

Base Menu Spreadsheet

Portion Values

May 1, 2021 thru May 31, 2021

Menu Name: Woodland Breakfast
Site: All Sites

Include Cost: No
Report Style: Detailed

Monday - 05/03/2021

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)
990127 Cereal, Honey Graham Square, WG, P-75768	3/4 Cup	100	120	0.00	250	9	3.00	0.00	0	24.00	1.00	1.00	500	100.0	6.00	9.00
990895 Juice, Apple, Cup, 100%, Ardmore, P-883282/974897	4 oz	50	60	0.00	15	13	0.00	0.00	0	14.00	0.00	1.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole	1/2 Cup	50	78	0.05	1	*10	0.19	0.00	0	20.54	3.28	0.73	122	21.4	22.76	0.28
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
990264 Milk, Fat Free Plain, Dean's Dairy Pure	Half Pint	50	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
Weighted Daily Average			289	0.77	388	*33	4.34	0.00	8	54.27	2.64	9.86	1311	360.7	17.38	9.14
% of Calories				2.40%		*45.7%	13.5%	0.0%		75.1%		13.6%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Tuesday - 05/04/2021

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)
990321 Strawberry Yogurt Chex Mix, P-370905	1 Pouch	100	120	1.00	55	6	3.00	0.00	0	23.00	2.00	2.00	0	0.0	0.00	0.72
991022 Juice, Apple Cherry, Ardmore, P-371415	4 oz	50	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.36

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

May 1, 2021 thru May 31, 2021

	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	50	78	0.05	1	*10	0.19	0.00	0	20.54	3.28	0.73	122	21.4	22.76	0.28
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
990264 Milk, Fat Free Plain, Dean's Dairy Pure	Half Pint	50	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
Weighted Daily Average			28901	177.30	19306	*2974	434.28	0.00	750	5327.13	364.15	1036.35	81082	26069.7	1137.85	103.85
% of Calories				5.52%		*41.2%	13.5%	0.0%		73.7%		14.3%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Wednesday - 05/05/2021

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)
990136 Pop-Tart, Cinnamon Brown Sugar, P-326456	Pastry	100	190	1.00	200	16	3.00	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
990896 Juice, Fruit Punch, 100%, Ardmore, P-370594	4 oz	50	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00
990967 Fresh Fruit, Whole	1/2 Cup	50	78	0.05	1	*10	0.19	0.00	0	20.54	3.28	0.73	122	21.4	22.76	0.28
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
990264 Milk, Fat Free Plain, Dean's Dairy Pure	Half Pint	50	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
Weighted Daily Average			359	1.77	336	*40	4.34	0.00	8	68.27	4.64	10.36	1311	360.7	13.18	1.94
% of Calories				4.44%		*44.6%	10.9%	0.0%		76.1%		11.5%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Thursday - 05/06/2021

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

May 1, 2021 thru May 31, 2021

	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)
990623 Banana Chocolate Chunk Bar,BeneFIT,2.5 oz,P-273348	Each	100	280	3.00	220	23	8.00	0.00	15	48.00	3.00	5.00	0	20.0	0.00	1.80
991022 Juice, Apple Cherry, Ardmore, P-371415	4 oz	50	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.36
990967 Fresh Fruit, Whole	1/2 Cup	50	78	0.05	1	*10	0.19	0.00	0	20.54	3.28	0.73	122	21.4	22.76	0.28
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
990264 Milk, Fat Free Plain, Dean's Dairy Pure	Half Pint	50	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
Weighted Daily Average			449	3.77	358	*47	9.34	0.00	22	78.27	4.64	13.36	811	280.7	11.38	2.12
% of Calories				7.56%		*41.9%	18.7%	0.0%		69.7%		11.9%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Friday - 05/07/2021

