

# Base Menu Spreadsheet

## Portion Values

May 1, 2022 thru May 31, 2022

Menu Name: Woodland Breakfast

Include Cost: No

Site:

Report Style: Detailed

### Monday - 05/02/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
990895 Juice, Apple, Cup, 100%, Ardmore, P-883282/974897	4 oz	10	60	0.00	15	13	0.00	0.00	0	14.00	0.00	1.00	0	0.0	0.00	0.00
990553 Juice, Apple, 100%, Aseptic, Ardmore, P-354767	4 oz	10	60	0.00	5	15	0.00	0.00	0	15.00	0.00	0.00	0	100.0	60.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	20	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	20	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	20	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	20	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

# Base Menu Spreadsheet

## Portion Values

May 1, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			49422	391.28	31420	5636	1056.93	0.00	900	8759.23	503.40	1275.74	*93168	*28296.3	*2231.48	*206.38
% of Calories				7.13%		45.6%	19.2%	0.0%		70.9%		10.3%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

### Tuesday - 05/03/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990134 Bagel, Cinnamon Cream Chse, P-441988	Package (69g)	100	230	2.00	190	13	6.00	0.00	10	42.00	2.00	6.00	0	30.0	0.00	1.60
991161 Juice, Apple Cherry, 4 oz, Ardmore, P-432482	4 oz.	10	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	10.0	0.00	0.36
990556 Juice, Fruit Punch, 100%, Aseptic, Ardmore, P-354768	4 oz	10	60	0.00	5	14	0.00	0.00	0	15.00	0.00	0.00	0	100.0	60.00	0.00
990967 Fresh Fruit, Whole	1/2 Cup	20	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	20	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	20	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	20	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00

**Base Menu Spreadsheet**

Portion Values

May 1, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			44422	291.28	35370	4826	756.93	0.00	1900	8359.24	403.40	1465.74	*93168	*29396.3	*2231.48	*225.98
% of Calories				5.90%		43.5%	15.3%	0.0%		75.3%		13.2%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

**Wednesday - 05/04/2022**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
990698 String Cheese Mozz Stick, BONGARDS, P-574456	Each	100	80	3.50	200	0	6.00	0.00	15	0.00	0.00	6.00	0	150.0	0.00	0.00
990896 Juice, Fruit Punch, 100%, Ardmore, P-370594	4 oz	10	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00
990555 Juice, Grape, 100%, Aseptic, Ardmore, P-261280	4 oz	10	60	0.00	5	14	0.00	0.00	0	15.00	0.00	0.00	0	100.0	60.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	20	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	20	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	20	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	20	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
Weighted Daily Average			41422	491.28	43370	4326	1156.93	0.00	2400	6259.23	403.40	1665.74	*93168	*42296.3	*2267.48	*162.38
% of Calories				10.67%		41.8%	25.1%	0.0%		60.4%		16.1%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

### Thursday - 05/05/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990709 Wild Forest Blueberry Bread, 96g, P-384824	1 Each	100	270	1.50	250	24	8.00	0.00	0	46.00	2.00	5.00	0	46.0	0.00	1.00
990900 Juice, Orange, Cup, Ardmore, P-883283	4 oz	10	60	0.00	15	11	0.00	0.00	0	13.00	0.00	1.00	0	0.0	24.00	0.00
990554 Juice, Orange, 100%, Aseptic, Ardmore, P-261251	4 oz	10	60	0.00	15	12	0.00	0.00	0	14.00	0.00	1.00	0	0.0	60.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	20	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	20	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	20	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	20	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*

# Base Menu Spreadsheet

## Portion Values

May 1, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	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			48422	241.28	41520	5886	956.93	0.00	900	8739.23	403.40	1385.74	*93168	*29896.3	*2471.48	*162.38
% of Calories				4.48%		48.6%	17.8%	0.0%		72.2%		11.4%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

