Oranges 1% & Fat-Free Milk</p>	<p>6 Turkey Tetrazini Mushroom Tetrazini (V)</p> <p>Roasted Cherry Tomatoes Sauteed Green Peas</p> <p>Apples* 1% & Fat-Free Milk</p>
<p>9 Creamy Alfredo Pasta Vegetable Spaghetti (V) Garlic Bread</p> <p>Roasted Broccoli Roasted Tomatoes</p> <p>Apples* 1% & Fat-Free Milk</p>	<p>10 Chicken* Quesadilla Chickpea Taco (V) WG Tortilla</p> <p>Roasted Corn Cherry Tomatoes</p> <p>Cantaloupe 1% & Fat-Free Milk</p>	<p>11 Roasted Chicken* Crispy Tofu (V) Dinner Rolls</p> <p>Steamed Carrots & Green Beans Mashed Potatoes</p> <p>Pineapples 1% & Fat-Free Milk</p>	<p>12 Beef Rice Bowl Loaded Black Bean Bowl (V)</p> <p>Black Beans Mixed Peppers & Cherry Tomatoes</p> <p>Pineapple 1% & Fat-Free Milk</p>	<p>13 Jerk Chicken* Jerk Tofu (V) Seasoned Rice & Peas</p> <p>Steamed Cabbage Sauteed Peppers w/ Onions</p> <p>Honeydew 1% & Fat-Free Milk</p>
<p>16</p>	<p>17 Picadillo Beef Cilantro Rice Loaded Pinto Bean Bowl (V)</p> <p>Pinto Beans Roasted Corn & Peppers</p> <p>Apples* 1% & Fat-Free Milk</p>	<p>18 Honey Old Bay Chicken* Honey Old Bay Tofu (V) WG Corn Bread</p> <p>Glazed Candied Yams Steamed Spinach</p> <p>Honeydew 1% & Fat-Free Milk</p>	<p>19 Creamy Lemon Pasta Cajun Roasted White Beans (V)</p> <p>Green Beans Cherry Tomatoes</p> <p>Apples* 1% & Fat-Free Milk</p>	<p>20 Chicken* Salad Black Bean Salad (V) Garlic Herb Croutons</p> <p>Spring Mix Salad Sliced Cucumbers Cherry Tomatoes</p> <p>Cantaloupe 1% & Fat-Free Milk</p>
<p>23 Pasta a la Rosa w/ Mozzarella Cheese</p> <p>Roasted Green Beans Red Roasted Peppers</p> <p>Oranges 1% & Fat-Free Milk</p>	<p>24 Curry Chicken* Baked Tofu (V) Seasoned Rice</p> <p>Cabbage w/Carrot</p> <p>Oranges 1% & Fat-Free Milk</p>	<p>25 Turkey Burger Veggie Burger (V) Hamburger Bun</p> <p>Potato Wedges Roasted Tomatoes & Green Peppers</p> <p>Apples* 1% & Fat-Free Milk</p>	<p>26 Sweet Chili Chicken* Teriyaki Tofu (V) Veggie Lo Mein</p> <p>Sauteed Bok Choy Roasted Red Peppers</p> <p>Cantaloupe 1% & Fat-Free Milk</p>	<p>27 Beef & Cheese Nachos WG Tortilla Chips Sweet Buffalo Tofu (V)</p> <p>Seasoned Kidney Beans Pico de Gallo</p> <p>Apples* 1% & Fat-Free Milk</p>
<p>30 Macaroni & Cheese (VG) Cheddar & Parmesan Cheese Vegan Cheese Pasta (V)</p> <p>Roasted Cherry Tomatoes Roasted Green Beans</p> <p>Apples* 1% & Fat-Free Milk</p>	<p>31 WG Pizza w/ Turkey Sausage WG Pizza (VG)</p> <p>Potato Wedges Peppers w/ Onions</p> <p>Honeydew 1% & Fat-Free Milk</p>			