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)
990575 Cereal, Froot Loops, R/S, BP, Bowl, P-369482	Bowl	100	110	0.50	160	8	1.00	0.00	0	34.00	2.00	2.00	500	0.0	15.00	4.50
990900 Juice, Orange, Cup, Ardmore, P-883283	4 oz	50	60	0.00	15	11	0.00	0.00	0	13.00	0.00	1.00	0	0.0	24.00	0.00
990967 Fresh Fruit, Whole	1/2 Cup	50	78	0.05	1	*10	0.19	0.00	0	20.54	3.28	0.73	122	21.4	22.76	0.28
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	50	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, 2021 thru May 31, 2021

	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, Fat Free Plain, Dean's Dairy Pure	Half Pint	50	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
Weighted Daily Average			279	1.27	298	*31	2.34	0.00	8	63.77	3.64	10.86	1311	260.7	38.38	4.64
% of Calories				4.10%		*44.4%	7.5%	0.0%		91.4%		15.6%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Monday - 05/10/2021

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)
990136 Pop-Tart, Cinnamon Brown Sugar, P-326456	Pastry	100	190	1.00	200	16	3.00	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
990895 Juice, Apple, Cup, 100%, Ardmore, P-883282/974897	4 oz	50	60	0.00	15	13	0.00	0.00	0	14.00	0.00	1.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole	1/2 Cup	50	78	0.05	1	*10	0.19	0.00	0	20.54	3.28	0.73	122	21.4	22.76	0.28
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
990264 Milk, Fat Free Plain, Dean's Dairy Pure	Half Pint	50	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
Weighted Daily Average			359	1.77	338	*40	4.34	0.00	8	68.27	4.64	10.86	1311	360.7	11.38	1.94
% of Calories				4.44%		*44.6%	10.9%	0.0%		76.1%		12.1%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Tuesday - 05/11/2021

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

May 1, 2021 thru May 31, 2021

	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)
990636 Strawberry Soft Oatmeal Bar, 2.4 oz, P-331385	1 Each	100	280	3.00	150	21	9.00	0.00	0	46.00	3.00	4.00	0	20.0	0.00	1.44
991022 Juice, Apple Cherry, Ardmore, P-371415	4 oz	50	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.36
990967 Fresh Fruit, Whole	1/2 Cup	50	78	0.05	1	*10	0.19	0.00	0	20.54	3.28	0.73	122	21.4	22.76	0.28
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
990264 Milk, Fat Free Plain, Dean's Dairy Pure	Half Pint	50	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
Weighted Daily Average			449	3.77	288	*45	10.34	0.00	8	76.27	4.64	12.36	811	280.7	11.38	1.76
% of Calories				7.56%		*40.1%	20.7%	0.0%		67.9%		11.0%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Wednesday - 05/12/2021

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)
990566 Bagel, Whole Grain, Plain, Lender's, 57g, P-324122	1 Each	100	140	0.00	160	4	1.00	0.00	0	28.00	4.00	6.00	0	40.0	0.00	1.80
990896 Juice, Fruit Punch, 100%, Ardmore, P-370594	4 oz	50	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00
990967 Fresh Fruit, Whole	1/2 Cup	50	78	0.05	1	*10	0.19	0.00	0	20.54	3.28	0.73	122	21.4	22.76	0.28
991068 Jelly, Grape, 1/2 oz, Smucker's, P-38934	Each	100	35	0.00	5	8	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	50	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, 2021 thru May 31, 2021

	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, Fat Free Plain, Dean's Dairy Pure	Half Pint	50	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
Weighted Daily Average			344	0.77	301	*36	2.34	0.00	8	67.27	5.64	14.36	811	300.7	13.18	1.94
% of Calories				2.01%		*41.9%	6.1%	0.0%		78.2%		16.7%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Thursday - 05/13/2021

