

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

Menu Name: Grayslake Breakfast K-8
Site:
Use Alternate Menu Name: No

Include Cost: No
Report Style: Detailed

Wednesday - 11/01/2023 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990110 Banana Bread, WG, P-805365	96 g=Each	100	260	1.50	240	24	*N/A*	8.00	0.00	0	45.00	2.00	5.00	0	159.0	0.00	1.00
990896 Juice, Fruit Punch, 100%, Ardmore, P-370594	4 oz	20	60	0.00	10	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00
990555 Juice, Grape, 100%, Aseptic, Ardmore, P-261280	4 oz	15	60	0.00	5	14	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	100.0	60.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	20	81	0.06	1	14	*N/A*	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	15	58	0.00	5	12	*N/A*	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	15	78	0.01	0	15	*N/A*	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	15	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
991341 Milk, Skim, White, Prairie Farms	1/2 Pint	5	80	0.00	120	11	*N/A*	0.00	0.00	5	11.00	0.00	8.00	750	250.0	0.00	0.10
991340 Milk, Skim, Chocolate, Prairie Farms	1/2 Pint	85	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
Weighted Daily Average			442	1.66	441	56	0	8.31	0.00	6	81.43	3.38	13.31	*855	*466.7	*33.56	*1.35
% of Calories				3.38%		50.7%	0%	16.9%	0.0%		73.7%		12.0%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

Thursday - 11/02/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990575 Cereal, Froot Loops, R/S, BP, Bowl, P-369482	Bowl	100	110	0.50	160	8	*N/A*	1.00	0.00	0	34.00	2.00	2.00	500	0.0	15.00	4.50
990132 Graham Bears, Vanilla, 1 oz, WG, P-18437	1 Pouch	100	110	0.50	95	6	*N/A*	3.50	0.00	0	20.00	2.00	4.00	300	20.0	3.60	1.80
990900 Juice, Orange, Cup, Ardmore, P-976002/883283	4 oz	20	60	0.00	15	11	*N/A*	0.00	0.00	0	13.00	0.00	1.00	0	0.0	24.00	0.10
990554 Juice, Orange, 100%, Aseptic, Ardmore, P-261251	4 oz	15	60	0.00	15	12	*N/A*	0.00	0.00	0	14.00	0.00	1.00	0	0.0	60.00	0.00
990967 Fresh Fruit, Whole	1/2 Cup	20	81	0.06	1	14	*N/A*	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	15	58	0.00	5	12	*N/A*	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	15	78	0.01	0	15	*N/A*	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	15	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
991341 Milk, Skim, White, Prairie Farms	1/2 Pint	10	80	0.00	120	11	*N/A*	0.00	0.00	5	11.00	0.00	8.00	750	250.0	0.00	0.10
991340 Milk, Skim, Chocolate, Prairie Farms	1/2 Pint	80	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
Weighted Daily Average			400	1.16	454	45	0	4.81	0.00	6	89.68	5.38	14.66	*1655	*310.7	*55.49	*6.68
% of Calories				2.61%		45.0%	0%	10.8%	0.0%		89.7%		14.7%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Friday - 11/03/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990199 Pop-Tart, Frstd Stawberry, 1.76 oz, P-326437	1.76 oz=1 Each	100	180	1.00	180	15	*N/A*	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
990132 Graham Bears, Vanilla, 1 oz, WG, P-18437	1 Pouch	100	110	0.50	95	6	*N/A*	3.50	0.00	0	20.00	2.00	4.00	300	20.0	3.60	1.80
991162 Juice, 100% Grape, Ardmore, FZ, P-976006	4 oz	20	80	0.00	15	21	*N/A*	0.00	0.00	0	21.00	0.00	0.00	0	20.0	0.00	0.70
991021 Juice, Wango Mango, 100%, Aseptic, P-414165	4 oz	15	55	0.00	30	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	500	0.0	42.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	20	81	0.06	1	14	*N/A*	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	15	58	0.00	5	12	*N/A*	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	15	78	0.01	0	15	*N/A*	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	15	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
991341 Milk, Skim, White, Prairie Farms	1/2 Pint	5	80	0.00	120	11	*N/A*	0.00	0.00	5	11.00	0.00	8.00	750	250.0	0.00	0.10
991340 Milk, Skim, Chocolate, Prairie Farms	1/2 Pint	85	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
Weighted Daily Average			475	1.66	480	54	0	6.31	0.00	6	95.68	6.38	14.31	*1730	*416.7	*33.74	*4.09
% of Calories				3.15%		45.5%	0%	12.0%	0.0%		80.6%		12.1%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Monday - 11/06/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
991214 Apple Cinnamon Round, 2.2 oz, P-728219	Each	100	270	6.00	130	11	*N/A*	12.00	0.00	50	39.00	5.00	6.00	*N/A*	31.0	*N/A*	2.00
990895 Juice, Apple, Cup, 100%, Ardmore, P-974897/883282	4 oz	20	60	0.00	15	13	*N/A*	0.00	0.00	0	14.00	0.00	1.00	0	0.0	0.00	0.00
990553 Juice, Apple, 100%, Aseptic, Ardmore, P-354767	4 oz	15	60	0.00	5	15	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	100.0	60.00	0.00
990967 Fresh Fruit, Whole	1/2 Cup	20	81	0.06	1	14	*N/A*	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	15	58	0.00	5	12	*N/A*	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	15	78	0.01	0	15	*N/A*	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	15	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
991341 Milk, Skim, White, Prairie Farms	1/2 Pint	10	80	0.00	120	11	*N/A*	0.00	0.00	5	11.00	0.00	8.00	750	250.0	0.00	0.10
991340 Milk, Skim, Chocolate, Prairie Farms	1/2 Pint	80	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
Weighted Daily Average			450	6.16	327	43	0	12.31	0.00	56	75.03	6.38	14.51	*855	*336.7	*32.09	*2.36
% of Calories				12.32 %		38.2%	0%	24.6%	0.0%		66.7%		12.9%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Tuesday - 11/07/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990320 Bagel, Honey Wheat, IW, P-370718	Each	100	170	0.00	140	3	*N/A*	1.50	0.00	0	34.00	4.00	6.00	0	20.0	0.00	1.80