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<p>2 Beef Chili Bean Chili (V) WG Corn Bread*</p> <p>Roasted Potatoes Red Peppers & Onions</p> <p>Honeydew 1% & Fat-Free Milk</p>	<p>3 Tofu Teriyaki (V) Fried Rice w/ Eggs*</p> <p>Roasted Broccoli Honey Roasted Carrots</p> <p>Cantaloupe 1% & Fat-Free Milk</p>	<p>4 Tuna Pasta Salad* Mediterranean Pasta Salad w/ Tofu (V)</p> <p>Sliced Cucumbers Carrot & Celery Sticks</p> <p>Pineapple 1% & Fat-Free Milk</p>	<p>5 Mojo Chicken* Cilantro Rice Mediterranean Pasta Salad w/ Tofu (V)</p> <p>Black Beans Garden Salad</p> <p>Oranges 1% & Fat-Free Milk</p>	<p>6 Turkey Tetrazini Mushroom Tetrazini (V)</p> <p>Roasted Cherry Tomatoes Sauteed Green Peas</p> <p>Apples* 1% & Fat-Free Milk</p>
<p>9 Creamy Alfredo Pasta Vegetable Spaghetti (V) Garlic Bread</p> <p>Roasted Broccoli Roasted Tomatoes</p> <p>Apples* 1% & Fat-Free Milk</p>	<p>10 Chicken* Quesadilla Chickpea Taco (V) WG Tortilla</p> <p>Roasted Corn Cherry Tomatoes</p> <p>Cantaloupe 1% & Fat-Free Milk</p>	<p>11 Roasted Chicken* Crispy Tofu (V) Dinner Rolls</p> <p>Steamed Carrots & Green Beans Mashed Potatoes</p> <p>Pineapples 1% & Fat-Free Milk</p>	<p>12 Beef Rice Bowl Loaded Black Bean Bowl (V)</p> <p>Black Beans Mixed Peppers & Cherry Tomatoes</p> <p>Pineapple 1% & Fat-Free Milk</p>	<p>13 Jerk Chicken* Jerk Tofu (V) Seasoned Rice & Peas</p> <p>Steamed Cabbage Sauteed Peppers w/ Onions</p> <p>Honeydew 1% & Fat-Free Milk</p>
<p>16</p>	<p>17 Picadillo Beef Cilantro Rice Loaded Pinto Bean Bowl (V)</p> <p>Pinto Beans Roasted Corn & Peppers</p> <p>Apples* 1% & Fat-Free Milk</p>	<p>18 Honey Old Bay Chicken* Honey Old Bay Tofu (V) WG Corn Bread</p> <p>Glazed Candied Yams Steamed Spinach</p> <p>Honeydew 1% & Fat-Free Milk</p>	<p>19 Creamy Lemon Pasta Cajun Roasted White Beans (V)</p> <p>Green Beans Cherry Tomatoes</p> <p>Apples* 1% & Fat-Free Milk</p>	<p>20 Chicken* Salad Black Bean Salad (V) Garlic Herb Croutons</p> <p>Spring Mix Salad Sliced Cucumbers Cherry Tomatoes</p> <p>Cantaloupe 1% & Fat-Free Milk</p>
<p>23 Pasta a la Rosa w/ Mozzarella Cheese</p> <p>Roasted Green Beans Red Roasted Peppers</p> <p>Oranges 1% & Fat-Free Milk</p>	<p>24 Curry Chicken* Baked Tofu (V) Seasoned Rice</p> <p>Cabbage w/Carrot</p> <p>Oranges 1% & Fat-Free Milk</p>	<p>25 Turkey Burger Veggie Burger (V) Hamburger Bun</p> <p>Potato Wedges Roasted Tomatoes & Green Peppers</p> <p>Apples* 1% & Fat-Free Milk</p>	<p>26 Sweet Chili Chicken* Teriyaki Tofu (V) Veggie Lo Mein</p> <p>Sauteed Bok Choy Roasted Red Peppers</p> <p>Cantaloupe 1% & Fat-Free Milk</p>	<p>27 Beef & Cheese Nachos WG Tortilla Chips Sweet Buffalo Tofu (V)</p> <p>Seasoned Kidney Beans Pico de Gallo</p> <p>Apples* 1% & Fat-Free Milk</p>
<p>30 Macaroni & Cheese (VG) Cheddar & Parmesan Cheese Vegan Cheese Pasta (V)</p> <p>Roasted Cherry Tomatoes Roasted Green Beans</p> <p>Apples* 1% & Fat-Free Milk</p>	<p>31 WG Pizza w/ Turkey Sausage WG Pizza (VG)</p> <p>Potato Wedges Peppers w/ Onions</p> <p>Honeydew 1% & Fat-Free Milk</p>			



