

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

Menu Name: Millburn Elementary Lunch

Include Cost: No

Site: All Sites

Report Style: Detailed

Monday - 01/03/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990031 Cheeseburger on WG Bun, Arbor B-1	1 Each	45	323	6.20	589	4	15.00	0.00	48	28.00	3.00	21.50	0	138.0	0.00	2.00
990052 Hamburger, WG, Arbor B-2	Each	45	268	3.70	389	3	10.50	0.00	35	27.00	3.00	19.00	0	88.0	0.00	2.00
990415 Broccoli, FZ, USDA, 1/2C, 5g	1/2 Cup	50	26	0.00	22	1	0.00	0.00	0	5.00	3.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
991083 CAULIFLOWER,raw: fresh	1/2 Cup	50	13	0.07	16	1	0.15	0.00	0	2.66	1.07	1.03	0	11.8	25.79	0.22
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	80	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000223 MUSTARD: individual PC P-44587	Pkt 5g	50	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	10	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
Weighted Daily Average			55443	598.62	86545	4299	1453.82	0.02	5088	7835.10	757.06	3083.30	*96733	*37703.3	*3254.45	*280.84
% of Calories				9.72%		31.0%	23.6%	0.0%		56.5%		22.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 01/04/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991054 Chicken Tender, WG, GoldKist, P-592862	3 Each	90	220	1.00	470	0	7.00	0.00	55	18.00	2.00	22.00	200	20.0	1.20	1.08
991158 Belgian Waffle, Maple, 1.89 oz, P-687822	Each-1.89 oz	90	200	2.00	170	15	7.00	0.00	15	20.00	2.00	4.00	*N/A*	8.0	*N/A*	0.00
990561 Tater Tots, ORE-IDA, P-284787	1/2 C (8 ea)	50	116	0.89	277	0	5.36	0.00	0	14.29	1.79	1.79	0	0.0	3.21	0.16
991045 Baby Carrots, 2.5 oz	1/2 Cup	50	31	0.00	38	5	0.00	0.00	0	7.50	2.50	1.25	5625	25.0	6.00	0.45
991136 Syrup, 1.5 oz Cup, Madeira, P-1779	Each	90	120	0.00	20	22	0.00	0.00	0	30.00	0.00	0.00	0	0.0	0.00	0.00
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991182 Canned Fruit, Commodity, Extra Light Syrup	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	10	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
Weighted Daily Average			81895	463.75	106187	7323	1818.34	0.00	7675	12011.88	847.86	3541.90	*395710	*30557.3	*2533.05	*213.34
% of Calories				5.10%		35.8%	20.0%	0.0%		58.7%		17.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 01/05/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990057 Pizza Dippers, The Max, P-43901	2 Each	90	300	5.00	740	6	12.00	0.00	10	34.00	4.00	14.00	200	300.0	0.00	0.26
991070 Marinara Sauce, Red Pack, P-971691	1/2 Cup	90	60	0.00	134	6	1.49	0.00	0	9.92	1.98	1.98	0	39.7	0.00	1.07

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991168 Spring Pea Salad, E-27	1/2 Cup	100	129	1.00	100	*2	4.50	*0.00	5	15.53	5.18	5.17	515	0.4	15.56	1.39
990967 Fresh Fruit, Whole	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	10	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
Weighted Daily Average			70660	699.18	113486	*4970	1954.58	*0.00	2775	10208.91	1329.72	3005.26	*165952	*57397.6	*3520.85	*344.86
% of Calories				8.91%		*28.1%	24.9%	*0.0%		57.8%		17.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/06/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991201 Taco Filling, Beef, P-369222	1.5 oz #16 scoo	90	64	1.01	166	1	2.52	0.00	19	3.02	1.01	7.06	362	26.2	3.02	1.01
990582 Cheddar Cheese, Shredded 1 oz	1 oz	90	111	5.06	182	0	9.11	0.00	25	2.02	0.00	6.08	0	195.4	0.00	0.00
991202 Doritos, Nacho Cheese Tortilla Chip, 1 oz, P-40499	Bag	90	150	1.00	190	1	8.00	0.00	0	18.00	1.00	2.00	0	30.0	0.00	0.30
990413 Corn, Whole Kernel, USDA, 15g, 1/2C	1/2 Cup	50	65	0.00	15	3	1.00	0.00	0	15.00	2.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*
990290 Black Beans, LS, Mothers Maid, P-493061	1/2 Cup	25	100	0.00	140	0	0.00	0.00	0	18.00	6.00	7.00	0	40.0	0.00	2.70
990963 Salsa, Mild, Red Gold, P-886718	4 Ounces	25	40	0.00	280	4	0.00	0.00	0	8.00	2.00	0.00	2000	80.0	24.00	1.44
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00

