

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

Menu Name: Woodland Elementary Lunch

Include Cost: No

Site: All Sites

Report Style: Detailed

Tuesday - 01/11/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990755 Three Cheese Panini B-68	Each	50	402	11.61	669	2	22.69	0.00	53	29.53	3.00	19.66	101	527.9	0.00	1.44
991085 Corn Dog, Chicken, Foster Farms, P-909561	Each	50	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	100	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000223 MUSTARD: individual PC P-44587	Pkt 5g	25	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			59507	798.90	87038	*4363	1704.03	0.01	5550	8404.56	916.15	2453.45	*537233	*58166.1	*2212.38	*296.38
% of Calories				12.08%		*29.3%	25.8%	0.0%		56.5%		16.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 01/12/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990048 Crispy Chicken Sandwich, GoldKist, P-470164	Each	25	340	2.50	650	3	12.50	0.00	35	39.00	4.00	21.00	100	86.0	78.00	2.80
990644 Spicy Chicken Sandwich, Tyson, P-373370	Each	10	372	3.08	593	4	15.38	0.00	21	40.60	4.58	18.88	86	100.3	0.00	1.86
990309 Spicy Chicken Sandwich, Arbor B-13	Sandwiches	15	330	2.00	480	3	10.50	0.00	35	39.00	3.00	21.00	200	86.0	0.00	3.70
991093 Garden Veggie Salad, Vegetarian	Each	50	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
991148 Slider Roll, Sliced, WG, P-519682	Each-1.03 oz	50	90	0.00	140	2	1.00	0.00	0	16.00	2.00	4.00	0	100.0	0.00	0.72
990834 Potato, Smiles, McCain, P-384399	1/2 Cup(4 each)	50	130	0.50	180	0	4.50	0.00	0	20.00	2.00	2.00	0	0.0	2.40	0.36
990363 Garbanzo Beans, Bushs, P-284297	1/2 Cup	50	120	0.00	230	3	2.00	0.00	0	20.00	5.00	6.00	0	40.0	0.00	1.80
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	100	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991182 Canned Fruit, Commodity, Extra Light Syrup	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			70533	747.31	100635	*4303	2087.70	0.00	5046	9962.25	1055.01	3189.46	*552194	*58780.1	*4422.85	*440.92
% of Calories				9.54%		*24.4%	26.6%	0.0%		56.5%		18.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/13/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991024 Hummus & Pita	Each	50	532	2.90	766	4	31.58	0.00	0	49.98	10.59	12.59	0	175.9	0.00	4.53
991054 Chicken Tender, WG, GoldKist, P-592862	3 Each	50	220	1.00	470	0	7.00	0.00	55	18.00	2.00	22.00	200	20.0	1.20	1.08
991148 Slider Roll, Sliced, WG, P-519682	Each-1.03 oz	50	90	0.00	140	2	1.00	0.00	0	16.00	2.00	4.00	0	100.0	0.00	0.72

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
990915 BBQ Sauce, 200/12gm, Heinz, P-32146	Each	50	15	0.00	160	3	0.00	0.00	0	3.00	0.00	0.00	0	0.0	0.00	0.00
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
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			67034	292.16	97410	4324	2167.46	0.00	3650	9151.99	1152.40	2828.72	*737802	*42694.7	*2201.30	*406.52
% of Calories				3.92%		25.8%	29.1%	0.0%		54.6%		16.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 01/14/2022

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991208 Twisted Topped Breadstick, WG MozzFilled, P-450948	Each-3.1 oz	100	220	3.00	330	3	6.00	0.00	10	29.00	3.00	13.00	300	300.0	0.00	1.80
991046 Sauce, Pizza, Basil, RedPack, P-973157	1/4 Cup	100	30	0.00	180	3	0.00	0.00	0	6.00	1.00	1.00	750	0.0	4.80	1.08
990396 Broccoli, West Creek, 1/2C, 2g	1/2 Cup	50	11	0.00	10	0	0.00	0.00	0	2.00	1.50	1.50	450	25.0	25.20	0.36
991077 PEPPERS,SWEET,GREEN,RAW	1/2 Cup	50	9	0.03	1	1	0.08	0.00	0	2.13	0.78	0.40	170	4.6	36.98	0.16
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	100	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00

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Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			499	3.93	824	46	7.63	0.00	19	84.38	7.68	23.52	*2325	*569.0	*55.54	*3.78
% of Calories				7.09%		36.9%	13.8%	0.0%		67.6%		18.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 01/18/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990193 Pepperoni Pizza, Turkey, The Max, P-369077	1 Slice	50	270	2.50	540	4	7.00	0.00	15	35.00	4.00	17.00	0	200.0	0.00	0.00
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
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
990488 CARROTS:frozen, boiled	1/2 Cup	50	27	0.09	43	3	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39
991033 CELERY STICKS	1/2 CUP	50	8	0.03	48	1	0.10	0.00	0	1.78	0.96	0.41	269	24.0	1.86	0.12
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*

