

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 30, 2021

Menu Name: Woodland Middle Lunch
Site: All Sites

Include Cost: No
Report Style: Detailed

Wednesday - 09/01/2021

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) | Protrn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|------------|------------|------------------------|------------|-----------|
| 990518 Cheese Sandwich, Arbor B-38 | 1 Sandwich | 50 | 360 | 10.00 | 1100 | 6 | 20.00 | 0.00 | 50 | 30.00 | 2.00 | 14.00 | 0 | 238.0 | 0.00 | 2.00 |
| 990164 Ranch Crispy Chicken Wrap, Arbor C-12 | Each | 50 | 415 | 4.50 | 938 | *2 | 14.80 | 0.00 | 35 | 51.30 | 7.10 | 20.20 | 8810 | 113.0 | 82.02 | 4.21 |
| 991016 BROCCOLI,raw: fresh | 3/4 Cup | 100 | 23 | 0.08 | 23 | 1 | 0.25 | 0.00 | 0 | 4.53 | 1.77 | 1.92 | 425 | 32.1 | 60.88 | 0.50 |
| 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 |
| 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

Sep 1, 2021 thru Sep 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 | | | 64498 | 824.38 | 132728 | *4211 | 1923.92 | 0.00 | 5150 | 9149.72 | 886.65 | 2759.68 | *579480 | *46178.2 | *12153.25 | *424.88 |
| % of Calories | | | | 11.50% | | *26.1% | 26.8% | 0.0% | | 56.7% | | 17.1% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | |

Thursday - 09/02/2021

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991024 Hummus & Pita | Each | 50 | 532 | 2.90 | 766 | 4 | 31.58 | 0.00 | 0 | 49.98 | 10.59 | 12.59 | 0 | 175.9 | 0.00 | 4.53 |
| 990956 Turkey & Cheese Sandwich, Jennie-O P-26381 | Each | 50 | 300 | 5.75 | 875 | 5 | 13.18 | 0.00 | 48 | 27.10 | 1.93 | 19.29 | 0 | 136.7 | 0.00 | 2.11 |
| 990966 Spring Pea Salad, E-27 | 3/4 Cup | 100 | 195 | 1.52 | 152 | *2 | 6.82 | *0.00 | 8 | 23.54 | 7.84 | 7.83 | 780 | 0.6 | 23.58 | 2.11 |
| 001050 Mayo Packet, 9 gm, Americana, P-44589 | Each | 50 | 60 | 1.00 | 55 | 0 | 7.00 | 0.00 | 5 | 0.00 | 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 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 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 | | | 86526 | 725.64 | 116003 | *4356 | 3428.66 | *0.00 | 4283 | 10639.45 | 1664.80 | 3234.32 | *174479 | *41109.7 | *4322.65 | *608.02 |
| % of Calories | | | | 7.55% | | *20.1% | 35.7% | *0.0% | | 49.2% | | 15.0% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | |

Friday - 09/03/2021

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) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990187 SunButter & Jelly Sandwich, B-89a | Each | 25 | 634 | 4.00 | 540 | 33 | 34.00 | 0.00 | 0 | 64.57 | 10.00 | 18.00 | 0 | 78.0 | 0.00 | *4.88 |
| 990928 SunButter and Jelly Sandwich, Sunwise, P-629236 | Each-5.2 oz | 25 | 610 | 4.00 | 590 | 18 | 34.00 | 0.00 | 0 | 56.00 | 7.00 | 20.00 | 0 | 59.0 | 0.00 | 10.00 |
| 991173 Taco Salad, Beef, JTM, P-369222 | 1 Salad | 50 | 403 | 7.05 | 534 | *1 | 23.68 | 0.00 | 44 | 32.98 | 4.19 | 16.88 | 854 | 279.0 | 5.78 | 2.12 |
| 991006 Black Beans, LS, Mothers Maid, P-493061 | 3/4 Cup | 100 | 142 | 0.00 | 198 | 0 | 0.00 | 0.00 | 0 | 25.51 | 8.50 | 9.92 | 0 | 56.7 | 0.00 | 3.83 |
| 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

