

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

Menu Name: Woodland Primary Lunch
Site: All Sites

Include Cost: No
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)
991085 Corn Dog, Chicken, Foster Farms, P-909561	Each	100	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
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

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)
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			51385	343.28	73082	*4538	969.66	0.01	4900	8427.98	1016.15	1920.35	*532171	*35770.6	*2212.38	*314.38
% of Calories				6.01%		*35.3%	17.0%	0.0%		65.6%		14.9%				
Weekly Nutrient Guideline			600 - 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990048 Crispy Chicken Sandwich, GoldKist, P-470164	Each	100	340	2.50	650	3	12.50	0.00	35	39.00	4.00	21.00	100	86.0	78.00	2.80
990834 Potato, Smiles, McCain, P-384399	1/2 Cup(4 each)	50	130	0.50	180	0	4.50	0.00	0	20.00	2.00	2.00	0	0.0	2.40	0.36
990363 Garbanzo Beans, Bushs, P-284297	1/2 Cup	50	120	0.00	230	3	2.00	0.00	0	20.00	5.00	6.00	0	40.0	0.00	1.80
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	100	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 1, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			69928	366.60	110076	4345	1733.66	0.00	4400	10531.54	1004.25	3357.18	*106460	*36020.4	*9884.35	*452.48
% of Calories				4.72%		24.9%	22.3%	0.0%		60.2%		19.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 01/13/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991054 Chicken Tender, WG, GoldKist, P-592862	3 Each	100	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	100	90	0.00	140	2	1.00	0.00	0	16.00	2.00	4.00	0	100.0	0.00	0.72
990488 CARROTS:frozen, boiled	1/2 Cup	50	27	0.09	43	3	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39
991033 CELERY STICKS	1/2 CUP	100	8	0.03	48	1	0.10	0.00	0	1.78	0.96	0.41	269	24.0	1.86	0.12
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	100	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	100	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00

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)
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			576	1.99	1050	43	9.94	0.00	64	86.92	8.71	35.20	*7613	*411.0	*23.54	*2.76
% of Calories				3.11%		29.9%	15.5%	0.0%		60.4%		24.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 01/14/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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

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 (mg)	Vit-C (mg)	Iron (mg)
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	100	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
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			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			600 - 650	<10	1230		<=0									

Tuesday - 01/18/2022

Reimbursable Meal Total 100

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)
990193 Pepperoni Pizza, Turkey, The Max, P-369077	1 Slice	100	270	2.50	540	4	7.00	0.00	15	35.00	4.00	17.00	0	200.0	0.00	0.00
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*
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			517	3.47	809	43	8.89	0.00	24	84.03	8.23	25.99	*7278	*479.0	*21.41	*0.90
% of Calories				6.04%		33.3%	15.5%	0.0%		65.0%		20.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 01/19/2022

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)	Protrn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990961 Cheddar Cheese Stick 1oz, Bongards, P-565041	2 Each	100	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	100	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)	50	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	50	40	0.00	280	4	0.00	0.00	0	8.00	2.00	0.00	2000	80.0	24.00	1.44
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
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			79373	1191.66	143677	*4045	3336.00	0.00	6900	9478.88	1137.55	3030.58	*196460	*66207.6	*3164.55	*405.08
% of Calories				13.51%		*20.4%	37.8%	0.0%		47.8%		15.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

Thursday - 01/20/2022

Reimbursable Meal Total 100

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

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			644	3.42	1006	40	18.09	0.00	44	91.82	8.54	29.07	*1065	*314.2	*98.84	*4.06
% of Calories				4.78%		24.8%	25.3%	0.0%		57.0%		18.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 01/21/2022

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)
990977 Pizza Munchable, w/ Pita and Dip Cup	Each	50	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	50	297	6.57	719	6	13.62	0.00	30	26.55	2.50	15.65	502	452.7	6.00	1.62
991077 PEPPERS,SWEET,GREEN,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

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)
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			57797	776.76	95913	4408	1653.96	0.00	3937	8074.97	657.45	2586.78	*163730	*73652.2	*6262.75	*287.08
% of Calories				12.10%		30.5%	25.8%	0.0%		55.9%		17.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 01/24/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990738 Corn Dog, Turkey, Mini, JTM, P-597483	6 Each	100	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

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)
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			568	2.72	882	53	11.67	0.00	46	96.21	6.39	22.29	*3944	*323.3	*74.25	*3.81
% of Calories				4.31%		37.3%	18.5%	0.0%		67.8%		15.7%				
Weekly Nutrient Guideline			600 - 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)
990052 Hamburger, WG, Arbor B-2	Each	100	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

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			515	4.67	658	42	12.39	0.00	44	76.03	7.23	27.99	*7278	*367.0	*21.41	*2.90
% of Calories				8.16%		32.6%	21.7%	0.0%		59.1%		21.7%				
Weekly Nutrient Guideline			600 - 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	100	340	2.50	650	3	12.50	0.00	35	39.00	4.00	21.00	100	86.0	78.00	2.80
990396 Broccoli, West Creek, 1/2C, 2g	1/2 Cup	50	11	0.00	10	0	0.00	0.00	0	2.00	1.50	1.50	450	25.0	25.20	0.36
991077 PEPPERS,SWEET,GREEN,RAW	1/2 Cup	50	9	0.03	1	1	0.08	0.00	0	2.13	0.78	0.40	170	4.6	36.98	0.16

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)
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	100	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			589	3.43	964	43	14.13	0.00	44	88.38	7.68	30.52	*1375	*355.0	*128.74	*3.70
% of Calories				5.24%		29.2%	21.6%	0.0%		60.0%		20.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 01/27/2022

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)
991100 BBQ Rib Sandwich, Pierre, 3.25 oz, P-75207	1 Each	100	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			67304	780.38	119660	5039	2400.34	3.02	6318	8566.20	747.80	2850.78	*126437	*34504.6	*17366.0 5	*334.18
% of Calories				10.44%		29.9%	32.1%	0.0%		50.9%		16.9%				
Weekly Nutrient Guideline			600 - 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			600 - 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	100	323	6.20	589	4	15.00	0.00	48	28.00	3.00	21.50	0	138.0	0.00	2.00
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
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			58128	711.60	103026	*4345	1658.66	0.00	5650	7926.04	669.25	3054.18	*106460	*40220.4	*2144.35	*300.48
% of Calories				11.02%		*29.9%	25.7%	0.0%		54.5%		21.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Portion Values

Jan 1, 2022 thru Jan 31, 2022

			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			31718	342	53940	*2249	946.77	0.22	2580	4413.44	426.28	1406.66	*100965	*24721.4	*3216.14	*195.43
% of Calories				9.72%		*28.4%	26.9%	0.0%		55.7%		17.7%				

**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.