

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

Menu Name: Grayslake - Views & Avon

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

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)
990057 Pizza Dippers, The Max, P-43901	2 Each	100	300	5.00	740	6	*N/A*	12.00	0.00	10	34.00	4.00	14.00	200	300.0	0.00	0.26
990058 Marinara Sauce, Red Pack, P-971691	1/4 Cup	100	30	0.00	67	3	*N/A*	0.74	0.00	0	4.96	0.99	0.99	0	19.8	0.00	0.54
000433 MIXED VEGETABLES:frozen,boiled	1/2 CUP	50	59	0.03	32	3	*N/A*	0.14	0.00	0	11.91	4.00	2.60	3892	22.8	2.91	0.75
991198 Green Salad	1/2 Cup	50	6	0.03	10	0	*N/A*	0.21	0.00	0	0.93	0.73	0.56	1688	35.9	12.15	0.39
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	*N/A*	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	*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	25	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	25	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	25	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

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)
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			557	5.19	1089	43	0	13.25	0.00	16	85.05	9.40	25.02	*3905	*643.4	*36.92	*1.74
% of Calories				8.39%		30.9%	0%	21.4%	0.0%		61.1%		18.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

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)
991181 Chicken & Cheese Quesadilla	Quesadilla	100	374	10.28	541	2	*N/A*	19.27	0.00	64	32.04	3.00	20.11	0	333.1	0.00	1.57
990176 Seasoned Black Beans, Arbor E-9	1/2 Cup	25	106	0.00	147	*0	*N/A*	0.02	*0.00	0	19.12	6.34	7.35	1	43.4	0.16	2.89
990557 Baby Carrots, 1.25 oz	1/4 Cup	50	16	0.00	19	2	*N/A*	0.00	0.00	0	3.75	1.25	0.62	2812	12.5	3.00	0.22
990124 Salsa, Mild, Red Gold, P-886718	2 Ounces	25	20	0.00	140	2	*N/A*	0.00	0.00	0	4.00	1.00	0.00	1000	40.0	12.00	0.72
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	*N/A*	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	*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	25	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	25	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	25	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

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)
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			608	10.44	883	*37	*0	19.62	*0.00	70	79.36	7.50	30.70	*2571	*654.4	*33.93	*2.97
% of Calories				15.45 %		*24.3%	*0%	29.0%	*0.0%		52.2%		20.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 11/03/2023

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)
991085 Corn Dog, Chicken, Foster Farms, P-909561	Each	100	240	2.50	390	5	*N/A*	8.00	0.00	40	30.00	5.00	9.00	0	80.0	0.00	1.80
990415 Broccoli, FZ, USDA, 1/2C, 5g	1/2 Cup	50	26	0.00	22	1	*N/A*	0.00	0.00	0	5.00	3.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
000377 CUCUMBER,RAW, Sliced	1/4 Cup	50	3	0.02	1	0	*N/A*	0.05	0.00	0	0.64	0.21	0.18	21	4.2	0.95	0.06
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	*N/A*	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	*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	25	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	25	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	25	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

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)
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			449	2.68	663	39	0	8.36	0.00	46	72.49	8.65	19.03	*925	*376.3	*29.87	*2.21
% of Calories				5.37%		34.7%	0%	16.8%	0.0%		64.6%		17.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 11/06/2023

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)
991147 Beef Soft Tacos, JTM, Shred Ched, Azteca	2 Tacos	100	349	7.33	537	4	*N/A*	14.05	0.00	47	36.40	5.80	19.62	645	184.4	5.39	3.24
991249 Fiesta Beans, P-370923	1/2 Cup	25	163	0.00	175	*0	*N/A*	1.04	*0.00	0	28.68	11.14	10.14	2	56.5	0.11	2.52
991262 PEPPERS,SWEET,RED,R AW	1/4 Cup	50	6	0.01	1	1	*N/A*	0.07	0.00	0	1.39	0.48	0.23	720	1.6	29.37	0.10
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990124 Salsa, Mild, Red Gold, P-886718	2 Ounces	25	20	0.00	140	2	*N/A*	0.00	0.00	0	4.00	1.00	0.00	1000	40.0	12.00	0.72
990967 Fresh Fruit, Whole_____	1/2 Cup	25	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	25	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	25	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	25	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*