### Friday - 05/06/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990229 Honey Scooters, BP, MOM, P-550573	Each	50	110	0.00	170	6	1.50	0.00	0	22.00	2.00	3.00	500	100.0	6.00	9.00
990595 Nutri-Grain Cereal Bar, Sberry, 1.55oz P-342451	1.55 oz Bar	50	160	0.50	150	14	4.00	0.00	0	29.00	3.00	2.00	750	200.0	0.00	1.80
990698 String Cheese Mozz Stick, BONGARDS, P-574456	Each	100	80	3.50	200	0	6.00	0.00	15	0.00	0.00	6.00	0	150.0	0.00	0.00
991162 Juice, 100% Grape, Ardmore, FZ, P-976006	4 oz	10	80	0.00	15	21	0.00	0.00	0	21.00	0.00	0.00	0	20.0	0.00	0.70
991021 Juice, Wango Mango, 100%, Aseptic, P-414165	4 oz	10	55	0.00	30	13	0.00	0.00	0	14.00	0.00	0.00	500	0.0	42.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	20	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991182 Canned Fruit, Commodity, Extra Light Syrup	1/2 Cup	20	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	20	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	20	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			43072	466.28	52670	4596	1031.93	0.00	2400	6769.24	453.40	1715.74	*160668	*55496.3	*2351.48	*609.38
% of Calories				9.74%		42.7%	21.6%	0.0%		62.9%		15.9%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

### Monday - 05/09/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991113 Belgian Waffle, Vanilla, 2.3 oz, P-682474	2.3 oz Each	100	240	2.50	20	12	9.00	0.00	15	33.00	2.00	5.00	*N/A*	8.0	*N/A*	0.00
990895 Juice, Apple, Cup, 100%, Ardmore, P-883282/974897	4 oz	10	60	0.00	15	13	0.00	0.00	0	14.00	0.00	1.00	0	0.0	0.00	0.00
990553 Juice, Apple, 100%, Aseptic, Ardmore, P-354767	4 oz	10	60	0.00	5	15	0.00	0.00	0	15.00	0.00	0.00	0	100.0	60.00	0.00

# Base Menu Spreadsheet

## Portion Values

May 1, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990967 Fresh Fruit, Whole_____	1/2 Cup	20	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	20	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	20	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	20	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			45422	341.28	18420	4736	1056.93	0.00	2400	7459.23	403.40	1375.74	*93168	*27096.3	*2231.48	*62.38
% of Calories				6.76%		41.7%	20.9%	0.0%		65.7%		12.1%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

## Tuesday - 05/10/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990511 Mini Chocolate Donuts P-517587	Package	1	320	7.00	270	19	15.00	0.00	0	41.00	2.00	5.00	0	40.0	0.00	1.80
990669 Super Donut, WG, 3 oz, P-432456	Each	99	240	2.50	310	19	8.00	0.00	0	38.00	2.00	5.00	0	80.0	0.00	1.08

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

May 1, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991161 Juice, Apple Cherry, 4 oz, Ardmore, P-432482	4 oz.	10	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	10.0	0.00	0.36
990556 Juice, Fruit Punch, 100%, Aseptic, Ardmore, P-354768	4 oz	10	60	0.00	5	14	0.00	0.00	0	15.00	0.00	0.00	0	100.0	60.00	0.00
990967 Fresh Fruit, Whole	1/2 Cup	20	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	20	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	20	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	20	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			45502	345.78	47330	5426	963.93	0.00	900	7962.24	403.40	1365.74	*93168	*34356.3	*2231.48	*174.70
% of Calories				6.84%		47.7%	19.1%	0.0%		70.0%		12.0%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Wednesday - 05/11/2022