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
991068 Jelly, Grape, 1/2 oz, Smucker's, P-38934	Each	100	35	0.00	5	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
991161 Juice, Apple Cherry, 4 oz, Ardmore, P-432482	4 oz.	20	60	0.00	10	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	10.0	0.00	0.36
990556 Juice, Fruit Punch,100%,Aseptic, Ardmore, P-354768	4 oz	15	60	0.00	5	14	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	100.0	60.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	20	81	0.06	1	14	*N/A*	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	15	58	0.00	5	12	*N/A*	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	15	78	0.01	0	15	*N/A*	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	15	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
991341 Milk, Skim, White, Prairie Farms	1/2 Pint	5	80	0.00	120	11	*N/A*	0.00	0.00	5	11.00	0.00	8.00	750	250.0	0.00	0.10
991340 Milk, Skim, Chocolate, Prairie Farms	1/2 Pint	85	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
Weighted Daily Average			387	0.16	346	43	0	1.81	0.00	6	79.43	5.38	14.31	*855	*329.7	*32.84	*2.22
% of Calories				0.37%		44.4%	0%	4.2%	0.0%		82.1%		14.8%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Wednesday - 11/08/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990072 Mini Cinnamon Rolls, WG, Pillsbury, P-285458	65 g=1 Each	100	240	1.50	270	15	*N/A*	7.00	0.00	0	39.00	2.00	5.00	0	40.0	0.00	1.44