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Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	10	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
Weighted Daily Average			61418	785.45	84498	4174	2107.40	0.00	5377	8176.98	754.28	2686.90	*179028	*52433.1	*2836.51	*306.80
% of Calories				11.51%		27.2%	30.9%	0.0%		53.3%		17.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 01/07/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990048 Crispy Chicken Sandwich, GoldKist, P-470164	Each	90	340	2.50	650	3	12.50	0.00	35	39.00	4.00	21.00	100	86.0	78.00	2.80
990834 Potato, Smiles, McCain, P-384399	1/2 Cup(4 each)	50	130	0.50	180	0	4.50	0.00	0	20.00	2.00	2.00	0	0.0	2.40	0.36
990363 Garbanzo Beans, Bushs, P-284297	1/2 Cup	50	120	0.00	230	3	2.00	0.00	0	20.00	5.00	6.00	0	40.0	0.00	1.80
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	100	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	10	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
Weighted Daily Average			69529	399.10	112322	4363	1740.48	0.00	4525	10412.58	983.56	3340.10	*105460	*36527.3	*9104.35	*445.58
% of Calories				5.17%		25.1%	22.5%	0.0%		59.9%		19.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 01/10/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990182 Yogurt, Strawberry, Upstate Farms, P-74086	1/2 Cup	90	90	0.00	50	15	0.00	0.00	0	19.00	0.00	3.00	0	200.0	0.00	0.00
990698 String Cheese Mozz Stick, BONGARDS, P-574456	Each	90	80	3.50	200	0	6.00	0.00	15	0.00	0.00	6.00	0	150.0	0.00	0.00
990202 Muffin, Blueberry, WG, Smart Choice, P-370303	2 oz=1 Each	90	160	0.50	95	14	5.00	0.00	26	26.00	1.00	3.00	0	20.0	0.00	1.08
991033 CELERY STICKS	1/2 CUP	50	8	0.03	48	1	0.10	0.00	0	1.78	0.96	0.41	269	24.0	1.86	0.12
991045 Baby Carrots, 2.5 oz	1/2 Cup	50	31	0.00	38	5	0.00	0.00	0	7.50	2.50	1.25	5625	25.0	6.00	0.45
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	100	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25

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Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991182 Canned Fruit, Commodity, Extra Light Syrup	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	10	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
Weighted Daily Average			58112	510.36	72647	6643	1285.58	0.00	5065	9416.68	536.56	2213.30	*391180	*62537.3	*2357.35	*211.28
% of Calories				7.90%		45.7%	19.9%	0.0%		64.8%		15.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 01/11/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991085 Corn Dog, Chicken, Foster Farms, P-909561	Each	90	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00	0	80.0	0.00	1.80
000433 MIXED VEGETABLES:frozen,boiled	1/2 CUP	50	59	0.03	32	3	0.14	0.00	0	11.91	4.00	2.60	3892	22.8	2.91	0.75

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990054 Romaine Salad	1 Cup	50	9	0.00	6	*N/A*	0.00	0.00	0	1.87	1.13	0.57	4819	22.7	2.04	0.61
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	100	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000223 MUSTARD: individual PC P-44587	Pkt 5g	25	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990967 Fresh Fruit, Whole	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	10	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
Weighted Daily Average			51987	375.78	77928	*4536	1021.48	0.01	4975	8399.01	985.46	2023.28	*532171	*36337.6	*2212.38	*317.48
% of Calories				6.51%		*34.9%	17.7%	0.0%		64.6%		15.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