Reimbursable Meal Total 1



# Base Menu Spreadsheet

## Portion Values

May 1, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990576 Cinnamon Toast Crunch Cereal, BP, P-57142	Bowl	50	110	0.50	160	8	3.00	0.00	0	22.00	2.00	1.00	400	80.0	4.80	3.60
990074 Apple Oatmeal Bar 2.4 oz., Appleways, P-331384	Bar	50	270	2.50	150	20	8.00	0.00	0	48.00	3.00	4.00	0	0.2	0.00	1.44
990132 Graham Bears, Vanilla, 1 oz, WG, P-18437	1 Pouch	100	110	0.50	95	6	3.50	0.00	0	20.00	2.00	4.00	300	20.0	3.60	1.80
990896 Juice, Fruit Punch, 100%, Ardmore, P-370594	4 oz	10	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00
990555 Juice, Grape, 100%, Aseptic, Ardmore, P-261280	4 oz	10	60	0.00	5	14	0.00	0.00	0	15.00	0.00	0.00	0	100.0	60.00	0.00
990967 Fresh Fruit, Whole	1/2 Cup	20	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	20	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	20	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	20	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			51422	291.28	41370	5526	1056.93	0.00	900	9659.23	653.40	1515.74	*143168	*32306.3	*2867.48	*494.38
% of Calories				5.10%		43.0%	18.5%	0.0%		75.1%		11.8%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

# Base Menu Spreadsheet

## Portion Values

May 1, 2022 thru May 31, 2022

### Thursday - 05/12/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
990110 Banana Bread, WG, P-332984	96 g=Each	100	260	1.50	240	24	8.00	0.00	0	45.00	2.00	5.00	0	159.0	0.00	1.00
990900 Juice, Orange, Cup, Ardmore, P-883283	4 oz	10	60	0.00	15	11	0.00	0.00	0	13.00	0.00	1.00	0	0.0	24.00	0.00
990554 Juice, Orange, 100%, Aseptic, Ardmore, P-261251	4 oz	10	60	0.00	15	12	0.00	0.00	0	14.00	0.00	1.00	0	0.0	60.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	20	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	20	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	20	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	20	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			47422	241.28	40520	5886	956.93	0.00	900	8639.23	403.40	1385.74	*93168	*41196.3	*2471.48	*162.38
% of Calories				4.58%		49.6%	18.2%	0.0%		72.9%		11.7%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

### Friday - 05/13/2022

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

May 1, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990199 Pop-Tart, Frstd Stawberry, 1.76 oz, P-326437	1.76 oz=1 Each	99	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
990136 Pop-Tart, Cinnamon Brown Sugar, 1.76 oz, P-326456	Pastry-1.76 oz	1	190	1.00	200	16	3.00	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
990132 Graham Bears, Vanilla, 1 oz, WG, P-18437	1 Pouch	100	110	0.50	95	6	3.50	0.00	0	20.00	2.00	4.00	300	20.0	3.60	1.80
991162 Juice, 100% Grape, Ardmore, FZ, P-976006	4 oz	10	80	0.00	15	21	0.00	0.00	0	21.00	0.00	0.00	0	20.0	0.00	0.70
991021 Juice, Wango Mango, 100%, Aseptic, P-414165	4 oz	10	55	0.00	30	13	0.00	0.00	0	14.00	0.00	0.00	500	0.0	42.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	20	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	20	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	20	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	20	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

# Base Menu Spreadsheet

## Portion Values

May 1, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			50582	241.28	44190	5697	757.43	0.00	900	10019.24	703.40	1465.74	*178168	*37496.3	*2411.48	*429.38
% of Calories				4.29%		45.1%	13.5%	0.0%		79.2%		11.6%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

### Monday - 05/16/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991213 Oatmeal Chocolate Chip Round, 2.2 oz P-728220	Each	100	270	6.00	125	11	12.00	0.00	50	38.00	5.00	7.00	*N/A*	30.0	*N/A*	2.00
990895 Juice, Apple, Cup, 100%, Ardmore, P-883282/974897	4 oz	10	60	0.00	15	13	0.00	0.00	0	14.00	0.00	1.00	0	0.0	0.00	0.00
990553 Juice, Apple, 100%, Aseptic, Ardmore, P-354767	4 oz	10	60	0.00	5	15	0.00	0.00	0	15.00	0.00	0.00	0	100.0	60.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	20	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	20	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	20	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	20	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

