

Base Menu Spreadsheet

Portion Values

May 1, 2022 thru May 31, 2022

Menu Name: Millburn Elementary Lunch

Include Cost: No

Site:

Report Style: Detailed

Monday - 05/02/2022

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990913 Hot Dog, Chicago Style, Beef, Farmland, P-156116 | Each | 90 | 327 | 7.34 | 738 | 5 | 18.11 | 0.03 | 35 | 28.63 | 2.30 | 11.23 | 0 | 51.0 | 1.20 | 1.78 |
| 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 |
| 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 |
| 990935 Pickle Spear, Dill, Kosher, Heinz, P-33558 | Each | 50 | 2 | 0.01 | 215 | 0 | 0.02 | 0.00 | 0 | 0.61 | 0.12 | 0.11 | 35 | 7.3 | 0.36 | 0.06 |
| 990936 Pickle Relish, Sweet, Packet, P-194586 | Each | 10 | 9 | 0.00 | 70 | 3 | 0.00 | 0.00 | 0 | 3.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000223 MUSTARD: individual PC P-44587 | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 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 |

Base Menu Spreadsheet

Portion Values

May 1, 2022 thru May 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 | 190 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 9.00 | 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 | | | 62767 | 812.66 | 129450 | *4510 | 1925.63 | 2.72 | 4525 | 8842.08 | 833.59 | 2443.00 | *128245 | *32826.2 | *2450.45 | *411.26 |
| % of Calories | | | | 11.65% | | *28.7% | 27.6% | 0.0% | | 56.3% | | 15.6% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Tuesday - 05/03/2022

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990630 Chicken Drumstick, Breaded, Fully Cooked P-428479 | Each | 90 | 190 | 2.50 | 450 | 0 | 11.00 | 0.00 | 50 | 5.00 | 1.00 | 16.00 | 100 | 20.0 | 0.00 | 1.08 |
| 991148 Slider Roll, Sliced, WG, P-519682 | Each-1.03 oz | 90 | 90 | 0.00 | 140 | 2 | 1.00 | 0.00 | 0 | 16.00 | 2.00 | 4.00 | 0 | 100.0 | 0.00 | 0.72 |
| 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* |
| 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 |
| 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 |

Base Menu Spreadsheet

Portion Values

May 1, 2022 thru May 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 | 190 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 9.00 | 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 | | | 54839 | 375.44 | 85191 | 4128 | 1424.38 | 0.00 | 5875 | 7549.30 | 682.66 | 2989.90 | *113970 | *37817.3 | *3813.55 | *255.38 |
| % of Calories | | | | 6.16% | | 30.1% | 23.4% | 0.0% | | 55.1% | | 21.8% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Wednesday - 05/04/2022

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 991160 Pancake and Sausage Bites, JTM, P-688592 | 6 Each | 90 | 256 | 0.91 | 586 | 11 | 5.08 | 0.11 | 29 | 36.99 | 3.91 | 16.62 | 114 | 69.9 | 51.00 | 2.90 |
| 990638 Glazed Carrots | 1/2 Cup | 50 | 71 | 0.97 | 67 | 10 | 2.00 | *0.00 | 4 | 13.49 | 2.99 | 0.55 | 15399 | 37.6 | 2.09 | 0.53 |
| 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 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

May 1, 2022 thru May 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 991136 Syrup, 1.5 oz Cup, Madeira, P-1779 | Each | 100 | 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 |
| 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 | 190 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 9.00 | 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 | | | 653 | 2.82 | 901 | 75 | 8.56 | *0.10 | 42 | 119.57 | 8.34 | 26.58 | *8909 | *360.3 | *86.88 | *3.89 |
| % of Calories | | | | 3.89% | | 45.9% | 11.8% | *0.1% | | 73.2% | | 16.3% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Thursday - 05/05/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2022 thru May 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 |
| 990561 Tater Tots, ORE-IDA, P-284787 | 1/2 C (8 ea) | 95 | 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 |
| 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 |
| 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 | 190 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 9.00 | 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

May 1, 2022 thru May 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 | | | 70119 | 458.93 | 126442 | 4463 | 1924.41 | 0.00 | 4525 | 10244.75 | 928.23 | 3192.28 | *386710 | *35777.3 | *9589.68 | *375.38 |
| % of Calories | | | | 5.89% | | 25.5% | 24.7% | 0.0% | | 58.4% | | 18.2% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Friday - 05/06/2022