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)
990677 Cinnamon Crispy Bites P-521568	Bag (1 oz)	100	120	0.50	70	8	4.00	0.00	0	21.00	2.00	2.00	0	10.0	0.00	1.00
991022 Juice, Apple Cherry, Ardmore, P-371415	4 oz	50	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.36
990967 Fresh Fruit, Whole	1/2 Cup	50	78	0.05	1	*10	0.19	0.00	0	20.54	3.28	0.73	122	21.4	22.76	0.28
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
990264 Milk, Fat Free Plain, Dean's Dairy Pure	Half Pint	50	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
Weighted Daily Average			289	1.27	208	*32	5.34	0.00	8	51.27	3.64	10.36	811	270.7	11.38	1.32
% of Calories				3.96%		*44.3%	16.6%	0.0%		71.0%		14.3%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Friday - 05/14/2021

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

May 1, 2021 thru May 31, 2021

	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)
990127 Cereal, Honey Graham Square, WG, P-75768	3/4 Cup	100	120	0.00	250	9	3.00	0.00	0	24.00	1.00	1.00	500	100.0	6.00	9.00
990900 Juice, Orange, Cup, Ardmore, P-883283	4 oz	50	60	0.00	15	11	0.00	0.00	0	13.00	0.00	1.00	0	0.0	24.00	0.00
990967 Fresh Fruit, Whole	1/2 Cup	50	78	0.05	1	*10	0.19	0.00	0	20.54	3.28	0.73	122	21.4	22.76	0.28
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
990264 Milk, Fat Free Plain, Dean's Dairy Pure	Half Pint	50	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
Weighted Daily Average			289	0.77	388	*32	4.34	0.00	8	53.77	2.64	9.86	1311	360.7	29.38	9.14
% of Calories				2.40%		*44.3%	13.5%	0.0%		74.4%		13.6%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Monday - 05/17/2021

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)
990074 Apple Oatmeal Bar 2.4 oz., Appleways, P-331384	Bar	100	270	2.50	150	20	8.00	0.00	0	48.00	3.00	4.00	0	0.2	0.00	1.44
990895 Juice, Apple, Cup, 100%, Ardmore, P-883282/974897	4 oz	50	60	0.00	15	13	0.00	0.00	0	14.00	0.00	1.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole	1/2 Cup	50	78	0.05	1	*10	0.19	0.00	0	20.54	3.28	0.73	122	21.4	22.76	0.28
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	50	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, 2021 thru May 31, 2021

	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, Fat Free Plain, Dean's Dairy Pure	Half Pint	50	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
Weighted Daily Average			439	3.27	288	*44	9.34	0.00	8	78.27	4.64	12.86	811	260.9	11.38	1.58
% of Calories				6.70%		*40.1%	19.1%	0.0%		71.3%		11.7%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Tuesday - 05/18/2021

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)
990595 Strawberry Nutri-Grain Cereal Bar, 1.55oz P-342451	Each	100	160	0.50	150	14	4.00	0.00	0	29.00	3.00	2.00	750	200.0	0.00	1.80
991022 Juice, Apple Cherry, Ardmore, P-371415	4 oz	50	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.36
990967 Fresh Fruit, Whole	1/2 Cup	50	78	0.05	1	*10	0.19	0.00	0	20.54	3.28	0.73	122	21.4	22.76	0.28
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
990264 Milk, Fat Free Plain, Dean's Dairy Pure	Half Pint	50	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
Weighted Daily Average			329	1.27	288	*38	5.34	0.00	8	59.27	4.64	10.36	1561	460.7	11.38	2.12
% of Calories				3.47%		*46.2%	14.6%	0.0%		72.1%		12.6%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Wednesday - 05/19/2021

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

May 1, 2021 thru May 31, 2021

	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)
990126 Cereal, Cinnamon Toasters, P-978029	3/4 Cup	100	120	0.50	130	9	3.50	0.00	0	22.00	0.50	1.00	500	100.0	6.00	9.00
990896 Juice, Fruit Punch, 100%, Ardmore, P-370594	4 oz	50	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00
990967 Fresh Fruit, Whole	1/2 Cup	50	78	0.05	1	*10	0.19	0.00	0	20.54	3.28	0.73	122	21.4	22.76	0.28
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
990264 Milk, Fat Free Plain, Dean's Dairy Pure	Half Pint	50	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
Weighted Daily Average			289	1.27	266	*33	4.84	0.00	8	52.27	2.14	9.36	1311	360.7	19.18	9.14
% of Calories				3.96%		*45.7%	15.1%	0.0%		72.3%		13.0%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Thursday - 05/20/2021