May 1, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			48422	691.28	28920	4636	1356.93	0.00	5900	7959.23	703.40	1575.74	*93168	*29296.3	*2231.48	*262.38
% of Calories				12.85%		38.3%	25.2%	0.0%		65.7%		13.0%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

## Tuesday - 05/17/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990320 Bagel, Honey Wheat, IW, P-370718	Each	100	170	0.00	140	3	1.50	0.00	0	34.00	4.00	6.00	0	20.0	0.00	1.80
991142 Jelly, Packet, Assorted, West Creek, P-194593	Each	100	25	0.00	0	4	0.00	0.00	0	6.00	0.00	0.00	0	0.0	0.00	0.00
991161 Juice, Apple Cherry, 4 oz, Ardmore, P-432482	4 oz.	10	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	10.0	0.00	0.36
990556 Juice, Fruit Punch, 100%, Aseptic, Ardmore, P-354768	4 oz	10	60	0.00	5	14	0.00	0.00	0	15.00	0.00	0.00	0	100.0	60.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	20	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	20	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	20	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	20	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
Weighted Daily Average			40922	91.28	30370	4226	306.93	0.00	900	8159.24	603.40	1465.74	*93168	*28396.3	*2231.48	*245.98
% of Calories				2.01%		41.3%	6.8%	0.0%		79.8%		14.3%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

### Wednesday - 05/18/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990575 Cereal, Froot Loops, R/S, BP, Bowl, P-369482	Bowl	50	110	0.50	160	8	1.00	0.00	0	34.00	2.00	2.00	500	0.0	15.00	4.50
990671 Cereal Bar, Cocoa Puffs, P-370891	40g=1 Bar	50	150	0.00	100	9	3.00	0.00	0	30.00	3.00	3.00	100	200.0	1.20	1.80
990132 Graham Bears, Vanilla, 1 oz, WG, P-18437	1 Pouch	100	110	0.50	95	6	3.50	0.00	0	20.00	2.00	4.00	300	20.0	3.60	1.80
990896 Juice, Fruit Punch, 100%, Ardmore, P-370594	4 oz	10	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00
990555 Juice, Grape, 100%, Aseptic, Ardmore, P-261280	4 oz	10	60	0.00	5	14	0.00	0.00	0	15.00	0.00	0.00	0	100.0	60.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	20	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	20	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991183 Frozen Fruit, Commodity, _____	1/2 Cup	20	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	20	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			45422	166.28	38870	4976	706.93	0.00	900	9359.23	653.40	1515.74	*153168	*38296.3	*3437.48	*557.38
% of Calories				3.29%		43.8%	14.0%	0.0%		82.4%		13.3%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Thursday - 05/19/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990136 Pop-Tart, Cinnamon Brown Sugar, 1.76 oz, P-326456	Pastry-1.76 oz	100	190	1.00	200	16	3.00	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
990900 Juice, Orange, Cup, Ardmore, P-883283	4 oz	10	60	0.00	15	11	0.00	0.00	0	13.00	0.00	1.00	0	0.0	24.00	0.00
990554 Juice, Orange, 100%, Aseptic, Ardmore, P-261251	4 oz	10	60	0.00	15	12	0.00	0.00	0	14.00	0.00	1.00	0	0.0	60.00	0.00
990967 Fresh Fruit, Whole _____	1/2 Cup	20	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991182 Canned Fruit, Commodity, Extra Light Syrup	1/2 Cup	20	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	20	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	20	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			40422	191.28	36520	5086	456.93	0.00	900	7939.23	503.40	1085.74	*143168	*35296.3	*2471.48	*242.38
% of Calories				4.26%		50.3%	10.2%	0.0%		78.6%		10.7%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

