

Base Menu Spreadsheet

El Tejon Unified School District

Weighted Values

Sep 1, 2026 thru Sep 30, 2026

Menu Name:	Lunch K -12 - MENU SUBJECT TO CHANGE	Include Cost:	Yes
Site:			
Use Alternate Menu Name:	No		

Tuesday - 09/01/2026

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
000405 Beef, Hamburger-Don Lee	4.60 oz	150	28.79	\$0.171
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
001301 Lettuce Ro & Tomato:1 leaf,2 sl	1 lf,2 slc	150	0.40	\$0.000
000667 Potatoes, French Fries, Lamb W	5 oz	150	21.43	\$0.000
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			110.98	\$0.497
% of Calories			67.2%	

Weekly Nutrient Guideline

Wednesday - 09/02/2026

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
001101 Nachos, Cheese/ Chips	4 ounces	150	22.53	\$0.000

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	Portion Size	Reimb Qty	Carb (g)	Cost
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000767 Beans, Pinto	4 oz	150	19.14	\$0.000
000967 CHOICE OF VEGETABLE				
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			102.03	\$0.326
% of Calories			58.0%	
Weekly Nutrient Guideline				

Thursday - 09/03/2026

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
000787 Chicken, Mandarin 4 oz Orange		150	22.62	\$0.000
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000909 Broccoli, Fresh	4 oz	150	8.07	\$0.000
000967 CHOICE OF VEGETABLE				
000869 Rice, Brown	1/2 CUP	150	24.16	\$0.000
001157 Cookie, Fortune	each	150	0.00	\$0.000

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	Portion Size	Reimb Qty	Carb (g)	Cost
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			115.21	\$0.326
% of Calories			66.9%	
Weekly Nutrient Guideline				

Friday - 09/04/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
001356 Pizza, Cheese 4X6, Bulk, Schw	4.50 oz	150	5099.91	\$0.000
000726 Carrots, Baby - Grimmway	PKG	150	1200.00	\$0.000
001328 Romaine Salad- 1/2 cup	4 oz	150	115.98	\$0.000
000967 CHOICE OF VEGETABLE				
000970 FRUIT Choice X 2	2 EACH	150	7211.78	\$5.693
000969 CHOICE OF MILK				

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Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average		13666.6 6		\$45.639
% of Calories			68.8%	
Weekly Nutrient Guideline				

Monday - 09/07/2026

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
000770 Holiday-Labor Day				
Weighted Daily Average			0.00	\$0.000
% of Calories			0%	
Weekly Nutrient Guideline				

Tuesday - 09/08/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000986 Pretzel, WG King& 7 oz Nacho Cheese		150	6299.92	\$116.100
000726 Carrots, Baby - Grimmway	PKG	150	1200.00	\$0.000
001463 Chips, Potato, Oven Baked-Lays	0.875 oz	150	2850.00	\$41.550
000967 CHOICE OF VEGETABLE				

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	Portion Size	Reimb Qty	Carb (g)	Cost
000970 FRUIT Choice X 2	2 EACH	150	7211.78	\$5.693
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average		17600.7	\$203.289	0
% of Calories		81.6%		
Weekly Nutrient Guideline				

Wednesday - 09/09/2026

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
000790 Pizza, Cheese Stuffed Sticks,	2 EACH	150	32.14	\$0.000
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000909 Broccoli, Fresh	4 oz	150	8.07	\$0.000
000967 CHOICE OF VEGETABLE				
990065 Marinara Sauce Cup *RESIZED*	2 oz	150	5.99	\$0.225
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				

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Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average		106.56		\$0.551
% of Calories		67.9%		
Weekly Nutrient Guideline				

Thursday - 09/10/2026

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
990078 Chicken Dumplings	4 oz	150	*N/A*	\$0.000
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000877 Vegetables, Stir Fry2	4 oz	150	7.14	\$0.389
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
001157 Cookie, Fortune	each	150	0.00	\$0.000
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average		67.51		\$0.714
% of Calories		66.7%		
Weekly Nutrient Guideline				