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990900 Juice, Orange, Cup, Ardmore, P-976002/883283	4 oz	20	60	0.00	15	11	*N/A*	0.00	0.00	0	13.00	0.00	1.00	0	0.0	24.00	0.10
990554 Juice, Orange, 100%, Aseptic, Ardmore, P-261251	4 oz	15	60	0.00	15	12	*N/A*	0.00	0.00	0	14.00	0.00	1.00	0	0.0	60.00	0.00
990967 Fresh Fruit, Whole	1/2 Cup	20	81	0.06	1	14	*N/A*	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	15	58	0.00	5	12	*N/A*	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	15	78	0.01	0	15	*N/A*	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	15	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
991341 Milk, Skim, White, Prairie Farms	1/2 Pint	5	80	0.00	120	11	*N/A*	0.00	0.00	5	11.00	0.00	8.00	750	250.0	0.00	0.10
991340 Milk, Skim, Chocolate, Prairie Farms	1/2 Pint	85	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
Weighted Daily Average			422	1.66	473	46	0	7.31	0.00	6	75.08	3.38	13.66	*855	*332.7	*37.64	*1.81
% of Calories				3.54%		43.6%	0%	15.6%	0.0%		71.2%		12.9%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Thursday - 11/09/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990127 Cereal, Honey Graham Square, WG, P-75768	3/4 Cup	100	120	0.00	250	9	*N/A*	3.00	0.00	0	24.00	1.00	1.00	500	100.0	6.00	9.00
990200 Graham Bears, Chocolate, WG, P-18435	Pouch	100	110	0.50	95	7	*N/A*	3.00	0.00	0	21.00	2.00	2.00	300	20.0	3.60	2.70

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990896 Juice, Fruit Punch, 100%, Ardmore, P-370594	4 oz	20	60	0.00	10	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00
990555 Juice, Grape, 100%, Aseptic, Ardmore, P-261280	4 oz	15	60	0.00	5	14	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	100.0	60.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	20	81	0.06	1	14	*N/A*	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	15	58	0.00	5	12	*N/A*	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	15	78	0.01	0	15	*N/A*	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	15	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
991341 Milk, Skim, White, Prairie Farms	1/2 Pint	5	80	0.00	120	11	*N/A*	0.00	0.00	5	11.00	0.00	8.00	750	250.0	0.00	0.10
991340 Milk, Skim, Chocolate, Prairie Farms	1/2 Pint	85	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
Weighted Daily Average			412	0.66	546	48	0	6.31	0.00	6	81.43	4.38	11.31	*1655	*427.7	*43.16	*12.05
% of Calories				1.44%		46.6%	0%	13.8%	0.0%		79.1%		11.0%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Monday - 11/13/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990636 Strawberry Soft Oatmeal Bar, 2.4 oz, P-331385	1 Each	100	280	3.00	150	21	*N/A*	9.00	0.00	0	46.00	3.00	4.00	0	20.0	0.00	1.44
990895 Juice, Apple, Cup, 100%, Ardmore, P-974897/883282	4 oz	20	60	0.00	15	13	*N/A*	0.00	0.00	0	14.00	0.00	1.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990553 Juice, Apple, 100%, Aseptic, Ardmore, P-354767	4 oz	15	60	0.00	5	15	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	100.0	60.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	20	81	0.06	1	14	*N/A*	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	15	58	0.00	5	12	*N/A*	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	15	78	0.01	0	15	*N/A*	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	15	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	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	10	90	0.00	130	12	*N/A*	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	10	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			489	4.21	362	56	0	11.06	0.00	10	85.73	4.38	12.51	*1030	*262.7	*21.59	*1.79
% of Calories				7.75%		45.8%	0%	20.4%	0.0%		70.1%		10.2%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Tuesday - 11/14/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
991240 Snack'n Waffle, Wild Blueberry, P-715079	2.4 oz Waffle	100	250	4.00	290	15	*N/A*	9.00	0.00	44	37.00	2.00	6.00	0	30.0	0.00	1.44
991161 Juice, Apple Cherry, 4 oz, Ardmore, P-432482	4 oz.	20	60	0.00	10	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	10.0	0.00	0.36