Portion Values

Sep 1, 2021 thru Sep 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 | 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 | | | 88389 | 644.03 | 97143 | *5011 | 3042.54 | 0.00 | 3102 | 11746.40 | 1739.05 | 3643.22 | *139160 | *48467.7 | *2253.25 | *925.18 |
| % of Calories | | | | 6.56% | | *22.7% | 31.0% | 0.0% | | 53.2% | | 16.5% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | |

Tuesday - 09/07/2021

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990518 Cheese Sandwich, Arbor B-38 | 1 Sandwich | 50 | 360 | 10.00 | 1100 | 6 | 20.00 | 0.00 | 50 | 30.00 | 2.00 | 14.00 | 0 | 238.0 | 0.00 | 2.00 |
| 990311 Crispy BBQ Chicken Wrap, Arbor C-11 | 1 Wrap | 50 | 415 | 4.50 | 990 | *7 | 14.60 | 0.00 | 35 | 51.00 | 6.20 | 19.90 | 600 | 78.0 | 82.02 | 3.65 |
| 990974 CELERY STICKS | 3/4 CUP | 100 | 13 | 0.04 | 72 | 1 | 0.15 | 0.00 | 0 | 2.67 | 1.44 | 0.62 | 404 | 36.0 | 2.79 | 0.18 |
| 990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597 | Each | 75 | 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

Sep 1, 2021 thru Sep 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 | 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 | | | 63188 | 820.38 | 137151 | *4465 | 1903.96 | 0.00 | 5150 | 8898.84 | 808.25 | 2614.28 | *166870 | *44820.4 | *6344.35 | *365.18 |
| % of Calories | | | | 11.68% | | *28.3% | 27.1% | 0.0% | | 56.3% | | 16.5% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | |

Wednesday - 09/08/2021

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990182 Yogurt, Strawberry, Upstate Farms, P-74086 | 1/2 Cup | 50 | 90 | 0.00 | 50 | 15 | 0.00 | 0.00 | 0 | 19.00 | 0.00 | 3.00 | 0 | 200.0 | 0.00 | 0.00 |
| 990698 String Cheese Mozz Stick, BONGARDS, P-574456 | Each | 50 | 80 | 3.50 | 200 | 0 | 6.00 | 0.00 | 15 | 0.00 | 0.00 | 6.00 | 0 | 150.0 | 0.00 | 0.00 |
| 990202 Muffin, Blueberry, WG, Smart Choice, P-370303 | 2 oz=1 Each | 50 | 160 | 0.50 | 95 | 14 | 5.00 | 0.00 | 26 | 26.00 | 1.00 | 3.00 | 0 | 20.0 | 0.00 | 1.08 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Sep 1, 2021 thru Sep 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990904 Turkey and Cheese Sub, Jennie-O, P-26381 | Each | 50 | 331 | 6.40 | 909 | 5 | 14.22 | 0.03 | 55 | 28.66 | 2.30 | 21.62 | 0 | 152.3 | 0.00 | 1.66 |
| 991016 BROCCOLI,raw: fresh | 3/4 Cup | 100 | 23 | 0.08 | 23 | 1 | 0.25 | 0.00 | 0 | 4.53 | 1.77 | 1.92 | 425 | 32.1 | 60.88 | 0.50 |
| 990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597 | Each | 75 | 10 | 0.00 | 125 | 0 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 001050 Mayo Packet, 9 gm, Americana, P-44589 | 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 |
| 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 | | | 59771 | 639.60 | 91514 | 5493 | 1585.09 | 1.51 | 5816 | 8717.50 | 596.75 | 2730.88 | *138980 | *54741.6 | *8052.25 | *251.12 |
| % of Calories | | | | 9.63% | | 36.8% | 23.9% | 0.0% | | 58.3% | | 18.3% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | |

Thursday - 09/09/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|-----------|------------|-----------|
| 990518 Cheese Sandwich, Arbor B-38 | 1 Sandwich | 100 | 360 | 10.00 | 1100 | 6 | 20.00 | 0.00 | 50 | 30.00 | 2.00 | 14.00 | 0 | 238.0 | 0.00 | 2.00 |
| 991017 Garbanzo Bean Salad, A-38 | 3/4 Cup | 100 | 247 | 0.51 | 210 | *1 | 9.79 | *0.03 | 0 | 31.94 | 7.86 | 9.18 | 233 | 108.6 | 7.02 | 2.75 |
| 001050 Mayo Packet, 9 gm, Americana, P-44589 | Each | 50 | 60 | 1.00 | 55 | 0 | 7.00 | 0.00 | 5 | 0.00 | 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 | | | 86078 | 1192.94 | 149846 | *4382 | 3488.14 | *2.68 | 6150 | 10625.73 | 1240.05 | 3174.68 | *119728 | *60082.3 | *2666.85 | *539.58 |
| % of Calories | | | | 12.47% | | *20.4% | 36.5% | *0.0% | | 49.4% | | 14.8% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | |

