

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

Menu Name: Woodland Primary Lunch
Site: All Sites

Include Cost: No
Report Style: Detailed

Monday - 03/02/2020

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)
990057 Cheese Stuffed Sticks, The Max, 6", P-43901	2 Each	100	300	5.00	780	*N/A*	14.00	0.00	10	32.00	4.00	14.00	0	300.0	0.00	1.44
990257 Tomato Basil Sauce, Arbor E-18	2 oz.	100	22	0.00	126	2	0.00	0.00	0	4.40	0.72	0.75	520	1.3	3.33	0.77
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	80	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	10	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			561	5.43	1174	*27	16.32	*0.00	17	81.54	9.24	26.24	*1718	639.6	*30.11	3.82
% of Calories				8.71%		*19.3%	26.2%	*0.0%		58.1%		18.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 03/03/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	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)
990249 Pizza, Cheese, Stuffed Crst, Max, 36g 868673	1 Slice	100	330	4.50	850	4	14.00	0.00	15	36.00	3.00	15.00	0	210.0	0.00	2.00
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	80	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	10	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			569	4.93	1118	*28	16.31	*0.00	22	81.15	7.52	26.50	*1199	548.4	*26.78	3.61
% of Calories				7.80%		*19.7%	25.8%	*0.0%		57.0%		18.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 03/04/2020

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)
990325 Cheese Quesadilla, Arbor B-76	1 quesadilla	100	351	6.67	512	*0	17.11	0.00	14	31.30	4.00	18.18	*120	*239.9	*0.00	*1.64
990123 Refried Beans (1/2 Cup)	1/2 Cup	100	110	0.00	140	1	0.00	0.00	0	19.99	4.99	6.99	0	20.0	2.39	1.79

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	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)
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990821 Slushie, Blue Raspberry, Cool Tropics, P-453064	Each	85	60	0.00	15	12	0.00	0.00	0	15.00	0.00	0.00	500	0.0	60.00	0.36
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	15	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	80	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	10	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
000222 KETCHUP: individual	Pkt 6g	30	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			693	7.09	937	*30	19.40	*0.00	21	94.49	11.82	36.28	*1652	*587.9	*70.56	*5.16
% of Calories				9.21%		*17.3%	25.2%	*0.0%		54.5%		20.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 03/05/2020

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)
990757 MACARONI AND CHEESE USDA D-26	2/3 CUP	100	361	12.36	868	5	22.10	0.00	61	24.81	0.80	15.11	832	385.2	0.29	0.82
990388 Broccoli, Peak, 1/2 C, 3g	1/2 Cup	100	18	0.00	15	1	0.00	0.00	0	3.00	1.80	1.80	1800	24.0	57.60	0.43
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	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)
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	80	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	10	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			619	12.79	1151	*31	24.42	*0.00	68	72.95	7.12	28.41	*3831	747.5	*84.67	2.87
% of Calories				18.60%		*20.0%	35.5%	*0.0%		47.1%		18.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 03/06/2020

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)
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
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	80	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	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)
000230 MILK,1% Lowfat	HALF PINT	10	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	10	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			556	6.53	851	*28	16.61	*0.00	54	73.15	7.52	33.00	*1199	476.4	*26.78	3.61
% of Calories				10.57%		*20.1%	26.9%	*0.0%		52.6%		23.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 03/09/2020

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)
990305 Crispy Chicken Waffle Sandwich, Arbor B-98	1 Sandwich	100	410	2.52	780	19	13.52	0.02	40	56.41	5.02	19.01	103	81.9	78.01	2.94
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	70	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	15	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK,Skim	HALF PINT	15	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	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)
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			648	3.03	1040	*43	15.96	*0.02	47	100.77	9.54	30.53	*1301	420.5	*104.67	4.52
% of Calories				4.21%		*26.5%	22.2%	*0.0%		62.2%		18.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 03/10/2020

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)
990082 Chicken Strips, WG, GoldKist, P-470150	3 Strips	100	210	2.50	400	0	10.00	0.00	35	14.00	2.00	15.00	100	20.0	78.00	1.80
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	80	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	10	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03

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Portion Values

Mar 1, 2020 thru Mar 31, 2020

	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)
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			449	2.93	668	*24	12.31	*0.00	42	59.15	6.52	26.50	*1299	358.4	*104.78	3.41
% of Calories				5.87%		*21.4%	24.7%	*0.0%		52.7%		23.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 03/11/2020

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)
990106 Hot Dog, Turkey, WG, Arbor B-6	Each	100	267	3.34	888	*4	11.11	0.03	35	30.63	2.30	12.23	0	91.0	2.40	1.78
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	70	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	15	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK,Skim	HALF PINT	15	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
000222 KETCHUP: individual	Pkt 6g	100	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08

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Mar 1, 2020 thru Mar 31, 2020

	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)
000224 RELISH: individual PC	PC packet	40	10	0.00	61	2	0.04	0.00	0	2.63	0.08	0.03	91	0.2	0.08	0.06
Weighted Daily Average			515	3.86	1238	*30	13.57	*0.03	42	78.02	6.88	23.83	*1272	430.7	*29.38	3.41
% of Calories				6.75%		*23.3%	23.7%	*0.1%		60.6%		18.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 03/12/2020

