

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Menu Name: Woodland Breakfast

Include Cost: No

Site: All Sites

Report Style: Detailed

Monday - 11/01/2021

Reimbursable Meal Total 1

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

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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	18220	4736	1056.93	0.00	2400	7459.23	403.40	1355.74	*93168	*27096.3	*2231.48	*62.38
% of Calories				6.76%		41.7%	20.9%	0.0%		65.7%		11.9%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Tuesday - 11/02/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990319 Donut, WG Powdered 6 Pack, Goody Man,P-517590	Package	100	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
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

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Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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			48422	391.28	39170	5626	1256.93	0.00	900	8259.24	403.40	1245.74	*93168	*32396.3	*2231.48	*137.98
% of Calories				7.27%		46.5%	23.4%	0.0%		68.2%		10.3%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Wednesday - 11/03/2021

Reimbursable Meal Total 1

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

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Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990264 Milk, 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			47422	241.28	40170	5926	956.93	0.00	900	8659.23	403.40	1345.74	*93168	*42196.3	*2267.48	*162.38
% of Calories				4.58%		50.0%	18.2%	0.0%		73.0%		11.4%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Thursday - 11/04/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991143 Cereal, Apple Jacks, Bowl, RS, P-369481	Bowl-1 oz	50	100	0.00	160	8	0.50	0.00	0	24.00	2.00	2.00	0	0.0	6.00	1.80
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
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

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Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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	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			45422	166.28	41320	5186	731.93	0.00	900	8789.23	653.40	1465.74	*160668	*37296.3	*3131.48	*422.38
% of Calories				3.29%		45.7%	14.5%	0.0%		77.4%		12.9%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Friday - 11/05/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990199 Pop-Tart, Frstd Stawberry, 1.76 oz, P-326437	1.76 oz=1 Each	100	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
990200 Graham Bears, Chocolate, WG, P-18435	Pouch	100	110	0.50	95	7	3.00	0.00	0	21.00	2.00	2.00	300	20.0	3.60	2.70
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

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Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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	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			50572	241.28	43970	5796	706.93	0.00	900	10119.24	703.40	1245.74	*178168	*37496.3	*2411.48	*519.38
% of Calories				4.29%		45.8%	12.6%	0.0%		80.0%		9.9%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Monday - 11/08/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990321 Strawberry Yogurt Chex Mix, P-370905	1 Pouch	100	120	1.00	55	6	3.00	0.00	0	23.00	2.00	2.00	0	0.0	0.00	0.72
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
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

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	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)
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	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			41422	541.28	41720	4136	1056.93	0.00	2400	6459.23	403.40	1655.74	*93168	*41296.3	*2231.48	*134.38
% of Calories				11.76%		39.9%	23.0%	0.0%		62.4%		16.0%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Tuesday - 11/09/2021