Friday - 09/10/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Sep 1, 2021 thru Sep 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 |
| 990164 Ranch Crispy Chicken Wrap, Arbor C-12 | Each | 50 | 415 | 4.50 | 938 | *2 | 14.80 | 0.00 | 35 | 51.30 | 7.10 | 20.20 | 8810 | 113.0 | 82.02 | 4.21 |
| 990966 Spring Pea Salad, E-27 | 3/4 Cup | 100 | 195 | 1.52 | 152 | *2 | 6.82 | *0.00 | 8 | 23.54 | 7.84 | 7.83 | 780 | 0.6 | 23.58 | 2.11 |
| 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 | | | 82281 | 821.97 | 121864 | *4324 | 2386.96 | *0.00 | 4926 | 11452.58 | 1593.55 | 3557.48 | *640103 | *56264.3 | *8723.65 | *612.38 |
| % of Calories | | | | 8.99% | | *21.0% | 26.1% | *0.0% | | 55.7% | | 17.3% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | |

Monday - 09/13/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990182 Yogurt, Strawberry, Upstate Farms, P-74086 | 1/2 Cup | 100 | 90 | 0.00 | 50 | 15 | 0.00 | 0.00 | 0 | 19.00 | 0.00 | 3.00 | 0 | 200.0 | 0.00 | 0.00 |
| 990698 String Cheese Mozz Stick, BONGARDS, P-574456 | Each | 100 | 80 | 3.50 | 200 | 0 | 6.00 | 0.00 | 15 | 0.00 | 0.00 | 6.00 | 0 | 150.0 | 0.00 | 0.00 |
| 990202 Muffin, Blueberry, WG, Smart Choice, P-370303 | 2 oz=1 Each | 100 | 160 | 0.50 | 95 | 14 | 5.00 | 0.00 | 26 | 26.00 | 1.00 | 3.00 | 0 | 20.0 | 0.00 | 1.08 |
| 990970 Baby Carrots | 3/4 Cup | 100 | 37 | 0.02 | 82 | 5 | 0.14 | 0.00 | 0 | 8.69 | 3.06 | 0.68 | 14547 | 33.8 | 2.74 | 0.94 |
| 990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597 | Each | 75 | 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 | | | 59870 | 494.04 | 68179 | 7097 | 1272.38 | 0.00 | 5000 | 9950.75 | 660.15 | 2124.68 | *1551119 | *65796.0 | *2238.65 | *266.38 |
| % of Calories | | | | 7.43% | | 47.4% | 19.1% | 0.0% | | 66.5% | | 14.2% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 30, 2021

Tuesday - 09/14/2021

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|-----------|------------|-----------|
| 990518 Cheese Sandwich, Arbor B-38 | 1 Sandwich | 50 | 360 | 10.00 | 1100 | 6 | 20.00 | 0.00 | 50 | 30.00 | 2.00 | 14.00 | 0 | 238.0 | 0.00 | 2.00 |
| 991165 Italian Sub Sandwich, Jennie-O P-372462 | Sub | 50 | 325 | 6.15 | 937 | 5 | 14.62 | 0.00 | 54 | 30.03 | 2.00 | 18.55 | 169 | 178.6 | 0.40 | 1.48 |
| 990974 CELERY STICKS | 3/4 CUP | 100 | 13 | 0.04 | 72 | 1 | 0.15 | 0.00 | 0 | 2.67 | 1.44 | 0.62 | 404 | 36.0 | 2.79 | 0.18 |
| 990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597 | Each | 75 | 10 | 0.00 | 125 | 0 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 001050 Mayo Packet, 9 gm, Americana, P-44589 | Each | 25 | 60 | 1.00 | 55 | 0 | 7.00 | 0.00 | 5 | 0.00 | 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