## Friday - 05/20/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
990698 String Cheese Mozz Stick, BONGARDS, P-574456	Each	100	80	3.50	200	0	6.00	0.00	15	0.00	0.00	6.00	0	150.0	0.00	0.00



# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

May 1, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991162 Juice, 100% Grape, Ardmore, FZ, P-976006	4 oz	10	80	0.00	15	21	0.00	0.00	0	21.00	0.00	0.00	0	20.0	0.00	0.70
991021 Juice, Wango Mango, 100%, Aseptic, P-414165	4 oz	10	55	0.00	30	13	0.00	0.00	0	14.00	0.00	0.00	500	0.0	42.00	0.00
990967 Fresh Fruit, Whole	1/2 Cup	20	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	20	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	20	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	20	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			45572	491.28	46170	4996	1256.93	0.00	4994	6819.24	303.40	1765.74	*98168	*42490.3	*2051.48	*177.30
% of Calories				9.70%		43.9%	24.8%	0.0%		59.9%		15.5%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Monday - 05/23/2022

Reimbursable Meal Total 100

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

May 1, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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	10	60	0.00	15	13	0.00	0.00	0	14.00	0.00	1.00	0	0.0	0.00	0.00
990553 Juice, Apple, 100%, Aseptic, Ardmore, P-354767	4 oz	10	60	0.00	5	15	0.00	0.00	0	15.00	0.00	0.00	0	100.0	60.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	20	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	20	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	20	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	20	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			484	3.41	314	55	9.57	0.00	9	89.59	5.03	12.76	*932	*263.2	*22.31	*2.06
% of Calories				6.34%		45.5%	17.8%	0.0%		74.0%		10.5%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Tuesday - 05/24/2022

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

May 1, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990211 Cereal Bar, Cinn Toast Crunch, P-370859	Each	100	150	0.00	115	9	3.50	0.00	0	30.00	3.00	3.00	0	200.0	0.00	1.80
990698 String Cheese Mozz Stick, BONGARDS, P-574456	Each	100	80	3.50	200	0	6.00	0.00	15	0.00	0.00	6.00	0	150.0	0.00	0.00
991161 Juice, Apple Cherry, 4 oz, Ardmore, P-432482	4 oz.	10	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	10.0	0.00	0.36
990556 Juice, Fruit Punch,100%,Aseptic, Ardmore, P-354768	4 oz	10	60	0.00	5	14	0.00	0.00	0	15.00	0.00	0.00	0	100.0	60.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	20	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	20	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	20	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	20	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			444	4.41	479	44	11.07	0.00	24	71.59	5.03	17.66	*932	*614.0	*22.31	*2.46
% of Calories				8.94%		39.6%	22.4%	0.0%		64.5%		15.9%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Wednesday - 05/25/2022

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

May 1, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
990698 String Cheese Mozz Stick, BONGARDS, P-574456	Each	100	80	3.50	200	0	6.00	0.00	15	0.00	0.00	6.00	0	150.0	0.00	0.00
990896 Juice, Fruit Punch, 100%, Ardmore, P-370594	4 oz	10	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00
990555 Juice, Grape, 100%, Aseptic, Ardmore, P-261280	4 oz	10	60	0.00	5	14	0.00	0.00	0	15.00	0.00	0.00	0	100.0	60.00	0.00
990967 Fresh Fruit, Whole	1/2 Cup	20	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	20	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	20	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	20	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			414	4.91	434	43	11.57	0.00	24	62.59	4.03	16.66	*932	*413.0	*22.67	*1.70
% of Calories				10.67%		41.5%	25.2%	0.0%		60.5%		16.1%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Thursday - 05/26/2022