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Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			693	4.22	821	54	22.39	0.00	16	96.67	10.48	26.99	*7278	*413.2	*21.41	*4.62
% of Calories				5.48%		31.2%	29.1%	0.0%		55.8%		15.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 01/19/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990961 Cheddar Cheese Stick 1oz, Bongards, P-565041	2 Each	50	220	10.00	380	0	18.00	0.00	60	2.00	0.00	12.00	0	300.0	0.00	0.00
990544 Tortilla Chip, 1.6 oz bag, El Sabroso, P-583986	Bag	50	210	1.00	180	0	12.00	0.00	0	25.00	2.00	3.00	0	40.0	0.00	0.72
991065 Salsa Dip Cup, Red Gold, P-432328	Each (3oz)	25	25	0.00	195	3	0.00	0.00	0	5.00	1.00	1.00	0	20.0	0.00	0.72
990963 Salsa, Mild, Red Gold, P-886718	4 Ounces	25	40	0.00	280	4	0.00	0.00	0	8.00	2.00	0.00	2000	80.0	24.00	1.44
990913 Hot Dog, Chicago Style, Beef, Farmland, P-156116	Each	50	327	7.34	738	5	18.11	0.03	35	28.63	2.30	11.23	0	51.0	1.20	1.78
990597 Fiesta Beans, E-9b	1/2 Cup	100	107	0.00	479	*0	1.77	0.00	0	16.97	5.33	6.23	0	17.9	0.00	1.61

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Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			72585	1008.74	140680	*4102	2741.55	1.51	5650	9235.41	1077.65	2816.98	*146460	*49258.6	*2624.55	*403.92
% of Calories				12.51%		*22.6%	34.0%	0.0%		50.9%		15.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/20/2022

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)
990755 Three Cheese Panini B-68	Each	50	402	11.61	669	2	22.69	0.00	53	29.53	3.00	19.66	101	527.9	0.00	1.44
990375 Chicken Nuggets, Goldkist, P-470452	5 Each	50	200	2.00	400	0	10.00	0.00	35	13.00	2.00	15.00	100	20.0	78.00	1.80

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	50	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
990907 Seasoned Spiral Fries, McCain, P-531785	1/2 Cup	50	100	0.00	150	0	3.00	0.00	0	17.00	1.00	1.00	0	0.0	2.40	0.00
990363 Garbanzo Beans, Bushs, P-284297	1/2 Cup	50	120	0.00	230	3	2.00	0.00	0	20.00	5.00	6.00	0	40.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			68549	797.22	97032	3920	2243.03	0.00	5300	9108.12	854.25	3040.28	*106523	*55815.8	*5984.35	*352.48
% of Calories				10.47%		22.9%	29.4%	0.0%		53.1%		17.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 01/21/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990977 Pizza Munchable, w/ Pita and Dip Cup	Each	25	392	7.07	874	6	16.12	0.00	30	42.05	4.00	18.15	502	502.7	6.00	2.52
991061 Pizza Munchable, w/ Half Pita and Dip Cup	Each	25	297	6.57	719	6	13.62	0.00	30	26.55	2.50	15.65	502	452.7	6.00	1.62
990923 Meatball Sub, Italian, JTM, Commodity, P-850570	1 Sub	25	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	25	350	5.33	714	7	12.73	0.47	38	38.52	3.92	19.24	793	179.6	4.74	3.75
991077 PEPPERS,SWEET,GREE N,RAW	1/2 Cup	100	9	0.03	1	1	0.08	0.00	0	2.13	0.78	0.40	170	4.6	36.98	0.16
990967 Fresh Fruit, Whole	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			58654	713.83	92553	4489	1577.42	25.52	4459	8290.58	693.75	2778.95	*178261	*59505.8	*6199.75	*376.38
% of Calories				10.95%		30.6%	24.2%	0.4%		56.5%		19.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