Sep 1, 2021 thru Sep 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 | | | 60173 | 927.78 | 135865 | 4350 | 2079.76 | 0.00 | 6248 | 7850.35 | 598.25 | 2546.92 | *145345 | *49852.3 | *2263.15 | *256.52 |
| % of Calories | | | | 13.88% | | 28.9% | 31.1% | 0.0% | | 52.2% | | 16.9% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | |

Wednesday - 09/15/2021

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990187 SunButter & Jelly Sandwich, B-89a | Each | 50 | 634 | 4.00 | 540 | 33 | 34.00 | 0.00 | 0 | 64.57 | 10.00 | 18.00 | 0 | 78.0 | 0.00 | *4.88 |
| 990928 SunButter and Jelly Sandwich, Sunwise, P-629236 | Each-5.2 oz | 50 | 610 | 4.00 | 590 | 18 | 34.00 | 0.00 | 0 | 56.00 | 7.00 | 20.00 | 0 | 59.0 | 0.00 | 10.00 |
| 990956 Turkey & Cheese Sandwich, Jennie-O P-26381 | Each | 50 | 300 | 5.75 | 875 | 5 | 13.18 | 0.00 | 48 | 27.10 | 1.93 | 19.29 | 0 | 136.7 | 0.00 | 2.11 |
| 991016 BROCCOLI,raw: fresh | 3/4 Cup | 100 | 23 | 0.08 | 23 | 1 | 0.25 | 0.00 | 0 | 4.53 | 1.77 | 1.92 | 425 | 32.1 | 60.88 | 0.50 |
| 001050 Mayo Packet, 9 gm, Americana, P-44589 | Each | 50 | 60 | 1.00 | 55 | 0 | 7.00 | 0.00 | 5 | 0.00 | 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* |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 | | | 105482 | 836.88 | 127561 | 6588 | 4592.96 | 0.00 | 3525 | 12368.37 | 1378.20 | 3914.32 | *138980 | *42312.7 | *8052.25 | *963.82 |
| % of Calories | | | | 7.14% | | 25.0% | 39.2% | 0.0% | | 46.9% | | 14.8% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | |

Thursday - 09/16/2021

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 991024 Hummus & Pita | Each | 50 | 532 | 2.90 | 766 | 4 | 31.58 | 0.00 | 0 | 49.98 | 10.59 | 12.59 | 0 | 175.9 | 0.00 | 4.53 |
| 991192 Chicken Salad Wrap | Each | 50 | 322 | 4.01 | 584 | 2 | 12.10 | 0.00 | 76 | 31.16 | 3.39 | 23.56 | 57 | 48.7 | 0.90 | 1.89 |
| 991017 Garbanzo Bean Salad, A-38 | 3/4 Cup | 100 | 247 | 0.51 | 210 | *1 | 9.79 | *0.03 | 0 | 31.94 | 7.86 | 9.18 | 233 | 108.6 | 7.02 | 2.75 |
| 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

Portion Values

Sep 1, 2021 thru Sep 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 | 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 | | | 89770 | 488.11 | 104564 | *4095 | 3321.95 | *2.68 | 4702 | 11683.18 | 1739.15 | 3582.42 | *122570 | *47514.8 | *2711.85 | *660.68 |
| % of Calories | | | | 4.89% | | *18.2% | 33.3% | *0.0% | | 52.1% | | 16.0% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | |

Friday - 09/17/2021

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990977 Pizza Munchable, w/ Pita and Dip Cup | Each | 100 | 392 | 7.07 | 874 | 6 | 16.12 | 0.00 | 30 | 42.05 | 4.00 | 18.15 | 502 | 502.7 | 6.00 | 2.52 |
| 990966 Spring Pea Salad, E-27 | 3/4 Cup | 100 | 195 | 1.52 | 152 | *2 | 6.82 | *0.00 | 8 | 23.54 | 7.84 | 7.83 | 780 | 0.6 | 23.58 | 2.11 |
| 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

Sep 1, 2021 thru Sep 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 | 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 | | | 81131 | 950.72 | 118689 | *4526 | 2453.20 | *0.00 | 4695 | 10990.07 | 1438.55 | 3454.98 | *224728 | *75750.2 | *4922.65 | *527.78 |
| % of Calories | | | | 10.55% | | *22.3% | 27.2% | *0.0% | | 54.2% | | 17.0% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | |