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 |
| 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 |
| 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 |
| 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

Portion Values

May 1, 2022 thru May 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 | 190 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 9.00 | 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 | | | 54768 | 514.12 | 76572 | *4476 | 1303.97 | 0.00 | 2725 | 8345.85 | 801.81 | 2621.66 | *330808 | *58967.2 | *3479.15 | *430.58 |
| % of Calories | | | | 8.45% | | *32.7% | 21.4% | 0.0% | | 61.0% | | 19.1% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Monday - 05/09/2022

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990031 Cheeseburger on WG Bun, Arbor B-1 | 1 Each | 89 | 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 | 1 | 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 | 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 | 10 | 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

May 1, 2022 thru May 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 | 190 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 9.00 | 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 | | | 579 | 7.08 | 950 | 44 | 16.45 | 0.00 | 56 | 79.07 | 7.49 | 32.06 | *965 | *397.8 | *32.54 | *2.78 |
| % of Calories | | | | 11.01% | | 30.4% | 25.6% | 0.0% | | 54.6% | | 22.1% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Tuesday - 05/10/2022

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 |

Base Menu Spreadsheet

Portion Values

May 1, 2022 thru May 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990561 Tater Tots, ORE-IDA, P-284787 | 1/2 C (8 ea) | 95 | 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 | 100 | 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 |
| 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 | 190 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 9.00 | 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 | | | 883 | 5.04 | 1190 | 75 | 20.59 | 0.00 | 77 | 129.55 | 9.28 | 36.42 | *3957 | *305.6 | *26.78 | *2.21 |
| % of Calories | | | | 5.14% | | 34.0% | 21.0% | 0.0% | | 58.7% | | 16.5% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Base Menu Spreadsheet

Portion Values

May 1, 2022 thru May 31, 2022

Wednesday - 05/11/2022

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|-----------|------------|-----------|
| 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 |
| 991168 Spring Pea Salad, E-27 | 1/2 Cup | 50 | 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 | 190 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 9.00 | 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 | | | 642 | 6.49 | 1087 | *49 | 17.30 | *0.00 | 25 | 94.32 | 10.71 | 27.67 | *1402 | *573.8 | *27.43 | *2.75 |
| % of Calories | | | | 9.10% | | *30.5% | 24.3% | *0.0% | | 58.8% | | 17.2% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Base Menu Spreadsheet

Portion Values

May 1, 2022 thru May 31, 2022

Thursday - 05/12/2022

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) |
|---|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|-----------|------------|-----------|
| 991201 Taco Filling, Beef, P-369222 | 2 oz #16 scoop | 90 | 82 | 1.30 | 213 | 1 | 3.24 | 0.00 | 25 | 3.89 | 1.30 | 9.07 | 465 | 33.7 | 3.89 | 1.30 |
| 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 | 50 | 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 | 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 |
| 990571 Milk, Skim, Chocolate, TruMoo | Half Pint | 20 | 120 | 0.00 | 190 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 9.00 | 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

May 1, 2022 thru May 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 | | | 666 | 8.11 | 995 | 43 | 21.72 | 0.00 | 59 | 89.05 | 9.80 | 30.63 | *2383 | *561.1 | *35.14 | *4.36 |
| % of Calories | | | | 10.96% | | 25.8% | 29.4% | 0.0% | | 53.5% | | 18.4% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Friday - 05/13/2022

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 |
| 990834 Potato, Smiles, McCain, P-384399 | 1/2 Cup(4 each) | 95 | 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 |

Base Menu Spreadsheet

Portion Values

May 1, 2022 thru May 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 | 190 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 9.00 | 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 | | | 773 | 6.98 | 1278 | 48 | 20.19 | 0.46 | 50 | 112.78 | 10.71 | 34.27 | *1678 | *463.2 | *26.19 | *5.57 |
| % of Calories | | | | 8.13% | | 24.8% | 23.5% | 0.5% | | 58.4% | | 17.7% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Monday - 05/16/2022

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 | 99 | 160 | 0.50 | 95 | 14 | 5.00 | 0.00 | 26 | 26.00 | 1.00 | 3.00 | 0 | 20.0 | 0.00 | 1.08 |
| 990533 Blueberry Muffin Top, P-278857 | 2 oz=1 Each | 1 | 160 | 0.50 | 95 | 14 | 5.00 | 0.00 | 20 | 26.00 | 1.00 | 3.00 | *N/A* | 14.0 | *N/A* | 1.00 |
| 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 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