Friday - 09/11/2026

Reimbursable Meal Total 1

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Weighted Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Carb (g)	Cost
000523 Chicken, Nuggets, 3.4 oz WG Br-61210		150	1800.00	\$36.450
000726 Carrots, Baby - Grimmway	PKG	150	1200.00	\$0.000
001328 Romaine Salad- 1/2 cup	4 oz	150	115.98	\$0.000
000967 CHOICE OF VEGETABLE				
000970 FRUIT Choice X 2	2 EACH	150	7211.78	\$5.693
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average		10366.7 6		\$82.089
% of Calories			63.9%	
Weekly Nutrient Guideline				

Monday - 09/14/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
990082 Cooks Choice - Lunch				
000726 Carrots, Baby - Grimmway	PKG	150	1200.00	\$0.000
000967 CHOICE OF VEGETABLE				
000970 FRUIT Choice X 2	2 EACH	150	7211.78	\$5.693

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Weighted Values

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	Portion Size	Reimb Qty	Carb (g)	Cost
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average		8450.78		\$45.639
% of Calories		100.0%		
Weekly Nutrient Guideline				

Tuesday - 09/15/2026

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
001349 Tamale, Grn Chili Pocket	5 oz	150	31.13	\$0.801
000784 Tamale, Chicken Pocket	5 oz	150	27.91	\$0.801
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
001466 Corn, Mexican Style	4 oz	150	16.60	\$0.017
000967 CHOICE OF VEGETABLE				
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				

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Weighted Values

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	Portion Size	Reimb Qty	Carb (g)	Cost
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			136.00	\$1.946
% of Calories			52.0%	
Weekly Nutrient Guideline				

Wednesday - 09/16/2026

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
000751 Grilled Cheese Sandwich-Integr	4.19 oz	150	33.17	\$0.625
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
001262 Potato Salad	6 oz	150	18.19	\$0.048
001463 Chips, Potato, Oven Baked-Lays	0.875 oz	150	20.36	\$0.297
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			132.08	\$1.296
% of Calories			70.6%	
Weekly Nutrient Guideline				

Thursday - 09/17/2026

Reimbursable Meal Total 140

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	Portion Size	Reimb Qty	Carb (g)	Cost
001352 Chicken, Patty Sandw w/chz	5.35 oz	150	43.93	\$0.180
001382 Chicken, Hot & Spicy San-Tyson	5.53 oz	150	46.57	\$0.171
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
001301 Lettuce Ro & Tomato:1 leaf,2 sl	1 lf,2 slc	150	0.40	\$0.000
000772 Potatoes, French Fries, Crinkl	2 oz	150	14.29	\$0.000
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			165.55	\$0.677
% of Calories			54.5%	
Weekly Nutrient Guideline				

Friday - 09/18/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
001293 Beef, Taco in Soft Tortilla	3.8 oz	150	4680.00	\$30.667
001341 Taco in Bag Chips	1.5 oz	150	3900.03	\$55.950
000726 Carrots, Baby - Grimmway	PKG	150	1200.00	\$0.000

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Sep 1, 2026 thru Sep 30, 2026

Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
001301 Lettuce Ro & Tomato: 1 leaf, 2 sl	1 lf, 2 slc	150	55.34	\$0.000
001453 Cheese, Shredded 2 oz Cheddar		1	2.00	\$0.000
000970 FRUIT Choice X 2	2 EACH	150	7211.78	\$5.693
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average		17088.1	\$132.255	
		4		
% of Calories			59.7%	
Weekly Nutrient Guideline				

Monday - 09/21/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
990083 Chicken, Fajitas Bowl GF	4 oz	150	268.22	\$0.000
000726 Carrots, Baby - Grimmway	PKG	150	1200.00	\$0.000
000270 CORN: canned, yellow	1/2 CUP	150	2551.46	\$0.000
000778 Bell Peppers, Red	4 oz	150	599.40	\$0.000
000967 CHOICE OF VEGETABLE				
000869 Rice, Brown	1/2 CUP	150	3382.05	\$0.000
000970 FRUIT Choice X 2	2 EACH	150	7211.78	\$5.693