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)
990784 Tropical Banana Mini Loaf, P-500418	Each	100	160	0.50	110	15	4.50	0.00	0	27.00	1.00	3.00	0	20.0	0.00	0.36
991022 Juice, Apple Cherry, Ardmore, P-371415	4 oz	50	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.36
990967 Fresh Fruit, Whole	1/2 Cup	50	78	0.05	1	*10	0.19	0.00	0	20.54	3.28	0.73	122	21.4	22.76	0.28
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	50	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, 2021 thru May 31, 2021

	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, Fat Free Plain, Dean's Dairy Pure	Half Pint	50	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
Weighted Daily Average			329	1.27	248	*39	5.84	0.00	8	57.27	2.64	11.36	811	280.7	11.38	0.68
% of Calories				3.47%		*47.4%	16.0%	0.0%		69.6%		13.8%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Friday - 05/21/2021

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)
990675 Blueberry Lemon Crispy Bites P-521569	Bag (1 oz)	100	120	0.50	70	8	4.00	0.00	0	21.00	2.00	2.00	0	0.0	0.00	1.08
990900 Juice, Orange, Cup, Ardmore, P-883283	4 oz	50	60	0.00	15	11	0.00	0.00	0	13.00	0.00	1.00	0	0.0	24.00	0.00
990967 Fresh Fruit, Whole	1/2 Cup	50	78	0.05	1	*10	0.19	0.00	0	20.54	3.28	0.73	122	21.4	22.76	0.28
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
990264 Milk, Fat Free Plain, Dean's Dairy Pure	Half Pint	50	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
Weighted Daily Average			289	1.27	208	*31	5.34	0.00	8	50.77	3.64	10.86	811	260.7	23.38	1.22
% of Calories				3.96%		*42.9%	16.6%	0.0%		70.3%		15.0%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Monday - 05/24/2021

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

May 1, 2021 thru May 31, 2021

	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)
990199 Pop-Tart, Frstd Stawberry, 1.76 oz, P-326437	1.76 oz=1 Each	100	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
990895 Juice, Apple, Cup, 100%, Ardmore, P-883282/974897	4 oz	50	60	0.00	15	13	0.00	0.00	0	14.00	0.00	1.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole	1/2 Cup	50	78	0.05	1	*10	0.19	0.00	0	20.54	3.28	0.73	122	21.4	22.76	0.28
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
990264 Milk, Fat Free Plain, Dean's Dairy Pure	Half Pint	50	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
Weighted Daily Average			349	1.77	318	*39	3.84	0.00	8	68.27	4.64	10.86	1311	360.7	11.38	1.94
% of Calories				4.56%		*44.7%	9.9%	0.0%		78.2%		12.4%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Tuesday - 05/25/2021

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)
990623 Banana Chocolate Chunk Bar,BeneFIT,2.5 oz,P-273348	Each	100	280	3.00	220	23	8.00	0.00	15	48.00	3.00	5.00	0	20.0	0.00	1.80
991022 Juice, Apple Cherry, Ardmore, P-371415	4 oz	50	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.36
990967 Fresh Fruit, Whole	1/2 Cup	50	78	0.05	1	*10	0.19	0.00	0	20.54	3.28	0.73	122	21.4	22.76	0.28
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	50	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, 2021 thru May 31, 2021

	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, Fat Free Plain, Dean's Dairy Pure	Half Pint	50	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
Weighted Daily Average			449	3.77	358	*47	9.34	0.00	22	78.27	4.64	13.36	811	280.7	11.38	2.12
% of Calories				7.56%		*41.9%	18.7%	0.0%		69.7%		11.9%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Wednesday - 05/26/2021