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)
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			593	7.50	877	*38	*0	14.68	*0.00	53	84.93	11.12	30.72	*2170	*503.6	*52.50	*4.48
% of Calories				11.38 %		*25.6%	*0%	22.3%	*0.0%		57.3%		20.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=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)
991048 Chicken, Orange, Yang's, P-435353	3.6 oz	100	150	0.50	280	10	*N/A*	3.00	0.00	40	19.00	0.00	11.00	0	0.0	1.20	0.72
990438 Brown Rice, Uncle Ben's, P-43257	1/2 Cup Cooked	100	103	0.00	0	0	*N/A*	0.90	0.00	0	21.11	1.21	2.41	0	0.0	0.00	0.43
990557 Baby Carrots, 1.25 oz	1/4 Cup	100	16	0.00	19	2	*N/A*	0.00	0.00	0	3.75	1.25	0.62	2812	12.5	3.00	0.22
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	*N/A*	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	*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	25	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	25	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	25	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*

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)
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			463	0.67	560	46	0	4.24	0.00	46	83.53	4.50	22.48	*3727	*306.7	*33.59	*1.76
% of Calories				1.30%		39.7%	0%	8.2%	0.0%		72.2%		19.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=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)
990757 MACARONI AND CHEESE USDA D-26	2/3 CUP	60	344	12.49	959	6	*N/A*	22.33	0.00	62	24.86	0.80	15.24	232	368.6	0.29	0.82
990914 Homemade Macaroni & Cheese, JTM Cheese Sauce	#6 Scoop	20	289	6.53	714	8	*N/A*	11.55	0.00	38	31.78	0.51	13.83	433	375.0	0.00	16.69
991154 Macaroni & Cheese, Stick Pasta, WG, JTM, P-472598	6 oz	20	312	8.92	800	3	*N/A*	15.38	0.00	47	26.67	0.00	16.41	671	375.4	0.00	1.03
990530 Pretzel Rod, Soft, 1 oz, Whole Grain, P-882698	Each	100	70	0.00	40	0	*N/A*	0.50	0.00	0	14.00	1.00	2.00	0	0.0	0.00	0.72
990415 Broccoli, FZ, USDA, 1/2C, 5g	1/2 Cup	50	26	0.00	22	1	*N/A*	0.00	0.00	0	5.00	3.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
990059 Tomato, Cherry, Packer	1/4 Cup	50	12	0.02	10	*N/A*	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	*N/A*	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	*N/A*	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25

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)
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	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	25	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	25	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			610	10.76	1195	*39	*0	19.63	0.00	60	84.27	5.60	27.41	*1400	*670.7	*31.07	*5.50
% of Calories				15.88 %		*25.6%	*0%	29.0%	0.0%		55.3%		18.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=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)
990048 Crispy Chicken Sandwich, GoldKist, P-470164	Each	100	340	2.50	650	3	*N/A*	12.50	0.00	35	39.00	4.00	21.00	100	86.0	78.00	2.80
990413 Corn, Whole Kernel, USDA, 15g, 1/2C	1/2 Cup	50	65	0.00	15	3	*N/A*	1.00	0.00	0	15.00	2.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*
990557 Baby Carrots, 1.25 oz	1/4 Cup	50	16	0.00	19	2	*N/A*	0.00	0.00	0	3.75	1.25	0.62	2812	12.5	3.00	0.22
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	*N/A*	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	*N/A*	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25