May 1, 2022 thru May 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 | 190 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 9.00 | 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 | | | 592 | 5.15 | 675 | 68 | 13.36 | 0.00 | 53 | 95.77 | 5.47 | 22.63 | *3912 | *627.3 | *23.57 | *2.22 |
| % of Calories | | | | 7.83% | | 45.9% | 20.3% | 0.0% | | 64.7% | | 15.3% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Tuesday - 05/17/2022

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

May 1, 2022 thru May 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 |
| 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 | 85 | 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 | 10 | 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 | 190 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 9.00 | 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

Arbor Management Inc

Portion Values

May 1, 2022 thru May 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 | | | 518 | 3.76 | 760 | *45 | 10.19 | 0.00 | 50 | 83.65 | 9.82 | 20.40 | *5321 | *362.9 | *22.12 | *3.16 |
| % of Calories | | | | 6.53% | | *34.7% | 17.7% | 0.0% | | 64.6% | | 15.8% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Wednesday - 05/18/2022

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 | 50 | 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 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

May 1, 2022 thru May 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 | 190 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 9.00 | 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 | | | 584 | 3.74 | 1011 | *42 | 14.15 | 0.00 | 45 | 87.07 | 7.49 | 30.07 | *1155 | *355.3 | *91.64 | *3.74 |
| % of Calories | | | | 5.76% | | *28.8% | 21.8% | 0.0% | | 59.6% | | 20.6% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Thursday - 05/19/2022

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) |
|--|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 |
| 991201 Taco Filling, Beef, P-369222 | 2 oz #16 scoop | 90 | 82 | 1.30 | 213 | 1 | 3.24 | 0.00 | 25 | 3.89 | 1.30 | 9.07 | 465 | 33.7 | 3.89 | 1.30 |
| 990749 Cheese Sauce, Ultimate Cheddar, JTM, P-387185 | 2 oz.-1 m/ma | 45 | 87 | 4.00 | 367 | 0 | 6.67 | 0.00 | 20 | 3.34 | 0.00 | 0.00 | 0 | 191.4 | 0.00 | 0.00 |
| 990582 Cheddar Cheese, Shredded 1 oz | 1 oz | 45 | 111 | 5.06 | 182 | 0 | 9.11 | 0.00 | 25 | 2.02 | 0.00 | 6.08 | 0 | 195.4 | 0.00 | 0.00 |
| 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 |

Base Menu Spreadsheet

Portion Values

May 1, 2022 thru May 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 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 | 190 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 9.00 | 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 | | | 679 | 7.64 | 1230 | *41 | 24.61 | 0.00 | 56 | 87.92 | 9.37 | 27.42 | *2383 | *557.2 | *35.14 | *4.19 |
| % of Calories | | | | 10.13% | | *24.2% | 32.6% | 0.0% | | 51.8% | | 16.2% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Friday - 05/20/2022

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) | Calcm (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 |

Base Menu Spreadsheet

Portion Values

May 1, 2022 thru May 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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* |
| 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 | 190 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 9.00 | 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 | | | 572 | 5.12 | 752 | 46 | 13.14 | 0.00 | 27 | 90.04 | 7.93 | 27.24 | *1611 | *554.0 | *42.94 | *3.54 |
| % of Calories | | | | 8.06% | | 32.2% | 20.7% | 0.0% | | 63.0% | | 19.0% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Monday - 05/23/2022

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

May 1, 2022 thru May 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 |
| 990728 Biscuit, Honeywheat, WG, Bake Crafters, P-347669 | Each | 89 | 180 | 3.00 | 370 | 5 | 6.00 | 0.00 | 5 | 29.00 | 3.00 | 5.00 | 0 | 40.0 | 0.00 | 1.44 |
| 990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969 | Each | 1 | 100 | 0.50 | 170 | 0 | 4.00 | 0.00 | 0 | 14.00 | 1.00 | 2.00 | 0 | 20.0 | 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 | 100 | 8 | 0.03 | 48 | 1 | 0.10 | 0.00 | 0 | 1.78 | 0.96 | 0.41 | 269 | 24.0 | 1.86 | 0.12 |
| 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 | 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 |
| 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 | 190 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 9.00 | 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