Monday - 09/20/2021

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990518 Cheese Sandwich, Arbor B-38 | 1 Sandwich | 100 | 360 | 10.00 | 1100 | 6 | 20.00 | 0.00 | 50 | 30.00 | 2.00 | 14.00 | 0 | 238.0 | 0.00 | 2.00 |
| 990970 Baby Carrots | 3/4 Cup | 100 | 37 | 0.02 | 82 | 5 | 0.14 | 0.00 | 0 | 8.69 | 3.06 | 0.68 | 14547 | 33.8 | 2.74 | 0.94 |
| 001050 Mayo Packet, 9 gm, Americana, P-44589 | Each | 50 | 60 | 1.00 | 55 | 0 | 7.00 | 0.00 | 5 | 0.00 | 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 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 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 | 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 | | | 65620 | 1144.04 | 143304 | 4797 | 2522.38 | 0.00 | 6150 | 8400.75 | 760.15 | 2324.68 | *1551119 | *52596.0 | *2238.65 | *358.38 |
| % of Calories | | | | 15.69% | | 29.2% | 34.6% | 0.0% | | 51.2% | | 14.2% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | |

Tuesday - 09/21/2021

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990961 Cheddar Cheese Stick 1oz, Bongards, P-565041 | 2 Each | 50 | 220 | 10.00 | 380 | 0 | 18.00 | 0.00 | 60 | 2.00 | 0.00 | 12.00 | 0 | 300.0 | 0.00 | 0.00 |
| 990544 Tortilla Chip, 1.6 oz bag, El Sabroso, P-583986 | Bag | 50 | 210 | 1.00 | 180 | 0 | 12.00 | 0.00 | 0 | 25.00 | 2.00 | 3.00 | 0 | 40.0 | 0.00 | 0.72 |
| 990963 Salsa, Mild, Red Gold, P-886718 | 4 Ounces | 25 | 40 | 0.00 | 280 | 4 | 0.00 | 0.00 | 0 | 8.00 | 2.00 | 0.00 | 2000 | 80.0 | 24.00 | 1.44 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|--------------|----------------|-------------------------|-------------|----------------|---------------|----------------|----------------|------------------------|-----------------|----------------|
| 991065 Salsa Dip Cup, Red Gold, P-432328 | Each (3oz) | 25 | 25 | 0.00 | 195 | 3 | 0.00 | 0.00 | 0 | 5.00 | 1.00 | 1.00 | 0 | 20.0 | 0.00 | 0.72 |
| 990904 Turkey and Cheese Sub, Jennie-O, P-26381 | Each | 100 | 331 | 6.40 | 909 | 5 | 14.22 | 0.03 | 55 | 28.66 | 2.30 | 21.62 | 0 | 152.3 | 0.00 | 1.66 |
| 990974 CELERY STICKS | 3/4 CUP | 100 | 13 | 0.04 | 72 | 1 | 0.15 | 0.00 | 0 | 2.67 | 1.44 | 0.62 | 404 | 36.0 | 2.79 | 0.18 |
| 001050 Mayo Packet, 9 gm, Americana, P-44589 | Each | 50 | 60 | 1.00 | 55 | 0 | 7.00 | 0.00 | 5 | 0.00 | 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 | | | 83459 | 1335.80 | 163072 | 4454 | 3446.32 | 3.02 | 9681 | 9339.40 | 803.45 | 3856.68 | *186870 | *63747.2 | *2843.35 | *338.18 |
| % of Calories | | | | 14.40% | | 21.3% | 37.2% | 0.0% | | 44.8% | | 18.5% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 30, 2021