MARCH ROCKETSHIP

Supper Menu

Menu is subject to change
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Turkey Sandwich WG Pullman Bread</p> <p>Coleslaw</p> <p>Pineapple 1% & Fat-Free Milk</p>	<p>3 Panzanella Salad Chickpeas WG Bread</p> <p>Diced Tomatoes w/ Basil & Balsamic Vinegar</p> <p>Strawberries 1% & Fat-Free Milk</p>	<p>4 Lemon Pepper Chicken Wrap WG Tortilla</p> <p>Sliced Cucumbers Shredded Lettuces</p> <p>Bananas 1% & Fat-Free Milk</p>	<p>5 Garlic Ginger Rice Noodles Rice Noodles Edamame</p> <p>Sauteed Cabbage & Spinach Peppers & Onions</p> <p>Green Apples 1% & Fat-Free Milk</p>	<p>6 Southwest Chicken* Pasta Salad WG Penne</p> <p>Sauteed Corn Roasted Red Peppers</p> <p>Apples 1% & Fat-Free Milk</p>
<p>9 Pasta Primavera Diced Mozzarella Cheese</p> <p>Broccoli Cherry Tomatoes</p> <p>Watermelon 1% & Fat-Free Milk</p>	<p>10 Chicken* Tacos WW Tortillas</p> <p>Shredded Lettuce Pico De Gallo</p> <p>Watermelon 1% & Fat-Free Milk</p>	<p>11 Pizza Bagel w/ Mozzarella Cheese WG Mini Bagel</p> <p>Carrots & Celery w/ Ranch</p> <p>Honeydew 1% & Fat-Free Milk</p>	<p>12 Turkey Sandwich WG Pullman Bread</p> <p>Coleslaw</p> <p>Pineapple 1% & Fat-Free Milk</p>	<p>13 Panzanella Salad Chickpeas WG Bread</p> <p>Diced Tomatoes w/ Basil & Balsamic Vinegar</p> <p>Strawberries 1% & Fat-Free Milk</p>
<p>16</p>	<p>17 Garlic Ginger Rice Noodles Rice Noodles Edamame</p> <p>Sauteed Cabbage & Spinach Peppers & Onions</p> <p>Green Apples 1% & Fat-Free Milk</p>	<p>18 Southwest Chicken* Pasta Salad WG Penne</p> <p>Sauteed Corn Roasted Red Peppers</p> <p>Apples 1% & Fat-Free Milk</p>	<p>19 Cheddar Cheese Sandwich on Brioche Roll</p> <p>Carrots & Celery w/ Ranch</p> <p>Honeydew 1% & Fat-Free Milk</p>	<p>20 Chicken Ceasar Salad Parmesan Crisp Homemade Croutons</p> <p>Cherry Tomatoes</p> <p>Pears 1% & Fat-Free Milk</p>
<p>23 Lemon Pepper Chicken Wrap WG Tortilla</p> <p>Sliced Cucumbers Shredded Lettuces</p> <p>Bananas 1% & Fat-Free Milk</p>	<p>24 Jerk Chicken Wrap Spinach Tortilla</p> <p>Sliced Cucumbers Shredded Lettuces</p> <p>Bananas 1% & Fat-Free Milk</p>	<p>25 Pasta Primavera Diced Mozzarella Cheese</p> <p>Broccoli Cherry Tomatoes</p> <p>Watermelon 1% & Fat-Free Milk</p>	<p>26 Chicken Tacos WW Tortillas</p> <p>Shredded Lettuce Pico De Gallo</p> <p>Watermelon 1% & Fat-Free Milk</p>	<p>27 Pizza Bagel w/ Mozzarella Cheese WG Mini Bagel</p> <p>Carrots & Celery w/ Ranch</p> <p>Honeydew 1% & Fat-Free Milk</p>
<p>30 Turkey Sandwich WG Pullman Bread</p> <p>Coleslaw</p> <p>Pineapple 1% & Fat-Free Milk</p>	<p>31 Panzanella Salad Chickpeas WG Bread</p> <p>Diced Tomatoes w/ Basil & Balsamic Vinegar</p> <p>Strawberries 1% & Fat-Free Milk</p>			