Monday - 01/24/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
991208 Twisted Topped Breadstick, WG MozzFilled, P-450948	Each-3.1 oz	50	220	3.00	330	3	6.00	0.00	10	29.00	3.00	13.00	300	300.0	0.00	1.80
991046 Sauce, Pizza, Basil, RedPack, P-973157	1/4 Cup	50	30	0.00	180	3	0.00	0.00	0	6.00	1.00	1.00	750	0.0	4.80	1.08
990738 Corn Dog, Turkey, Mini, JTM, P-597483	6 Each	50	257	1.80	362	11	10.00	0.00	37	35.00	0.00	10.00	114	55.0	51.00	2.00
990927 Beans, Vegetarian in Tom Sauce, P-376745	1/2 Cup	50	110	0.00	330	2	0.00	0.00	0	19.99	5.00	6.00	100	0.0	1.20	1.80
991045 Baby Carrots, 2.5 oz	1/2 Cup	50	31	0.00	38	5	0.00	0.00	0	7.50	2.50	1.25	5625	25.0	6.00	0.45
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	100	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000223 MUSTARD: individual PC P-44587	Pkt 5g	50	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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			565	3.32	956	51	9.67	0.00	32	96.21	8.39	24.29	*4412	*445.8	*51.15	*4.25
% of Calories				5.29%		36.1%	15.4%	0.0%		68.1%		17.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 01/25/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
990052 Hamburger, WG, Arbor B-2	Each	50	268	3.70	389	3	10.50	0.00	35	27.00	3.00	19.00	0	88.0	0.00	2.00
990488 CARROTS:frozen, boiled	1/2 Cup	50	27	0.09	43	3	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39
991033 CELERY STICKS	1/2 CUP	50	8	0.03	48	1	0.10	0.00	0	1.78	0.96	0.41	269	24.0	1.86	0.12
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			692	4.82	746	53	24.14	0.00	26	92.67	9.98	27.99	*7278	*357.2	*21.41	*5.62
% of Calories				6.27%		30.6%	31.4%	0.0%		53.6%		16.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 01/26/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990048 Crispy Chicken Sandwich, GoldKist, P-470164	Each	50	340	2.50	650	3	12.50	0.00	35	39.00	4.00	21.00	100	86.0	78.00	2.80
991093 Garden Veggie Salad, Vegetarian	Each	50	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
991148 Slider Roll, Sliced, WG, P-519682	Each-1.03 oz	50	90	0.00	140	2	1.00	0.00	0	16.00	2.00	4.00	0	100.0	0.00	0.72
990396 Broccoli, West Creek, 1/2C, 2g	1/2 Cup	50	11	0.00	10	0	0.00	0.00	0	2.00	1.50	1.50	450	25.0	25.20	0.36
991077 PEPPERS,SWEET,GREEN,RAW	1/2 Cup	50	9	0.03	1	1	0.08	0.00	0	2.13	0.78	0.40	170	4.6	36.98	0.16
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	100	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			594	7.25	901	*42	17.68	0.00	52	82.53	8.28	29.05	*5818	*581.2	*93.62	*3.55
% of Calories				10.98%		*28.3%	26.8%	0.0%		55.6%		19.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/27/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991024 Hummus & Pita	Each	50	532	2.90	766	4	31.58	0.00	0	49.98	10.59	12.59	0	175.9	0.00	4.53

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991100 BBQ Rib Sandwich, Pierre, 3.25 oz, P-75207	1 Each	50	397	6.34	948	12	19.11	0.03	50	36.63	3.30	18.23	278	83.4	146.00	2.62
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*
990954 Fresh Coleslaw, T. Marzetti's	1/2 Cup	50	78	1.09	155	3	6.61	0.00	8	4.43	0.27	0.42	45	14.8	16.03	0.16
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			74052	608.21	110564	4647	3023.66	1.51	3818	9233.87	1112.40	2569.08	*112562	*39130.5	*10066.05	*430.02
% of Calories				7.39%		25.1%	36.7%	0.0%		49.9%		13.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 01/28/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990451 Pizza, Cheese, Max, 4X6, 33g	Slice	100	260	4.00	720	5	6.00	0.00	20	33.00	4.00	18.00	500	300.0	0.00	5.40
990954 Fresh Coleslaw, T. Marzetti's	1/2 Cup	100	78	1.09	155	3	6.61	0.00	8	4.43	0.27	0.42	45	14.8	16.03	0.16
990967 Fresh Fruit, Whole	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			56230	600.80	103535	4457	1419.76	0.00	3736	8174.73	680.95	2698.78	*150914	*56905.1	*3567.75	*620.48
% of Calories				9.62%		31.7%	22.7%	0.0%		58.2%		19.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 01/31/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990031 Cheeseburger on WG Bun, Arbor B-1	1 Each	50	323	6.20	589	4	15.00	0.00	48	28.00	3.00	21.50	0	138.0	0.00	2.00
990182 Yogurt, Strawberry, Upstate Farms, P-74086	1/2 Cup	50	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	50	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	50	160	0.50	95	14	5.00	0.00	26	26.00	1.00	3.00	0	20.0	0.00	1.08
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	100	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	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (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			58478	601.60	90826	*5620	1458.66	0.00	5325	8776.04	569.25	2579.18	*106460	*51820.4	*2144.35	*254.48
% of Calories				9.26%		*38.4%	22.4%	0.0%		60.0%		17.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	42048	442	66037	*2891	1321.77	2.04	3048	5770.72	582.62	1791.91	*189680	*33888.8	*2833.32	*257.39
% of Calories		9.47%		*27.5%	28.3%	0.0%		54.9%		17.0%				

- *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.