Wednesday - 09/22/2021

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 (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|-----------|------------|-----------|
| 990187 SunButter & Jelly Sandwich, B-89a | Each | 25 | 634 | 4.00 | 540 | 33 | 34.00 | 0.00 | 0 | 64.57 | 10.00 | 18.00 | 0 | 78.0 | 0.00 | *4.88 |
| 990928 SunButter and Jelly Sandwich, Sunwise, P-629236 | Each-5.2 oz | 25 | 610 | 4.00 | 590 | 18 | 34.00 | 0.00 | 0 | 56.00 | 7.00 | 20.00 | 0 | 59.0 | 0.00 | 10.00 |
| 990164 Ranch Crispy Chicken Wrap, Arbor C-12 | Each | 50 | 415 | 4.50 | 938 | *2 | 14.80 | 0.00 | 35 | 51.30 | 7.10 | 20.20 | 8810 | 113.0 | 82.02 | 4.21 |
| 991016 BROCCOLI,raw: fresh | 3/4 Cup | 10 | 23 | 0.08 | 23 | 1 | 0.25 | 0.00 | 0 | 4.53 | 1.77 | 1.92 | 425 | 32.1 | 60.88 | 0.50 |
| 990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597 | Each | 50 | 10 | 0.00 | 125 | 0 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990967 Fresh Fruit, Whole_____ | 1/2 Cup | 25 | 81 | 0.06 | 1 | 14 | 0.25 | 0.00 | 0 | 21.17 | 3.16 | 0.82 | 121 | 19.6 | 22.03 | 0.25 |
| 991182 Canned Fruit, Commodity, Extra Light Syrup_____ | 1/2 Cup | 25 | 58 | 0.00 | 5 | 12 | 0.00 | 0.00 | 0 | 14.60 | 1.00 | 0.00 | 450 | 0.0 | 0.96 | 0.00 |
| 991183 Frozen Fruit, Commodity,_____ | 1/2 Cup | 25 | 78 | 0.01 | 0 | 15 | 0.10 | 0.00 | 0 | 18.70 | 2.02 | 0.46 | *87 | *5.2 | *43.59 | *0.17 |
| 991184 Dried Fruit, Commodity,_____ | 1/4 Cup | 25 | 224 | 0.00 | 4 | 47 | 0.00 | 0.00 | 0 | 58.00 | 4.00 | 1.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| 990570 Milk, 1% Lowfat, White, Dean's Dairy Pure | Half Pint | 20 | 110 | 1.50 | 130 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 750 | 250.0 | 0.00 | 0.00 |
| 991107 Milk, 1%, Lowfat, White, Prairie Farms | Half Pint | 20 | 100 | 1.50 | 120 | 11 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 750 | 290.0 | 0.00 | 2.70 |
| 990264 Milk, Skim, White, Dean's Dairy Pure | Half Pint | 20 | 90 | 0.00 | 130 | 12 | 0.00 | 0.00 | 5 | 13.00 | 0.00 | 8.00 | 750 | 250.0 | 0.00 | 0.00 |
| 990571 Milk, Skim, Chocolate, TruMoo | Half Pint | 20 | 120 | 0.00 | 180 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 750 | 250.0 | 15.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 | | | 75022 | 517.38 | 97701 | *5073 | 2601.19 | 0.00 | 2650 | 10156.10 | 1051.99 | 2836.42 | *541212 | *34816.2 | *6674.14 | *652.06 |
| % of Calories | | | | 6.21% | | *27.0% | 31.2% | 0.0% | | 54.1% | | 15.1% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | |