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<p>9 Pasta Primavera Diced Mozzarella Cheese</p> <p>Broccoli Cherry Tomatoes</p> <p>Watermelon 1% & Fat-Free Milk</p>	<p>10 Chicken* Tacos WW Tortillas</p> <p>Shredded Lettuce Pico De Gallo</p> <p>Watermelon 1% & Fat-Free Milk</p>	<p>11 Pizza Bagel w/ Mozzarella Cheese WG Mini Bagel</p> <p>Carrots & Celery w/ Ranch</p> <p>Honeydew 1% & Fat-Free Milk</p>	<p>12 Turkey Sandwich WG Pullman Bread</p> <p>Coleslaw</p> <p>Pineapple 1% & Fat-Free Milk</p>	<p>13 Panzanella Salad Chickpeas WG Bread</p> <p>Diced Tomatoes w/ Basil & Balsamic Vinegar</p> <p>Strawberries 1% & Fat-Free Milk</p>
<p>16</p>	<p>17 Garlic Ginger Rice Noodles Rice Noodles Edamame</p> <p>Sauteed Cabbage & Spinach Peppers & Onions</p> <p>Green Apples 1% & Fat-Free Milk</p>	<p>18 Southwest Chicken* Pasta Salad WG Penne</p> <p>Sauteed Corn Roasted Red Peppers</p> <p>Apples 1% & Fat-Free Milk</p>	<p>19 Cheddar Cheese Sandwich on Brioche Roll</p> <p>Carrots & Celery w/ Ranch</p> <p>Honeydew 1% & Fat-Free Milk</p>	<p>20 Chicken Ceasar Salad Parmesan Crisp Homemade Croutons</p> <p>Cherry Tomatoes</p> <p>Pears 1% & Fat-Free Milk</p>
<p>23 Lemon Pepper Chicken Wrap WG Tortilla</p> <p>Sliced Cucumbers Shredded Lettuces</p> <p>Bananas 1% & Fat-Free Milk</p>	<p>24 Jerk Chicken Wrap Spinach Tortilla</p> <p>Sliced Cucumbers Shredded Lettuces</p> <p>Bananas 1% & Fat-Free Milk</p>	<p>25 Pasta Primavera Diced Mozzarella Cheese</p> <p>Broccoli Cherry Tomatoes</p> <p>Watermelon 1% & Fat-Free Milk</p>	<p>26 Chicken Tacos WW Tortillas</p> <p>Shredded Lettuce Pico De Gallo</p> <p>Watermelon 1% & Fat-Free Milk</p>	<p>27 Pizza Bagel w/ Mozzarella Cheese WG Mini Bagel</p> <p>Carrots & Celery w/ Ranch</p> <p>Honeydew 1% & Fat-Free Milk</p>
<p>30 Turkey Sandwich WG Pullman Bread</p> <p>Coleslaw</p> <p>Pineapple 1% & Fat-Free Milk</p>	<p>31 Panzanella Salad Chickpeas WG Bread</p> <p>Diced Tomatoes w/ Basil & Balsamic Vinegar</p> <p>Strawberries 1% & Fat-Free Milk</p>			

__row_group_by_USDA CN #	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Vitamin D (µg)	Calcium (mg)	Iron (mg)	Calories from Fat	Calories from Adipic Grains	Fruit Credit	Red/Orange Veg	Dark Green Veg	Starchy Veg	Cret	Beans, Peas, and Other Veg	Credit	Meat/Altern	Milk Credit	
[NSLP] Wednesday 03/18/2026 - L	31997.792	2023.594	241.766	3.479 *	176.013	9404.079	1760.47	333.947	1216.910 *	4 *	2297.965	10439.105 *	209.111 *	0.198 *	88407.406 *	369.729 *	6.9	0.05	1	1	0.5	0.5	1	*	*	204.5	0	
	164.456	8.179	1.334	0.038	86.304	87.62	3.943	0.109	3.755 *		18.114	47.397	0.075	0	7.639	0.824	7.3 *		0	0	0	0	0	0	0	0	2	0
	249.987	10.543	5.739	0.003	53.105	38.474	34.85	4.032	4.301 *		5.877	114.684	0	0.198	57.492	1.61	20.661 *		1	0	0	0	0	0	0	0	0	0