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)
990566 Bagel, Whole Grain, Plain, Lender's, 57g, P-324122	1 Each	100	140	0.00	160	4	1.00	0.00	0	28.00	4.00	6.00	0	40.0	0.00	1.80
990896 Juice, Fruit Punch, 100%, Ardmore, P-370594	4 oz	50	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00
990967 Fresh Fruit, Whole	1/2 Cup	50	78	0.05	1	*10	0.19	0.00	0	20.54	3.28	0.73	122	21.4	22.76	0.28
991068 Jelly, Grape, 1/2 oz, Smucker's, P-38934	Each	100	35	0.00	5	8	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
990264 Milk, Fat Free Plain, Dean's Dairy Pure	Half Pint	50	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
Weighted Daily Average			344	0.77	301	*36	2.34	0.00	8	67.27	5.64	14.36	811	300.7	13.18	1.94
% of Calories				2.01%		*41.9%	6.1%	0.0%		78.2%		16.7%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Thursday - 05/27/2021

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

May 1, 2021 thru May 31, 2021

	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)
990074 Apple Oatmeal Bar 2.4 oz., Appleways, P-331384	Bar	100	270	2.50	150	20	8.00	0.00	0	48.00	3.00	4.00	0	0.2	0.00	1.44
991022 Juice, Apple Cherry, Ardmore, P-371415	4 oz	50	60	0.00	15	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	0.00	0.36
990967 Fresh Fruit, Whole	1/2 Cup	50	78	0.05	1	*10	0.19	0.00	0	20.54	3.28	0.73	122	21.4	22.76	0.28
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
990264 Milk, Fat Free Plain, Dean's Dairy Pure	Half Pint	50	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
Weighted Daily Average			439	3.27	288	*44	9.34	0.00	8	78.27	4.64	12.36	811	260.9	11.38	1.76
% of Calories				6.70%		*40.1%	19.1%	0.0%		71.3%		11.3%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Friday - 05/28/2021

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)
990745 Cereal, Cinnamon Toast Crunch, R/S, BP, P-966252	1 oz=1 Bowl	100	110	0.00	160	6	3.00	0.00	0	22.00	3.00	1.00	400	200.0	4.80	3.60
990900 Juice, Orange, Cup, Ardmore, P-883283	4 oz	50	60	0.00	15	11	0.00	0.00	0	13.00	0.00	1.00	0	0.0	24.00	0.00
990967 Fresh Fruit, Whole	1/2 Cup	50	78	0.05	1	*10	0.19	0.00	0	20.54	3.28	0.73	122	21.4	22.76	0.28
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	50	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, 2021 thru May 31, 2021

	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, Fat Free Plain, Dean's Dairy Pure	Half Pint	50	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
Weighted Daily Average			279	0.77	298	*29	4.34	0.00	8	51.77	4.64	9.86	1211	460.7	28.18	3.74
% of Calories				2.48%		*41.6%	14.0%	0.0%		74.2%		14.1%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Monday - 05/31/2021

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)
990127 Cereal, Honey Graham Square, WG, P-75768	3/4 Cup	100	120	0.00	250	9	3.00	0.00	0	24.00	1.00	1.00	500	100.0	6.00	9.00
990895 Juice, Apple, Cup, 100%, Ardmore, P-883282/974897	4 oz	50	60	0.00	15	13	0.00	0.00	0	14.00	0.00	1.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole	1/2 Cup	50	78	0.05	1	*10	0.19	0.00	0	20.54	3.28	0.73	122	21.4	22.76	0.28
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
990264 Milk, Fat Free Plain, Dean's Dairy Pure	Half Pint	50	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
Weighted Daily Average			289	0.77	388	*33	4.34	0.00	8	54.27	2.64	9.86	1311	360.7	17.38	9.14
% of Calories				2.40%		*45.7%	13.5%	0.0%		75.1%		13.6%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=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	1706	10	1212	*177	25.98	0.00	45	314.50	21.21	60.19	4879	1550	69.74	8.25
% of Calories		5.34%		*41.5%	13.7%	0.0%		73.7%		14.1%				

**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.