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)
991182 Canned Fruit, Commodity, Extra Light Syrup	1/2 Cup	25	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	25	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	25	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			575	2.67	928	39	0	13.34	0.00	41	88.04	7.67	30.76	*2421	*386.5	*108.89	*3.29
% of Calories				4.18%		27.1%	0%	20.9%	0.0%		61.2%		21.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=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)
990031 Cheeseburger on WG Bun, P-369328	1 Each	99	338	6.64	769	4	0	16.09	0.00	51	28.14	3.14	23.27	*0	178.0	*0.00	3.27
990052 Hamburger, WG P-369328	Each	1	288	4.14	549	3	0	11.59	0.00	39	27.14	3.14	20.77	*0	108.0	*0.00	3.27
990927 Beans, Vegetarian in Tom Sauce, P-376745	1/2 Cup	50	110	0.00	330	2	*N/A*	0.00	0.00	0	19.99	5.00	6.00	100	0.0	1.20	1.80
990557 Baby Carrots, 1.25 oz	1/4 Cup	50	16	0.00	19	2	*N/A*	0.00	0.00	0	3.75	1.25	0.62	2812	12.5	3.00	0.22
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	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)
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	50	10	0.00	85	2	*N/A*	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	*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	25	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	25	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	25	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			600	6.78	1245	40	0	16.38	0.00	57	80.66	8.30	35.01	*2371	*477.8	*31.49	*4.66
% of Calories				10.17 %		26.7%	0%	24.6%	0.0%		53.8%		23.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=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)
990261 Toasted Cheese Sandwich, Arbor B-30	1 Sandwich	89	408	14.71	1251	6	*N/A*	27.58	0.00	70	30.06	2.00	14.21	227	323.7	0.00	2.02
990192 3 Cheese Grilled Cheese, Arbor B-108	1 Each	10	410	14.58	1210	*6	*N/A*	26.86	0.00	70	30.01	2.00	14.08	377	305.2	0.00	2.02
991005 Grilled Cheese Sandwich, WG, IW, P-610158	Each	1	320	7.00	720	4	2	16.99	0.00	30	27.97	4.01	17.94	*N/A*	440.1	*N/A*	1.99

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)
991264 Tomato Soup, Campbell's, P-26091	6 oz	50	68	0.00	364	9	*N/A*	0.00	0.00	0	15.06	0.75	1.51	*0	17.7	*0.00	0.45
990245 Classic Tomato Soup, Arbor E-31	1/2 Cup	50	28	0.03	33	*0	*N/A*	0.15	0.00	0	6.47	1.34	1.41	488	12.1	7.03	0.97
991198 Green Salad	1/2 Cup	50	6	0.03	10	0	*N/A*	0.21	0.00	0	0.93	0.73	0.56	1688	35.9	12.15	0.39
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	*N/A*	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	*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	25	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	25	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	25	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			653	14.81	1706	*44	*0	27.92	0.00	76	80.93	5.47	24.42	*2242	*650.1	*38.98	*3.30
% of Calories				20.41 %		*27.0%	*0%	38.5%	0.0%		49.6%		15.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 11/15/2023

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)
990645 Chicken Drumstick, Breaded, FC, Tyson, P-428479	Each	100	190	2.50	450	0	*N/A*	11.00	0.00	50	5.00	1.00	16.00	100	20.0	0.00	1.08
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	100	60	0.00	115	0	0	0.00	0.00	0	11.00	1.01	1.00	*N/A*	19.9	*N/A*	1.50
990629 French Fries, Crinkle Cut 1/2", P-960111	1/2 Cup	80	90	0.00	20	0	*N/A*	2.00	0.00	0	13.00	2.00	1.00	0	0.0	3.60	0.18
990523 CELERY STICKS	1/4 Cup	20	5	0.02	30	0	*N/A*	0.06	0.00	0	1.10	0.59	0.26	167	14.9	1.15	0.07
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	80	10	0.00	85	2	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	20	10	0.00	125	0	*N/A*	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	*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	25	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	25	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	25	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			523	2.67	879	35	0	12.95	0.00	56	67.29	5.77	26.30	*1048	*337.1	*32.50	*3.12
% of Calories				4.59%		26.8%	0%	22.3%	0.0%		51.5%		20.1%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 11/16/2023

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)
991377 Turkey and Gravy with Mashed Potatoes	3.950 oz.	100	3	0.04	11	0	0	0.12	0.00	1	0.19	0.01	0.35	*0	*0.1	*0.07	*0.01
990413 Corn, Whole Kernel, USDA, 15g, 1/2C	1/2 Cup	100	65	0.00	15	3	*N/A*	1.00	0.00	0	15.00	2.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*
991378 Holiday Themed Cookie	0.95 oz	100	120	1.00	65	8	8	4.00	0.00	0	18.00	1.00	2.00	*N/A*	*N/A*	*N/A*	1.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	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	25	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	25	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	25	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			378	1.21	289	44	8	5.46	0.00	7	71.85	5.05	12.80	*915	*294.3	*29.46	*1.39
% of Calories				2.88%		46.6%	8.5%	13.0%	0.0%		76.0%		13.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=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)
990323 Waffle, Mini Blueberry, Pillsbury, P-371733	70 g=1 Pouch	100	210	1.00	170	10	*N/A*	6.00	0.00	0	36.00	3.00	4.00	0	20.0	0.00	0.72