	31056.78	1989.8	227.72	3.44	0	8605.54	1649.64	321.32	1157.36 *		2245.36	6366.58	101.48	0	87607.92	365.94	6.599 *		0	0	0	0	0	0	0	0	202.5	0
	107.72	3.716	2.303	0	9.752	38.375	18.083	2.161	7.19 *		1.101	2864.588	1.608	0	27.93	0.465	19.242 *		0	0	0.5	0	0	0	0	0	0	0
	39.769	3.801	2.311	0	9.752	307.16	1.18	0.695	0.13 *		0.911	878.162	8.43	0	31.575	0.83	52.3 *		0	0	0.5	0	0	0	0	0	0	0
	80.85	0.247	0.028	0	0	1.65	20.691	3.63	14.025 *		1.502	122.265	97.515	0	70.95	0.214	0.312 *		0	1	0	0	0	0	0	0	0	0
1175	102.48	2.367	1.544 *		12.2	107.36	12.176	0	12.688 *		8.223	34.404	0	0	305	0.073	13.56 *		0	0	0	0	0	0	0	0	0	1
1151	85.75	0.441	0.287 *		4.9	102.9	11.907	0	12.47 *		8.257	11.025	0	0	298.9	0.073	3.012 *		0	0	0	0	0	0	0	0	0	1
	110	4.5	0.5	0	0	115	8	2	5	4	8 *						4.091 *		0	0	0	0	0	0	0	0	0	1
[NSLP] Thursday 03/19/2026 - Lun	891.792	25.415	11.382	0.532 *	64.236 *	1092.882	115.968	17.701	51.352	4 *	53.405	559.617 *	47.329 *	0.38 *	1113.44 *	4.765 *	11.487	1.794	2	1	0.5	*		0.25	0.5	2	3	
	430.342	16.307	8.822	0.528	47.136	387.876	50.245	7.21	2.78 *		22.161	183.363	0.353	0.38	417.527	2.31	18.45 *		2	0	0	0	0	0	0	0	2	0
	55.9	0.137	0.019	0	0	61.75	10.075	4.16	0.377 *		3.958 *			0	44.85	1.378	0.306 *		0	0	0	0	0	0	0.25	0	0	0
	32.71	1.276	0.124	0.004	0	283.671	5.214	2.077	2.274 *		1.232	119.15	6.169	0	29.513	0.441	3.412 *		0	0	0	0	0	0	0	0.5	0	0
	13.41	0.149	0.021	0	0	3.725	2.898	0.894	1.959 *		0.656	186.175	10.207	0	7.45	0.201	1.409 *		0	0	0.5	0	0	0	0	0	0	0
	61.2	0.238	0.065	0	0	30.6	15.453	1.36	13.804 *		0.918	25.5	30.6	0	10.2	0.289	0.956 *		0	1	0	0	0	0	0	0	0	0
1175	102.48	2.367	1.544 *		12.2	107.36	12.176	0	12.688 *		8.223	34.404	0	0	305	0.073	13.56 *		0	0	0	0	0	0	0	0	0	1
1151	85.75	0.441	0.287 *		4.9	102.9	11.907	0	12.47 *		8.257	11.025	0	0	298.9	0.073	3.012 *		0	0	0	0	0	0	0	0	0	1
	110	4.5	0.5	0	0	115	8	2	5	4	8 *						4.091 *		0	0	0	0	0	0	0	0	0	1
[NSLP] Friday 03/20/2026 - Lunch	774.104	16.632 *	3.634 *	0.019 *	79.905 *	1536.255	96.492	13.729	42.346 *	6 *	60.195	1002.308 *	38.794 *		0.721.175 *	4.555 *	4.225	3.1	1	0.5	0.25	0.5	*	1	0.25	6	3	
	123.546	3.918	0.771	0.006	62.805	616.978	2.168	0.22	0.631 *		18.832	14.068	0.476	0	8.585	0.358	5.617 *		0	0	0	0	0	0	0	0	2	0
	110.484	4.277	0.244	0.013	0	301.717	15.359	1.068	2.01 *	2	3.076	0.227	0.004	0	0.993	0.936	1.988 *		1	0	0	0	0	0	0	0	0	0
	197.372	0.874	0.227	0	0	260.45	36.961	8.811	1.845 *		11.971	29.626	3.123	0	92.612	2.773	1.035 *		0	0	0	0	0	1	0	4	0	
	6.667 *					16.667	1	0.333 *			0.667 *									0	0	0	0.5	0	0	0	0	0
	3.9	0.029	0.01	0	0	0.52	0.944	0.13	0.434 *		0.169	8.19	0.728	0	4.16	0.073	2.308 *		0	0	0	0	0	0	0	0.25	0	0
	6.705	0.074	0.01	0	0	1.863	1.449	0.447	0.98 *		0.328	93.088	5.103	0	3.725	0.101	1.342 *		0	0	0	0	0.25	0	0	0	0	0