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990556 Juice, Fruit Punch,100%,Aseptic, Ardmore, P-354768	4 oz	15	60	0.00	5	14	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	100.0	60.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	20	81	0.06	1	14	*N/A*	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	15	58	0.00	5	12	*N/A*	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	15	78	0.01	0	15	*N/A*	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	15	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	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	10	90	0.00	130	12	*N/A*	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	10	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			459	5.21	501	50	0	11.06	0.00	54	76.73	3.38	14.31	*1030	*274.7	*21.59	*1.86
% of Calories				10.22 %		43.6%	0%	21.7%	0.0%		66.9%		12.5%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Wednesday - 11/15/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990322 Cinnamon Bun, Crunchmania, Kelloggs, P-907553	Package	100	220	2.00	230	*N/A*	*N/A*	7.00	0.00	0	37.00	2.00	4.00	750	150.0	0.00	1.44
990896 Juice, Fruit Punch, 100%, Ardmore, P-370594	4 oz	20	60	0.00	10	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990555 Juice, Grape, 100%, Aseptic, Ardmore, P-261280	4 oz	15	60	0.00	5	14	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	100.0	60.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	20	81	0.06	1	14	*N/A*	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	15	58	0.00	5	12	*N/A*	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	15	78	0.01	0	15	*N/A*	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	15	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	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	10	90	0.00	130	12	*N/A*	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	10	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			429	3.21	441	*35	*0	9.06	0.00	10	76.73	3.38	12.31	*1780	*392.7	*22.31	*1.79
% of Calories				6.73%		*32.6%	*0%	19.0%	0.0%		71.5%		11.5%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Thursday - 11/16/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990709 Wild Forest Blueberry Bread, 96g, P-384824	1 Each	100	270	1.50	250	24	*N/A*	8.00	0.00	0	46.00	2.00	5.00	0	46.0	0.00	1.00
990900 Juice, Orange, Cup, Ardmore, P-976002/883283	4 oz	20	60	0.00	15	11	*N/A*	0.00	0.00	0	13.00	0.00	1.00	0	0.0	24.00	0.10

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990554 Juice, Orange, 100%, Aseptic, Ardmore, P-261251	4 oz	15	60	0.00	15	12	*N/A*	0.00	0.00	0	14.00	0.00	1.00	0	0.0	60.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	20	81	0.06	1	14	*N/A*	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	15	58	0.00	5	12	*N/A*	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	15	78	0.01	0	15	*N/A*	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	15	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	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	10	90	0.00	130	12	*N/A*	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	10	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			479	2.71	464	58	0	10.06	0.00	10	85.38	3.38	13.66	*1030	*273.7	*26.39	*1.37
% of Calories				5.09%		48.4%	0%	18.9%	0.0%		71.3%		11.4%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Friday - 11/17/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990229 Cereal, Honey Scooters, BP, MOM, P-550573	Each	100	110	0.00	170	6	*N/A*	1.50	0.00	0	22.00	2.00	3.00	500	100.0	6.00	9.00
990698 String Cheese Mozz Stick, BONGARDS, P-574456	Each	100	80	3.50	200	0	*N/A*	6.00	0.00	15	0.00	0.00	6.00	0	150.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
991162 Juice, 100% Grape, Ardmore, FZ, P-976006	4 oz	20	80	0.00	15	21	*N/A*	0.00	0.00	0	21.00	0.00	0.00	0	20.0	0.00	0.70
991021 Juice, Wango Mango, 100%, Aseptic, P-414165	4 oz	15	55	0.00	30	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	500	0.0	42.00	0.00
990967 Fresh Fruit, Whole	1/2 Cup	20	81	0.06	1	14	*N/A*	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	15	58	0.00	5	12	*N/A*	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	15	78	0.01	0	15	*N/A*	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	15	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	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	10	90	0.00	130	12	*N/A*	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	10	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			403	4.71	586	42	0	9.56	0.00	24	62.98	3.38	17.31	*1605	*481.7	*24.89	*9.49
% of Calories				10.52 %		41.7%	0%	21.3%	0.0%		62.5%		17.2%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Monday - 11/20/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990134 Bagel, Cinnamon Cream Chse, P-441988	Package (69g)	100	230	2.00	190	13	*N/A*	6.00	0.00	10	42.00	2.00	6.00	0	30.0	0.00	1.60