Wednesday - 01/12/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
990048 Crispy Chicken Sandwich, GoldKist, P-470164	Each	90	340	2.50	650	3	12.50	0.00	35	39.00	4.00	21.00	100	86.0	78.00	2.80
990055 Seasoned Green Beans, Arbor E-13	1/2 Cup	50	20	0.00	140	2	0.00	0.00	0	4.00	2.00	0.60	200	20.0	3.60	0.72
990297 Cucumbers, Sliced, PEAK, .94g	1/2 Cup	50	8	0.00	1	*N/A*	0.00	0.00	0	1.89	0.30	0.34	0	0.0	0.00	0.00
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	80	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	10	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
Weighted Daily Average			58729	374.10	103422	*4273	1415.48	0.00	4525	8767.08	748.56	2987.10	*115460	*35527.3	*9164.35	*373.58
% of Calories				5.73%		*29.1%	21.7%	0.0%		59.7%		20.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/13/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991164 Fiesta Beef Nacho Supreme, JTM Cheese Sauce	1 Each	90	185	2.16	335	2	9.53	0.00	22	16.74	1.91	9.11	388	90.5	2.72	3.54
990597 Fiesta Beans, E-9b	1/2 Cup	50	107	0.00	479	*0	1.77	0.00	0	16.97	5.33	6.23	0	17.9	0.00	1.61
990963 Salsa, Mild, Red Gold, P-886718	4 Ounces	50	40	0.00	280	4	0.00	0.00	0	8.00	2.00	0.00	2000	80.0	24.00	1.44
990967 Fresh Fruit, Whole	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	10	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
Weighted Daily Average			49438	343.94	92936	*4116	1236.87	0.00	3335	7457.51	811.84	2181.98	*231384	*39830.0	*3409.43	*556.40
% of Calories				6.26%		*33.3%	22.5%	0.0%		60.3%		17.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 01/14/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991185 SMART WHOLE GRAIN CHEESE PIZZA 50-50 P-349370	Pizza	90	300	4.00	480	8	11.00	0.00	15	35.00	4.00	16.00	450	306.0	0.00	2.60
990296 Corn, Golden Sweet	1/2 Cup	50	70	0.00	0	2	0.50	0.00	0	18.00	2.00	3.00	200	0.0	6.00	0.36
991063 BROCCOLI,raw: fresh	1/2 Cup	50	15	0.05	15	1	0.17	0.00	0	3.02	1.18	1.28	283	21.4	40.59	0.33
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	10	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
Weighted Daily Average			57203	511.71	75023	4602	1313.95	0.00	2725	9003.63	792.71	2704.26	*161134	*55396.6	*4293.65	*354.18
% of Calories				8.05%		32.2%	20.7%	0.0%		63.0%		18.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 01/18/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990723 Sloppy Joe, Scoops, Beef, JTM, B-43d	Serving	90	268	2.40	584	8	8.50	0.00	47	30.00	4.00	16.00	459	62.0	6.00	2.36
990413 Corn, Whole Kernel, USDA, 15g, 1/2C	1/2 Cup	50	65	0.00	15	3	1.00	0.00	0	15.00	2.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*
990290 Black Beans, LS, Mothers Maid, P-493061	1/2 Cup	50	100	0.00	140	0	0.00	0.00	0	18.00	6.00	7.00	0	40.0	0.00	2.70
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991183 Frozen Fruit, Commodity, _____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity, _____	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	10	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
Weighted Daily Average			578	3.65	851	46	11.05	0.00	56	90.53	10.34	29.40	*1378	*343.7	*25.04	*4.33
% of Calories				5.68%		31.8%	17.2%	0.0%		62.7%		20.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 01/19/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990920 Cheese Ravioli, Jumbo, Whole Grain, P-431907	3 each	90	259	2.52	290	8	5.96	0.00	25	33.71	3.92	17.02	202	239.7	6.05	2.12
990906 Garlic Bread, Texas Toast, WG, P-392110	Each	90	90	0.50	190	1	2.50	*N/A*	0	15.00	2.00	3.00	400	8.7	0.00	0.90
990415 Broccoli, FZ, USDA, 1/2C, 5g	1/2 Cup	50	26	0.00	22	1	0.00	0.00	0	5.00	3.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991062 Tomato, Cherry, Packer	1/2 Cup	50	24	0.05	21	*N/A*	0.05	0.00	0	6.00	1.90	1.10	500	21.0	6.00	1.44
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	10	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
Weighted Daily Average			59813	423.26	76406	*4543	1054.71	*0.00	3643	9736.59	1051.36	3057.08	*175601	*50192.1	*2808.58	*429.12
% of Calories				6.37%		*30.4%	15.9%	*0.0%		65.1%		20.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/20/2022