Thursday - 09/23/2021

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 ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990962 Cheddar Cheese Stick 1oz, Bongards, P-565041 | 1 Each | 100 | 110 | 5.00 | 190 | 0 | 9.00 | 0.00 | 30 | 1.00 | 0.00 | 6.00 | 0 | 150.0 | 0.00 | 0.00 |
| 000370 EGG,HARD-BOILED, Medium, P-439686 | 1 EACH | 100 | 70 | 1.47 | 56 | 1 | 4.77 | *N/A* | 168 | 0.50 | 0.00 | 5.66 | 234 | 22.5 | 0.00 | 0.54 |
| 991193 Slider Roll, Sliced, 1.03oz, WG, P-519682 | 2 Each | 100 | 180 | 0.00 | 280 | 4 | 2.00 | 0.00 | 0 | 32.00 | 4.00 | 8.00 | 0 | 200.0 | 0.00 | 1.44 |
| 990966 Spring Pea Salad, E-27 | 3/4 Cup | 100 | 195 | 1.52 | 152 | *2 | 6.82 | *0.00 | 8 | 23.54 | 7.84 | 7.83 | 780 | 0.6 | 23.58 | 2.11 |
| 990967 Fresh Fruit, Whole | 1/2 Cup | 25 | 81 | 0.06 | 1 | 14 | 0.25 | 0.00 | 0 | 21.17 | 3.16 | 0.82 | 121 | 19.6 | 22.03 | 0.25 |
| 991182 Canned Fruit, Commodity, Extra Light Syrup | 1/2 Cup | 25 | 58 | 0.00 | 5 | 12 | 0.00 | 0.00 | 0 | 14.60 | 1.00 | 0.00 | 450 | 0.0 | 0.96 | 0.00 |
| 991183 Frozen Fruit, Commodity, | 1/2 Cup | 25 | 78 | 0.01 | 0 | 15 | 0.10 | 0.00 | 0 | 18.70 | 2.02 | 0.46 | *87 | *5.2 | *43.59 | *0.17 |
| 991184 Dried Fruit, Commodity, | 1/4 Cup | 25 | 224 | 0.00 | 4 | 47 | 0.00 | 0.00 | 0 | 58.00 | 4.00 | 1.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| 990570 Milk, 1% Lowfat, White, Dean's Dairy Pure | Half Pint | 20 | 110 | 1.50 | 130 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 750 | 250.0 | 0.00 | 0.00 |
| 991107 Milk, 1%, Lowfat, White, Prairie Farms | Half Pint | 20 | 100 | 1.50 | 120 | 11 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 750 | 290.0 | 0.00 | 2.70 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 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 | | | 77906 | 890.24 | 83819 | *4374 | 2418.18 | *0.00 | 21443 | 10135.48 | 1438.55 | 3606.08 | *197879 | *62728.4 | *4322.65 | *473.38 |
| % of Calories | | | | 10.28% | | *22.5% | 27.9% | *0.0% | | 52.0% | | 18.5% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | |

Friday - 09/24/2021

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 991024 Hummus & Pita | Each | 50 | 532 | 2.90 | 766 | 4 | 31.58 | 0.00 | 0 | 49.98 | 10.59 | 12.59 | 0 | 175.9 | 0.00 | 4.53 |
| 991173 Taco Salad, Beef, JTM, P-369222 | 1 Salad | 50 | 403 | 7.05 | 534 | *1 | 23.68 | 0.00 | 44 | 32.98 | 4.19 | 16.88 | 854 | 279.0 | 5.78 | 2.12 |
| 991006 Black Beans, LS, Mothers Maid, P-493061 | 3/4 Cup | 100 | 142 | 0.00 | 198 | 0 | 0.00 | 0.00 | 0 | 25.51 | 8.50 | 9.92 | 0 | 56.7 | 0.00 | 3.83 |
| 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

Portion Values

Sep 1, 2021 thru Sep 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 | | | 83363 | 588.95 | 100924 | *3934 | 2921.42 | 0.00 | 3102 | 11131.36 | 1843.75 | 3322.92 | *139160 | *53839.5 | *2253.25 | *779.88 |
| % of Calories | | | | 6.36% | | *18.9% | 31.5% | 0.0% | | 53.4% | | 15.9% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | |

Monday - 09/27/2021

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990187 SunButter & Jelly Sandwich, B-89a | Each | 50 | 634 | 4.00 | 540 | 33 | 34.00 | 0.00 | 0 | 64.57 | 10.00 | 18.00 | 0 | 78.0 | 0.00 | *4.88 |
| 990928 SunButter and Jelly Sandwich, Sunwise, P-629236 | Each-5.2 oz | 50 | 610 | 4.00 | 590 | 18 | 34.00 | 0.00 | 0 | 56.00 | 7.00 | 20.00 | 0 | 59.0 | 0.00 | 10.00 |
| 991016 BROCCOLI,raw: fresh | 3/4 Cup | 100 | 23 | 0.08 | 23 | 1 | 0.25 | 0.00 | 0 | 4.53 | 1.77 | 1.92 | 425 | 32.1 | 60.88 | 0.50 |
| 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

Portion Values

Sep 1, 2021 thru Sep 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 | 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 | | | 87473 | 499.38 | 81078 | 6345 | 3583.92 | 0.00 | 900 | 11013.20 | 1281.65 | 2949.68 | *138980 | *35478.2 | *8052.25 | *858.28 |
| % of Calories | | | | 5.14% | | 29.0% | 36.9% | 0.0% | | 50.4% | | 13.5% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | |