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

May 1, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990533 Blueberry Muffin Top, P-278857	2 oz=1 Each	50	160	0.50	95	14	5.00	0.00	20	26.00	1.00	3.00	*N/A*	14.0	*N/A*	1.00
990202 Muffin, Blueberry, WG, Smart Choice, P-370303	2 oz=1 Each	50	160	0.50	95	14	5.00	0.00	26	26.00	1.00	3.00	0	20.0	0.00	1.08
990132 Graham Bears, Vanilla, 1 oz, WG, P-18437	1 Pouch	100	110	0.50	95	6	3.50	0.00	0	20.00	2.00	4.00	300	20.0	3.60	1.80
990900 Juice, Orange, Cup, Ardmore, P-883283	4 oz	10	60	0.00	15	11	0.00	0.00	0	13.00	0.00	1.00	0	0.0	24.00	0.00
990554 Juice, Orange, 100%, Aseptic, Ardmore, P-261251	4 oz	10	60	0.00	15	12	0.00	0.00	0	14.00	0.00	1.00	0	0.0	60.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	20	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	20	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	20	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	20	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			484	1.91	355	55	10.07	0.00	32	87.39	5.03	15.86	*1232	*290.0	*28.31	*3.46
% of Calories				3.55%		45.5%	18.7%	0.0%		72.2%		13.1%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

# Base Menu Spreadsheet

## Portion Values

May 1, 2022 thru May 31, 2022

Friday - 05/27/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
990126 Cereal, Cinnamon Toasters, P-978029	3/4 Cup	50	120	0.50	130	9	3.50	0.00	0	22.00	0.50	1.00	500	100.0	6.00	9.00
990671 Cereal Bar, Cocoa Puffs, P-370891	40g=1 Bar	50	150	0.00	100	9	3.00	0.00	0	30.00	3.00	3.00	100	200.0	1.20	1.80
990698 String Cheese Mozz Stick, BONGARDS, P-574456	Each	100	80	3.50	200	0	6.00	0.00	15	0.00	0.00	6.00	0	150.0	0.00	0.00
991162 Juice, 100% Grape, Ardmore, FZ, P-976006	4 oz	10	80	0.00	15	21	0.00	0.00	0	21.00	0.00	0.00	0	20.0	0.00	0.70
991021 Juice, Wango Mango, 100%, Aseptic, P-414165	4 oz	10	55	0.00	30	13	0.00	0.00	0	14.00	0.00	0.00	500	0.0	42.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	20	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	20	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	20	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	20	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

# Base Menu Spreadsheet

## Portion Values

May 1, 2022 thru May 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			431	4.66	482	45	10.82	0.00	24	68.19	3.78	16.66	*1282	*555.0	*24.11	*6.09
% of Calories				9.73%		41.8%	22.6%	0.0%		63.3%		15.5%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Tuesday - 05/31/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990669 Super Donut, WG, 3 oz, P-432456	Each	99	240	2.50	310	19	8.00	0.00	0	38.00	2.00	5.00	0	80.0	0.00	1.08
990319 Donut, WG Powdered 6 Pack, Goody Man, P-517590	Package	1	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00	0	60.0	0.00	0.72
991161 Juice, Apple Cherry, 4 oz, Ardmore, P-432482	4 oz.	10	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0	10.0	0.00	0.36
990556 Juice, Fruit Punch, 100%, Aseptic, Ardmore, P-354768	4 oz	10	60	0.00	5	14	0.00	0.00	0	15.00	0.00	0.00	0	100.0	60.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	20	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	20	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	20	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	20	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	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			455	3.42	473	54	9.60	0.00	9	79.62	4.03	13.65	*932	*343.8	*22.31	*1.74
% of Calories				6.76%		47.5%	19.0%	0.0%		70.0%		12.0%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	32885	238	27598	3655	661.86	0.00	1344	5872.40	358.47	1053.30	*81965	*25432.7	*1730.11	*199.65
% of Calories		6.51%		44.5%	18.1%	0.0%		71.4%		12.8%				

\*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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - 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.