	27.2	0.152	0.041	0	0	12.8	6.528	0.72	6.288 *		0.672	811.68	29.36	0	7.2	0.168	1.357 *		0	0.5	0	0	0	0	0	0	0	0
1175	102.48	2.367	1.544 *		12.2	107.36	12.176	0	12.688 *		8.223	34.404	0	0	305	0.073	13.56 *		0	0	0	0	0	0	0	0	0	1
1151	85.75	0.441	0.287 *		4.9	102.9	11.907	0	12.47 *		8.257	11.025	0	0	298.9	0.073	3.012 *		0	0	0	0	0	0	0	0	0	1
	110	4.5	0.5	0	0	115	8	2	5	4	8 *						4.091 *		0	0	0	0	0	0	0	0	0	1
__row_group_by_USDA CN #	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin A (µg)	Vitamin C (mg)	Vitamin D (µg)	Calcium (mg)	Iron (mg)	Calories from Fat	Calories from Adipic Grains	Fruit Credit	Red/Orange Veg	Dark Green Veg	Starchy Veg	Cret	Beans, Peas, and Other Veg	Credit	Meat/Altern	Milk Credit	
[SBP] Monday 03/30/2026 - Break	513.104	8.519	2.366	0	17.1	636.25	84.316	6.998	46.144	6.998 *	27.803	65.679 *	5.75 *	0 *	741.291 *	14.684 *	4.15	5.455	1	1	*	*	*	*	*	*	*	3
	149.874	0.999 *				309.74	34.971	1.998	2.998	2.998 *	2.998 *				129.891	14.388 *			1	0	0	0	0	0	0	0	0	0
	85	0.212	0.035	0	0	1.25	17.262	3	12.988 *		0.325	20.25	5.75	0	7.5	0.15	0.485 *		0	1	0	0	0	0	0	0	0	0
1175	102.48	2.367	1.544 *		12.2	107.36	12.176	0	12.688 *		8.223	34.404	0	0	305	0.073	13.56 *		0	0	0	0	0	0	0	0	0	1
1151	85.75	0.441	0.287 *		4.9	102.9	11.907	0	12.47 *		8.257	11.025	0	0	298.9	0.073	3.012 *		0	0	0	0	0	0	0	0	0	1
	110	4.5	0.5	0	0	115	8	2	5	4	8 *						4.091 *		0	0	0	0	0	0	0	0	0	1
[SBP] Tuesday 03/31/2026 - Break	889.372	36.187	19.913	0.003 *	128.261 *	489.921 *	116.807	11.229	56.65 *	0 *	31.131	367.278 *	11.923 *	0.136 *		730.602	3.192	20.151	0	1	1	*	*	*	*	*	2	
	282.602	3.656	0.749	0.003	25.311	11.401	56.97	7.693	11.663	0	7.941	12.432	0.091	0.136	37.452	2.599	2.385 *		1	0	0	0	0	0	0	0	0	0
	121.04	0.449	0.152	0	0	1.36	31.062	3.536	16.633 *		1.482	26.112	11.832	0	6.8	0.354	1.13 *		0	1	0	0	0	0	0	0	0	0
1175	102.48	2.367	1.544 *		12.2	107.36	12.176	0	12.688 *		8.223	34.404	0	0	305	0.073	13.56 *		0	0	0	0	0	0	0	0	0	1
1151	85.75	0.441	0.287 *		4.9	102.9	11.907	0	12.47 *		8.257	11.025	0	0	298.9	0.073	3.012 *		0	0	0	0	0	0	0	0	0	1
1017	297.5	29.274	17.181 *		85.85	266.9	4.692	0	3.196 *		5.228	283.305	0	0	82.45	0.093	51.976 *		0	0	0	0	0	0	0	0	0	0
[NSLP] Monday 03/30/2026 - Lunch	1246.504	45.368	22.57	0.485 *	121.947 *	2414.747	151.763	21.752	57.61	4.64 *	63.278	833.035 *	116.244 *	0.926 *	1367.911 *	5.189 *	16.296	1.489	4	1	0.5	*	*	*	*	0.5	3	
	585.508	33.093	19.717	0.476	104.847	1208.559	47.213	6.204	6.732 *		26.468	321.281	0.23	0.926	639.948	2.197	30.308 *		2	0	0	0	0	0	0	0	2	0.25
	223.37	2.174	0.265	0.001	0	591.107	43.061	6.761	2.054 *	0.64	8.804	0	0	0	14.6	1.948	1.068 *		2	0	0	0	0	0	0	0	1	0.125
	25.836	1.27	0.105	0.004	0																							