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990375 Chicken Nuggets, Goldkist, P-470452	5 Each	90	200	2.00	400	0	10.00	0.00	35	13.00	2.00	15.00	100	20.0	78.00	1.80
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	90	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
990907 Seasoned Spiral Fries, McCain, P-531785	1/2 Cup	50	100	0.00	150	0	3.00	0.00	0	17.00	1.00	1.00	0	0.0	2.40	0.00
990363 Garbanzo Beans, Bushs, P-284297	1/2 Cup	50	120	0.00	230	3	2.00	0.00	0	20.00	5.00	6.00	0	40.0	0.00	1.80
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	100	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	10	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
Weighted Daily Average			644	3.74	1036	41	18.00	0.00	45	91.83	8.44	29.30	*1055	*323.9	*91.04	*4.02
% of Calories				5.23%		25.5%	25.2%	0.0%		57.0%		18.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 01/21/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990923 Meatball Sub, Italian, JTM, Commodity, P-850570	1 Sub	45	373	5.81	745	8	13.96	0.55	44	38.70	4.03	22.25	794	210.0	4.74	3.96
990945 Meatball Sub, Italian, JTM Meatball P-369634	1 Sub	45	350	5.33	714	7	12.73	0.47	38	38.52	3.92	19.24	793	179.6	4.74	3.75
990410 Green Beans, FZ, USDA, 4g 1/2 C	1/2 Cup	50	19	0.00	1	1	0.00	0.00	0	4.00	2.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
991175 Green Salad	1 Cup	50	13	0.05	21	0	0.42	0.00	0	1.87	1.46	1.13	3377	71.8	24.30	0.78
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	10	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
Weighted Daily Average			601	6.53	979	45	15.12	0.46	50	85.71	8.05	30.24	*3367	*479.1	*36.06	*4.72
% of Calories				9.78%		30.0%	22.6%	0.7%		57.0%		20.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 01/24/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990738 Corn Dog, Turkey, Mini, JTM, P-597483	6 Each	90	257	1.80	362	11	10.00	0.00	37	35.00	0.00	10.00	114	55.0	51.00	2.00
990927 Beans, Vegetarian in Tom Sauce, P-376745	1/2 Cup	50	110	0.00	330	2	0.00	0.00	0	19.99	5.00	6.00	100	0.0	1.20	1.80
991045 Baby Carrots, 2.5 oz	1/2 Cup	50	31	0.00	38	5	0.00	0.00	0	7.50	2.50	1.25	5625	25.0	6.00	0.45
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	100	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000223 MUSTARD: individual PC P-44587	Pkt 5g	50	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991182 Canned Fruit, Commodity, Extra Light Syrup	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity, _____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity, _____	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	10	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
Weighted Daily Average			573	3.12	933	53	11.99	0.00	47	95.42	6.58	23.22	*3932	*331.4	*69.15	*3.82
% of Calories				4.90%		37.0%	18.8%	0.0%		66.6%		16.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 01/25/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991201 Taco Filling, Beef, P-369222	1.5 oz #16 scoo	90	64	1.01	166	1	2.52	0.00	19	3.02	1.01	7.06	362	26.2	3.02	1.01
990582 Cheddar Cheese, Shredded 1 oz	1 oz	90	111	5.06	182	0	9.11	0.00	25	2.02	0.00	6.08	0	195.4	0.00	0.00

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990544 Tortilla Chip, 1.6 oz bag, El Sabroso, P-583986	Bag	90	210	1.00	180	0	12.00	0.00	0	25.00	2.00	3.00	0	40.0	0.00	0.72
990488 CARROTS:frozen, boiled	1/2 Cup	50	27	0.09	43	3	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39
991033 CELERY STICKS	1/2 CUP	50	8	0.03	48	1	0.10	0.00	0	1.78	0.96	0.41	269	24.0	1.86	0.12
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	10	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
Weighted Daily Average			623	7.91	832	40	24.47	0.00	54	78.78	7.13	25.44	*7604	*528.1	*24.13	*2.66
% of Calories				11.43%		25.7%	35.3%	0.0%		50.6%		16.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