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990895 Juice, Apple, Cup, 100%, Ardmore, P-974897/883282	4 oz	20	60	0.00	15	13	*N/A*	0.00	0.00	0	14.00	0.00	1.00	0	0.0	0.00	0.00
990553 Juice, Apple, 100%, Aseptic, Ardmore, P-354767	4 oz	15	60	0.00	5	15	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	100.0	60.00	0.00
990967 Fresh Fruit, Whole	1/2 Cup	20	81	0.06	1	14	*N/A*	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	15	58	0.00	5	12	*N/A*	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	15	78	0.01	0	15	*N/A*	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	15	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	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	10	90	0.00	130	12	*N/A*	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	10	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			439	3.21	402	48	0	8.06	0.00	20	81.73	3.38	14.51	*1030	*272.7	*21.59	*1.95
% of Calories				6.58%		43.7%	0%	16.5%	0.0%		74.5%		13.2%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Tuesday - 11/21/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990511 Mini Chocolate Donuts P-517587	Package	100	320	7.00	270	19	*N/A*	15.00	0.00	0	41.00	2.00	5.00	0	40.0	0.00	1.80

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
991161 Juice, Apple Cherry, 4 oz, Ardmore, P-432482	4 oz.	20	60	0.00	10	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	10.0	0.00	0.36
990556 Juice, Fruit Punch, 100%, Aseptic, Ardmore, P-354768	4 oz	15	60	0.00	5	14	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	100.0	60.00	0.00
990967 Fresh Fruit, Whole	1/2 Cup	20	81	0.06	1	14	*N/A*	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	15	58	0.00	5	12	*N/A*	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	15	78	0.01	0	15	*N/A*	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	15	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	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	10	90	0.00	130	12	*N/A*	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	10	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			529	8.21	481	54	0	17.06	0.00	10	80.73	3.38	13.31	*1030	*284.7	*21.59	*2.22
% of Calories				13.97 %		40.8%	0%	29.0%	0.0%		61.0%		10.1%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Monday - 11/27/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990320 Bagel, Honey Wheat, IW, P-370718	Each	100	170	0.00	140	3	*N/A*	1.50	0.00	0	34.00	4.00	6.00	0	20.0	0.00	1.80