Reimbursable Meal Total 1

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

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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			40922	91.28	30170	4226	306.93	0.00	900	8159.24	603.40	1445.74	*93168	*28396.3	*2231.48	*245.98
% of Calories				2.01%		41.3%	6.8%	0.0%		79.8%		14.1%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Wednesday - 11/10/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990072 Mini Cinnamon Rolls, WG, Pillsbury, P-285458	65 g=1 Each	100	240	1.50	270	15	7.00	0.00	0	39.00	2.00	5.00	0	40.0	0.00	1.44
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	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			45422	241.28	43170	5026	856.93	0.00	900	8059.23	403.40	1345.74	*93168	*30296.3	*2267.48	*206.38
% of Calories				4.78%		44.3%	17.0%	0.0%		71.0%		11.9%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Thursday - 11/11/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990575 Cereal, Froot Loops, R/S, BP, Bowl, P-369482	Bowl	100	110	0.50	160	8	1.00	0.00	0	34.00	2.00	2.00	500	0.0	15.00	4.50
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	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			43422	191.28	41820	4886	606.93	0.00	900	9539.23	603.40	1465.74	*173168	*27296.3	*4331.48	*692.38
% of Calories				3.96%		45.0%	12.6%	0.0%		87.9%		13.5%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Friday - 11/12/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
990202 Muffin, Blueberry, WG, Smart Choice, P-370303	2 oz=1 Each	100	160	0.50	95	14	5.00	0.00	26	26.00	1.00	3.00	0	20.0	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
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	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			45572	491.28	45970	4996	1256.93	0.00	5000	6819.24	303.40	1745.74	*98168	*42496.3	*2051.48	*177.38
% of Calories				9.70%		43.9%	24.8%	0.0%		59.9%		15.3%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Monday - 11/15/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990636 Strawberry Soft Oatmeal Bar, 2.4 oz, P-331385	1 Each	100	280	3.00	150	21	9.00	0.00	0	46.00	3.00	4.00	0	20.0	0.00	1.44
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	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			49422	391.28	31220	5636	1056.93	0.00	900	8759.23	503.40	1255.74	*93168	*28296.3	*2231.48	*206.38
% of Calories				7.13%		45.6%	19.2%	0.0%		70.9%		10.2%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Tuesday - 11/16/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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			44422	291.28	35170	4826	756.93	0.00	1900	8359.24	403.40	1445.74	*93168	*29396.3	*2231.48	*225.98
% of Calories				5.90%		43.5%	15.3%	0.0%		75.3%		13.0%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Wednesday - 11/17/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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			41422	491.28	43170	4326	1156.93	0.00	2400	6259.23	403.40	1645.74	*93168	*42296.3	*2267.48	*162.38
% of Calories				10.67%		41.8%	25.1%	0.0%		60.4%		15.9%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Thursday - 11/18/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990202 Muffin, Blueberry, WG, Smart Choice, P-370303	2 oz=1 Each	100	160	0.50	95	14	5.00	0.00	26	26.00	1.00	3.00	0	20.0	0.00	1.08
990200 Graham Bears, Chocolate, WG, P-18435	Pouch	100	110	0.50	95	7	3.00	0.00	0	21.00	2.00	2.00	300	20.0	3.60	2.70
990900 Juice, Orange, Cup, Ardmores, 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, Ardmores, 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	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			48422	191.28	35320	5586	956.93	0.00	3500	8839.23	503.40	1365.74	*123168	*29296.3	*2831.48	*440.38
% of Calories				3.56%		46.1%	17.8%	0.0%		73.0%		11.3%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Friday - 11/19/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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
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	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			43072	466.28	52470	4596	1031.93	0.00	2400	6769.24	453.40	1695.74	*160668	*55496.3	*2351.48	*609.38
% of Calories				9.74%		42.7%	21.6%	0.0%		62.9%		15.7%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Monday - 11/22/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
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	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			48422	341.28	31220	5536	956.93	0.00	900	8959.23	503.40	1255.74	*93168	*26316.3	*2231.48	*206.38
% of Calories				6.34%		45.7%	17.8%	0.0%		74.0%		10.4%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Tuesday - 11/23/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
990133 Bagel, Strwbry Cream Cheese Mini, P-441652	Package (69g)	100	240	2.50	180	13	6.00	0.00	10	41.00	2.00	6.00	100	20.0	0.00	1.08
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	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			45422	341.28	34170	4826	756.93	0.00	1900	8259.24	403.40	1445.74	*103168	*28396.3	*2231.48	*173.98
% of Calories				6.76%		42.5%	15.0%	0.0%		72.7%		12.7%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Monday - 11/29/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990321 Strawberry Yogurt Chex Mix, P-370905	1 Pouch	100	120	1.00	55	6	3.00	0.00	0	23.00	2.00	2.00	0	0.0	0.00	0.72
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
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	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			41422	541.28	41720	4136	1056.93	0.00	2400	6459.23	403.40	1655.74	*93168	*41296.3	*2231.48	*134.38
% of Calories				11.76%		39.9%	23.0%	0.0%		62.4%		16.0%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Base Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Tuesday - 11/30/2021

Reimbursable Meal Total 1

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

Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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	30170	4226	306.93	0.00	900	8159.24	603.40	1445.74	*93168	*28396.3	*2231.48	*245.98
% of Calories				2.01%		41.3%	6.8%	0.0%		79.8%		14.1%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	45104	320	37912	4960	885.88	0.00	1753	8060.29	477.08	1448.90	*111326	*34497.4	*2432.95	*271.91
% of Calories		6.39%		44.0%	17.7%	0.0%		71.5%		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

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.