Tuesday - 09/28/2021

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990518 Cheese Sandwich, Arbor B-38 | 1 Sandwich | 50 | 360 | 10.00 | 1100 | 6 | 20.00 | 0.00 | 50 | 30.00 | 2.00 | 14.00 | 0 | 238.0 | 0.00 | 2.00 |
| 990311 Crispy BBQ Chicken Wrap, Arbor C-11 | 1 Wrap | 50 | 415 | 4.50 | 990 | *7 | 14.60 | 0.00 | 35 | 51.00 | 6.20 | 19.90 | 600 | 78.0 | 82.02 | 3.65 |
| 990974 CELERY STICKS | 3/4 CUP | 100 | 13 | 0.04 | 72 | 1 | 0.15 | 0.00 | 0 | 2.67 | 1.44 | 0.62 | 404 | 36.0 | 2.79 | 0.18 |
| 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

Sep 1, 2021 thru Sep 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 | 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 | | | 62938 | 820.38 | 134026 | *4465 | 1903.96 | 0.00 | 5150 | 8848.84 | 808.25 | 2614.28 | *166870 | *44820.4 | *6344.35 | *365.18 |
| % of Calories | | | | 11.73% | | *28.4% | 27.2% | 0.0% | | 56.2% | | 16.6% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | |

Wednesday - 09/29/2021

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 |
| 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 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Sep 1, 2021 thru Sep 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 |
| 991050 CARROTS,BABY,RAW | 1/4 Cup | 100 | 12 | 0.01 | 27 | 2 | 0.05 | 0.00 | 0 | 2.88 | 1.01 | 0.22 | 4812 | 11.2 | 0.91 | 0.31 |
| 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 | | | 70399 | 1192.40 | 104797 | 4211 | 3163.20 | 0.00 | 6900 | 8169.05 | 705.45 | 2429.48 | *677617 | *65536.9 | *3255.05 | *275.58 |
| % of Calories | | | | 15.24% | | 23.9% | 40.4% | 0.0% | | 46.4% | | 13.8% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | |

Thursday - 09/30/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990182 Yogurt, Strawberry, Upstate Farms, P-74086 | 1/2 Cup | 50 | 90 | 0.00 | 50 | 15 | 0.00 | 0.00 | 0 | 19.00 | 0.00 | 3.00 | 0 | 200.0 | 0.00 | 0.00 |
| 990698 String Cheese Mozz Stick, BONGARDS, P-574456 | Each | 50 | 80 | 3.50 | 200 | 0 | 6.00 | 0.00 | 15 | 0.00 | 0.00 | 6.00 | 0 | 150.0 | 0.00 | 0.00 |
| 990202 Muffin, Blueberry, WG, Smart Choice, P-370303 | 2 oz=1 Each | 50 | 160 | 0.50 | 95 | 14 | 5.00 | 0.00 | 26 | 26.00 | 1.00 | 3.00 | 0 | 20.0 | 0.00 | 1.08 |
| 990956 Turkey & Cheese Sandwich, Jennie-O P-26381 | Each | 50 | 300 | 5.75 | 875 | 5 | 13.18 | 0.00 | 48 | 27.10 | 1.93 | 19.29 | 0 | 136.7 | 0.00 | 2.11 |
| 991017 Garbanzo Bean Salad, A-38 | 3/4 Cup | 100 | 247 | 0.51 | 210 | *1 | 9.79 | *0.03 | 0 | 31.94 | 7.86 | 9.18 | 233 | 108.6 | 7.02 | 2.75 |
| 001050 Mayo Packet, 9 gm, Americana, P-44589 | Each | 50 | 60 | 1.00 | 55 | 0 | 7.00 | 0.00 | 5 | 0.00 | 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

Sep 1, 2021 thru Sep 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 | | | 81587 | 680.44 | 100829 | *5475 | 2697.18 | *2.68 | 5575 | 11230.90 | 1186.60 | 3339.32 | *119728 | *61616.8 | *2666.85 | *499.12 |
| % of Calories | | | | 7.51% | | *26.8% | 29.8% | *0.0% | | 55.1% | | 16.4% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=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 | 76901 | 811 | 114793 | *4858 | 2701.77 | *0.60 | 5728 | 10118.95 | 1153.49 | 3077.02 | *374332 | *52765.2 | *4921.68 | *523.88 |
| % of Calories | | 9.49% | | *25.3% | 31.6% | *0.0% | | 52.6% | | 16.0% | | | | |

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.