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
991068 Jelly, Grape, 1/2 oz, Smucker's, P-38934	Each	100	35	0.00	5	8	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	0.00	0.00
990895 Juice, Apple, Cup, 100%, Ardmore, P-974897/883282	4 oz	20	60	0.00	15	13	*N/A*	0.00	0.00	0	14.00	0.00	1.00	0	0.0	0.00	0.00
990553 Juice, Apple, 100%, Aseptic, Ardmore, P-354767	4 oz	15	60	0.00	5	15	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	100.0	60.00	0.00
990967 Fresh Fruit, Whole	1/2 Cup	20	81	0.06	1	14	*N/A*	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	15	58	0.00	5	12	*N/A*	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	15	78	0.01	0	15	*N/A*	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	15	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	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	10	90	0.00	130	12	*N/A*	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	10	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			414	1.21	357	46	0	3.56	0.00	10	82.73	5.38	14.51	*1030	*262.7	*21.59	*2.15
% of Calories				2.63%		44.4%	0%	7.7%	0.0%		79.9%		14.0%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Tuesday - 11/28/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
991213 Oatmeal Chocolate Chip Round, 2.2 oz P-728220	Each	100	270	6.00	125	11	*N/A*	12.00	0.00	50	38.00	5.00	7.00	*N/A*	30.0	*N/A*	2.00
991161 Juice, Apple Cherry, 4 oz, Ardmore, P-432482	4 oz.	20	60	0.00	10	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	10.0	0.00	0.36
990556 Juice, Fruit Punch, 100%, Aseptic, Ardmore, P-354768	4 oz	15	60	0.00	5	14	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	100.0	60.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	20	81	0.06	1	14	*N/A*	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	15	58	0.00	5	12	*N/A*	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	15	78	0.01	0	15	*N/A*	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	15	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	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	10	90	0.00	130	12	*N/A*	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	10	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			479	7.21	336	46	0	14.06	0.00	60	77.73	6.38	15.31	*1030	*274.7	*21.59	*2.42
% of Calories				13.55 %		38.4%	0%	26.4%	0.0%		64.9%		12.8%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Wednesday - 11/29/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990575 Cereal, Froot Loops, R/S, BP, Bowl, P-369482	Bowl	50	110	0.50	160	8	*N/A*	1.00	0.00	0	34.00	2.00	2.00	500	0.0	15.00	4.50
990211 Cereal Bar, Cinn Toast Crunch, P-370859	Each	50	150	0.00	115	9	*N/A*	3.50	0.00	0	30.00	3.00	3.00	0	200.0	0.00	1.80
990132 Graham Bears, Vanilla, 1 oz, WG, P-18437	1 Pouch	100	110	0.50	95	6	*N/A*	3.50	0.00	0	20.00	2.00	4.00	300	20.0	3.60	1.80
990896 Juice, Fruit Punch, 100%, Ardmore, P-370594	4 oz	20	60	0.00	10	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	0.0	3.60	0.00
990555 Juice, Grape, 100%, Aseptic, Ardmore, P-261280	4 oz	15	60	0.00	5	14	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	100.0	60.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	20	81	0.06	1	14	*N/A*	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	15	58	0.00	5	12	*N/A*	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	15	78	0.01	0	15	*N/A*	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	15	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	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	10	90	0.00	130	12	*N/A*	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	10	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			449	1.96	444	49	0	7.81	0.00	10	91.73	5.88	14.81	*1580	*362.7	*33.41	*5.30
% of Calories				3.93%		43.7%	0%	15.7%	0.0%		81.7%		13.2%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Thursday - 11/30/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
990623 Banana Chocolate Chunk Bar,BeneFIT,2.5 oz,P-273348	Each	100	280	3.00	220	23	*N/A*	8.00	0.00	15	48.00	3.00	5.00	0	20.0	0.00	1.80
990900 Juice, Orange, Cup, Ardmore, P-976002/883283	4 oz	20	60	0.00	15	11	*N/A*	0.00	0.00	0	13.00	0.00	1.00	0	0.0	24.00	0.10
990554 Juice, Orange, 100%, Aseptic, Ardmore, P-261251	4 oz	15	60	0.00	15	12	*N/A*	0.00	0.00	0	14.00	0.00	1.00	0	0.0	60.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	20	81	0.06	1	14	*N/A*	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	15	58	0.00	5	12	*N/A*	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	15	78	0.01	0	15	*N/A*	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	15	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	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	10	90	0.00	130	12	*N/A*	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	10	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	*N/A*	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			489	4.21	434	57	0	10.06	0.00	24	87.38	4.38	13.66	*1030	*247.7	*26.39	*2.17
% of Calories				7.75%		46.6%	0%	18.5%	0.0%		71.5%		11.2%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
Weighted Averages	447	3	438	*49	*0	8.81	0.00	19	81.52	4.52	14.02	*1204	*334.0	*29.52	*3.50
% of Calories		6.62%		*43.8%	*0%	17.7%	0.0%		72.9%		12.5%				

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

**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.