Arbor Management Inc

Portion Values

May 1, 2022 thru May 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 | | | 655 | 5.14 | 1284 | 46 | 14.93 | 0.00 | 68 | 97.78 | 9.38 | 35.60 | *7593 | *358.4 | *23.42 | *3.43 |
| % of Calories | | | | 7.06% | | 28.1% | 20.5% | 0.0% | | 59.7% | | 21.7% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Tuesday - 05/24/2022

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990031 Cheeseburger on WG Bun, Arbor B-1 | 1 Each | 90 | 323 | 6.20 | 589 | 4 | 15.00 | 0.00 | 48 | 28.00 | 3.00 | 21.50 | 0 | 138.0 | 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* |
| 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 |

Base Menu Spreadsheet

Portion Values

May 1, 2022 thru May 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 | 190 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 9.00 | 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 | | | 575 | 7.10 | 864 | *41 | 16.43 | 0.00 | 56 | 78.73 | 7.89 | 32.10 | *1215 | *402.6 | *22.64 | *3.38 |
| % of Calories | | | | 11.11% | | *28.5% | 25.7% | 0.0% | | 54.8% | | 22.3% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Wednesday - 05/25/2022

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 |
| 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

May 1, 2022 thru May 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 | 190 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 9.00 | 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 | | | 337 | 1.49 | 328 | 39 | 3.40 | 0.00 | 14 | 63.53 | 6.74 | 15.20 | *965 | *287.9 | *19.64 | *2.21 |
| % of Calories | | | | 3.98% | | 46.3% | 9.1% | 0.0% | | 75.4% | | 18.0% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Thursday - 05/26/2022

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 ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990187 SunButter & Jelly Sandwich, B-89a | Each | 25 | 634 | 4.00 | 540 | 33 | 34.00 | 0.00 | 0 | 64.57 | 10.00 | 18.00 | 0 | 78.0 | 0.00 | *4.88 |
| 990928 SunButter and Jelly Sandwich, Sunwise, P-629236 | Each-5.2 oz | 25 | 610 | 4.00 | 590 | 18 | 34.00 | 0.00 | 0 | 56.00 | 7.00 | 20.00 | 0 | 59.0 | 0.00 | 10.00 |
| 990956 Turkey & Cheese Sandwich, Jennie-O P-26381 | Each | 50 | 300 | 5.75 | 875 | 5 | 13.18 | 0.00 | 48 | 27.10 | 1.93 | 19.29 | 0 | 136.7 | 0.00 | 2.11 |
| 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 |

Base Menu Spreadsheet

Portion Values

May 1, 2022 thru May 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 | 190 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 9.00 | 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 |
| Weighted Daily Average | | | 805 | 5.79 | 1158 | 56 | 27.68 | 0.00 | 33 | 108.51 | 10.76 | 31.42 | *965 | *376.8 | *20.84 | *6.32 |
| % of Calories | | | | 6.47% | | 27.8% | 30.9% | 0.0% | | 53.9% | | 15.6% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Friday - 05/27/2022

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 |
| 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* |

Base Menu Spreadsheet

Portion Values

May 1, 2022 thru May 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 |
| 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 | 190 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 9.00 | 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 | | | 581 | 3.77 | 909 | 41 | 14.36 | 0.00 | 45 | 86.06 | 8.07 | 30.67 | *2743 | *381.2 | *101.99 | *3.77 |
| % of Calories | | | | 5.84% | | 28.2% | 22.2% | 0.0% | | 59.2% | | 21.1% | | | | |
| 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) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-------------------|--|--|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| Weighted Averages | | | 12629 | 112 | 21651 | *919 | 341.77 | *0.16 | 920 | 1824.27 | 169.28 | 585.36 | *50344 | *8615.7 | *998.59 | *76.51 |

Base Menu Spreadsheet

Portion Values

May 1, 2022 thru May 31, 2022

| | | | | | | | | | | | | | | | |
|---------------|--|--|--|-------|--|--------|-------|-------|--|-------|--|-------|--|--|--|
| % of Calories | | | | 8.00% | | *29.1% | 24.4% | *0.0% | | 57.8% | | 18.5% | | | |
|---------------|--|--|--|-------|--|--------|-------|-------|--|-------|--|-------|--|--|--|

**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.