Wednesday - 01/26/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
990048 Crispy Chicken Sandwich, GoldKist, P-470164	Each	90	340	2.50	650	3	12.50	0.00	35	39.00	4.00	21.00	100	86.0	78.00	2.80
990396 Broccoli, West Creek, 1/2C, 2g	1/2 Cup	50	11	0.00	10	0	0.00	0.00	0	2.00	1.50	1.50	450	25.0	25.20	0.36
991077 PEPPERS,SWEET,GREEN,RAW	1/2 Cup	50	9	0.03	1	1	0.08	0.00	0	2.13	0.78	0.40	170	4.6	36.98	0.16
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	100	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	10	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
Weighted Daily Average			585	3.75	987	43	14.19	0.00	45	87.19	7.48	30.35	*1365	*360.1	*120.94	*3.63
% of Calories				5.77%		29.4%	21.8%	0.0%		59.6%		20.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/27/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990552 Salisbury Steak, Reduced Sodium, JTM, P-369313	Each	90	158	3.40	328	1	9.00	0.60	43	5.00	1.00	14.00	40	45.0	1.00	2.00
990525 Biscuit, 1 oz, Pillsbury, Whole Grain, P-376522	Each	90	100	3.50	210	1	4.50	0.00	0	14.00	1.00	2.00	0	60.0	0.00	0.36
990834 Potato, Smiles, McCain, P-384399	1/2 Cup(4 each)	50	130	0.50	180	0	4.50	0.00	0	20.00	2.00	2.00	0	0.0	2.40	0.36
991047 CUCUMBER,RAW, Sliced	1/2 Cup	50	6	0.05	1	1	0.10	0.00	0	1.29	0.42	0.35	43	8.3	1.90	0.13
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	10	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
Weighted Daily Average			55947	797.42	88552	3964	1735.24	54.00	5245	7576.84	574.36	2607.66	*102202	*36653.8	*2269.55	*322.54
% of Calories				12.83%		28.3%	27.9%	0.9%		54.2%		18.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 01/28/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990057 Pizza Dippers, The Max, P-43901	2 Each	90	300	5.00	740	6	12.00	0.00	10	34.00	4.00	14.00	200	300.0	0.00	0.26
991070 Marinara Sauce, Red Pack, P-971691	1/2 Cup	90	60	0.00	134	6	1.49	0.00	0	9.92	1.98	1.98	0	39.7	0.00	1.07
990954 Fresh Coleslaw, T. Marzetti's	1/2 Cup	100	78	1.09	155	3	6.61	0.00	8	4.43	0.27	0.42	45	14.8	16.03	0.16
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991184 Dried Fruit, Commodity,	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	10	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
Weighted Daily Average			65589	708.30	118937	5081	2165.52	0.00	3111	9098.77	838.82	2530.26	*118914	*58844.0	*3567.75	*221.46
% of Calories				9.72%		31.0%	29.7%	0.0%		55.5%		15.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 01/31/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990375 Chicken Nuggets, Goldkist, P-470452	5 Each	90	200	2.00	400	0	10.00	0.00	35	13.00	2.00	15.00	100	20.0	78.00	1.80
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	90	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
990907 Seasoned Spiral Fries, McCain, P-531785	1/2 Cup	50	100	0.00	150	0	3.00	0.00	0	17.00	1.00	1.00	0	0.0	2.40	0.00
990363 Garbanzo Beans, Bushs, P-284297	1/2 Cup	50	120	0.00	230	3	2.00	0.00	0	20.00	5.00	6.00	0	40.0	0.00	1.80

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	100	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	10	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
Weighted Daily Average			644	3.74	1036	41	18.00	0.00	45	91.83	8.44	29.30	*1055	*323.9	*91.04	*4.02
% of Calories				5.23%		25.5%	25.2%	0.0%		57.0%		18.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	40001	351	60777	*3160	1020.81	*2.72	2920	5936.14	553.43	1807.98	*139534	*29631.4	*2589.48	*220.23
% of Calories		7.90%		*31.6%	23.0%	*0.1%		59.4%		18.1%				

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

**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

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.