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)
990139 Pancake on a Stick, Turkey Sausage, P-910578	Each	100	200	2.50	310	4	10.00	0.00	25	17.00	3.00	7.00	0	20.0	0.00	1.80
990563 Tri Tater Patty, 2 oz, ORE-IDA, P-284841	Each	100	100	0.50	200	0	5.00	0.00	0	13.00	1.00	1.00	0	0.0	0.00	0.00
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	80	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	10	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
990291 Syrup Packet, Madeira, 1 oz. packet	1 Packet	100	79	0.02	20	14	0.02	0.02	0	20.16	0.02	0.01	3	1.9	0.01	0.06
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	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)
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			618	3.45	797	*43	17.33	*0.02	32	95.31	8.54	19.51	*1202	360.3	*26.79	3.47
% of Calories				5.02%		*27.8%	25.2%	*0.0%		61.7%		12.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 03/13/2020

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)
990057 Cheese Stuffed Sticks, The Max, 6", P-43901	2 Each	100	300	5.00	780	*N/A*	14.00	0.00	10	32.00	4.00	14.00	0	300.0	0.00	1.44
990257 Tomato Basil Sauce, Arbor E-18	2 oz.	100	22	0.00	126	2	0.00	0.00	0	4.40	0.72	0.75	520	1.3	3.33	0.77
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	80	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	10	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	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)
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			561	5.43	1174	*27	16.32	*0.00	17	81.54	9.24	26.24	*1718	639.6	*30.11	3.82
% of Calories				8.71%		*19.3%	26.2%	*0.0%		58.1%		18.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 03/16/2020

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)
990085 Cheese Pizza, WG, The MAX, 37g P-312645	Each	100	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	80	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	10	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	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)
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			519	3.43	828	*24	10.31	*0.00	22	82.15	8.52	27.50	*1599	638.4	*26.78	5.21
% of Calories				5.95%		*18.5%	17.9%	*0.0%		63.3%		21.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 03/17/2020

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)
990261 Toasted Cheese Sandwich, Arbor B-30	1 Sandwich	100	428	14.71	1170	6	27.58	0.00	70	30.06	2.00	14.21	227	242.7	0.00	2.02
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	80	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	10	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	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)
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			667	15.13	1438	*31	29.89	*0.00	77	75.20	6.52	25.70	*1425	581.0	*26.78	3.63
% of Calories				20.42%		*18.6%	40.3%	*0.0%		45.1%		15.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 03/18/2020

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)
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	100	458	9.77	585	1	24.94	0.00	63	39.33	4.72	22.22	406	284.4	3.05	1.85
990226 Black Bean & Corn Salsa, Arbor E-21	1/2 Cup	100	156	0.01	292	*0	0.54	*0.00	0	25.74	7.01	8.05	7	55.9	0.76	3.07
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990820 Slushie, Kiwi Strawberry, Cool Tropics, P-279212	Each	85	60	0.00	15	12	0.00	0.00	0	15.00	0.00	0.00	500	0.0	60.00	0.36
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	15	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	80	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	10	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	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)
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			845	10.20	1154	*31	27.76	*0.00	70	108.03	14.56	41.37	*1940	668.2	*71.94	6.64
% of Calories				10.86%		*14.7%	29.6%	*0.0%		51.1%		19.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 03/19/2020

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)
990324 French Toast Sticks, Papettis, P-424950	3 each	100	160	1.00	270	8	3.50	0.00	105	23.00	2.00	7.70	0	40.0	0.00	1.08
990563 Tri Tater Patty, 2 oz, ORE-IDA, P-284841	Each	100	100	0.50	200	0	5.00	0.00	0	13.00	1.00	1.00	0	0.0	0.00	0.00
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	80	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	10	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
990291 Syrup Packet, Madeira, 1 oz. packet	1 Packet	100	79	0.02	20	14	0.02	0.02	0	20.16	0.02	0.01	3	1.9	0.01	0.06
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	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)
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			578	1.95	757	*47	10.83	*0.02	112	101.31	7.54	20.21	*1202	380.3	*26.79	2.75
% of Calories				3.04%		*32.5%	16.9%	*0.0%		70.1%		14.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 03/20/2020

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)
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
990307 Fresh Coleslaw, Arbor E-16	1/4 Cup	100	19	0.27	28	*0	1.45	*0.00	2	1.32	0.14	0.21	22	7.5	8.00	0.08
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	80	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	10	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	10	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	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)
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			575	6.79	879	*28	18.07	*0.00	55	74.46	7.66	33.21	*1221	483.9	*34.78	3.69
% of Calories				10.63%		*19.5%	28.3%	*0.0%		51.8%		23.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 03/30/2020

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 B-11	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
990154 Tri Tater, Potato, 1 each, P-27143	Each	100	100	1.50	230	1	5.00	0.00	0	12.00	1.00	1.00	0	0.0	1.20	0.36
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	80	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	10	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	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)
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			679	4.43	1148	*28	19.81	*0.00	42	96.15	9.52	33.50	*1299	424.4	*105.98	4.77
% of Calories				5.87%		*16.5%	26.3%	*0.0%		56.6%		19.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 03/31/2020

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)
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	100	458	9.77	585	1	24.94	0.00	63	39.33	4.72	22.22	406	284.4	3.05	1.85
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	80	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	10	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03

Base Menu Spreadsheet

Portion Values

Mar 1, 2020 thru Mar 31, 2020

	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)
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			698	10.20	853	*26	27.25	*0.00	70	84.48	9.24	33.71	*1604	622.8	*29.83	3.46
% of Calories				13.15%		*14.9%	35.1%	*0.0%		48.4%		19.3%				
Weekly Nutrient Guideline			600 - 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	609	6	1012	*31	18.38	*0.01	48	84.70	8.68	28.96	*1569	*529.9	*50.44	*3.99
% of Calories		9.35%		*20.4%	27.2%	*0.0%		55.6%		19.0%				

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.