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	Portion Size	Reimb Qty	Carb (g)	Cost
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average		15251.9 0		\$45.639
% of Calories			86.6%	
Weekly Nutrient Guideline				

Tuesday - 09/22/2026

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
001278 Beef, Meatball with 4.0 oz Gravy		150	7.37	\$0.101
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000350 Potatoes, Mashed	1/2 cup	150	2.95	\$0.088
000967 CHOICE OF VEGETABLE				
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average		70.68		\$0.515
% of Calories			64.5%	
Weekly Nutrient Guideline				

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El Tejon Unified School District

Weighted Values

Sep 1, 2026 thru Sep 30, 2026

Wednesday - 09/23/2026 Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
000760 Burrito, Beef Bean & Red Chili	5.20 oz	150	41.91	\$0.573
001435 Burrito, Bean & Cheese, Bulk	5.4	150	46.91	\$0.177
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000270 CORN: canned, yellow	1/2 CUP	150	18.22	\$0.000
000967 CHOICE OF VEGETABLE				
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			167.41	\$1.076
% of Calories			69.4%	
Weekly Nutrient Guideline				

Thursday - 09/24/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
001360 Chicken, Teriyaki-USDA	4 oz	150	1354.59	\$14.452
000726 Carrots, Baby - Grimmway	PKG	150	1200.00	\$0.000

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	Portion Size	Reimb Qty	Carb (g)	Cost
000967 CHOICE OF VEGETABLE				
000869 Rice, Brown	1/2 CUP	150	3382.05	\$0.000
000970 FRUIT Choice X 2	2 EACH	150	7211.78	\$5.693
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average		13187.4 2		\$60.091
% of Calories			69.8%	

Weekly Nutrient Guideline

Friday - 09/25/2026

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
000523 Chicken, Nuggets, 3.4 oz WG Br-61210		150	12.86	\$0.260
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
001328 Romaine Salad- 1/2 cup	4 oz	150	0.83	\$0.000
000967 CHOICE OF VEGETABLE				
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				

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Weighted Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Carb (g)	Cost
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			74.05	\$0.586
% of Calories			64.0%	
Weekly Nutrient Guideline				

Monday - 09/28/2026

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
001072 Pasta, Spaghetti, Italian	1 Cup	150	7.66	\$0.262
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
001328 Romaine Salad- 1/2 cup	4 oz	150	0.83	\$0.000
000967 CHOICE OF VEGETABLE				
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			68.85	\$0.588
% of Calories			79.4%	
Weekly Nutrient Guideline				

Tuesday - 09/29/2026

Reimbursable Meal Total 140

Base Menu Spreadsheet

El Tejon Unified School District

Weighted Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Carb (g)	Cost
001290 Enchiladas, Pepper Jack	2 EACH	150	21.89	\$0.187
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000767 Beans, Pinto	4 oz	150	19.14	\$0.000
000967 CHOICE OF VEGETABLE				
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			101.39	\$0.513
% of Calories			59.3%	
Weekly Nutrient Guideline				

Wednesday - 09/30/2026

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
000678 Taco Nada, Turkey 4.5 oz Taco Pocket		150	33.21	\$0.589
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
001301 Lettuce Ro & Tomato:1 leaf,2 sl	1 lf,2 slc	150	0.40	\$0.000
000967 CHOICE OF VEGETABLE				

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Weighted Values

Sep 1, 2026 thru Sep 30, 2026

	Portion Size	Reimb Qty	Carb (g)	Cost
001453 Cheese, Shredded 2 oz Cheddar		150	2.14	\$0.000
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			96.11	\$0.915
% of Calories			55.4%	
Weekly Nutrient Guideline				
		Carb (g)	Cost	
Weighted Averages		4625.08	\$29.770	
% of Calories		72.7%		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

***** - denotes combined nutrient totals with either missing or incomplete nutrient data

***** - 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.