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)
990078 Strawberry Banana Yogurt, Upstate Farms, P-24965	4 oz	100	90	0.00	55	15	*N/A*	0.00	0.00	0	19.00	0.00	3.00	0	200.0	0.00	0.00
990638 Glazed Carrots	1/2 Cup	50	71	0.97	67	10	*N/A*	2.00	*0.00	4	13.49	2.99	0.55	15399	37.6	2.09	0.53
000264 CAULIFLOWER,raw: fresh	1/4 Cup	50	7	0.03	8	1	*N/A*	0.07	0.00	0	1.33	0.54	0.51	0	5.9	12.89	0.11
991136 Syrup, 1.5 oz Cup, Madeira, P-1779	Each	100	120	0.00	20	22	*N/A*	0.00	0.00	0	30.00	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	*N/A*	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	*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	25	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	25	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	25	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			654	1.67	544	85	0	7.37	*0.00	8	132.07	6.81	15.98	*8614	*536.0	*36.88	*1.42
% of Calories				2.30%		52.0%	0%	10.1%	*0.0%		80.8%		9.8%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 11/20/2023

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)
990057 Pizza Dippers, The Max, P-43901	2 Each	100	300	5.00	740	6	*N/A*	12.00	0.00	10	34.00	4.00	14.00	200	300.0	0.00	0.26
990058 Marinara Sauce, Red Pack, P-971691	1/4 Cup	100	30	0.00	67	3	*N/A*	0.74	0.00	0	4.96	0.99	0.99	0	19.8	0.00	0.54
000433 MIXED VEGETABLES:frozen,boiled	1/2 CUP	50	59	0.03	32	3	*N/A*	0.14	0.00	0	11.91	4.00	2.60	3892	22.8	2.91	0.75
991198 Green Salad	1/2 Cup	50	6	0.03	10	0	*N/A*	0.21	0.00	0	0.93	0.73	0.56	1688	35.9	12.15	0.39
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	*N/A*	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	*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	25	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	25	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	25	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			557	5.19	1089	43	0	13.25	0.00	16	85.05	9.40	25.02	*3905	*643.4	*36.92	*1.74
% of Calories				8.39%		30.9%	0%	21.4%	0.0%		61.1%		18.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Monday - 11/27/2023

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)
990517 Pancakes, Whole Wheat, Echo Lake, P-392047	2 Each	100	160	0.00	200	6	*N/A*	2.00	0.00	0	30.00	2.00	4.00	0	40.0	0.00	1.44
991157 Turkey Sausage Patty, 1.03 oz, P-51818	2 Each	100	120	2.00	160	0	*N/A*	8.00	0.00	60	0.00	0.00	12.00	0	40.0	0.00	1.44
990561 Tater Tots, ORE-IDA, P-284787	1/2 C (8 ea)	80	130	1.00	310	0	*N/A*	6.00	0.00	0	16.00	2.00	2.00	0	0.0	3.60	0.18
990557 Baby Carrots, 1.25 oz	1/4 Cup	20	16	0.00	19	2	*N/A*	0.00	0.00	0	3.75	1.25	0.62	2812	12.5	3.00	0.22
991136 Syrup, 1.5 oz Cup, Madeira, P-1779	Each	80	120	0.00	20	22	*N/A*	0.00	0.00	0	30.00	0.00	0.00	0	0.0	0.00	0.00
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	20	10	0.00	125	0	*N/A*	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	*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	25	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	25	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	25	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			675	2.97	851	57	0	15.14	0.00	66	106.61	5.89	26.17	*1477	*376.7	*32.87	*3.45
% of Calories				3.96%		33.8%	0%	20.2%	0.0%		63.2%		15.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=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)
990375 Chicken Nuggets, Goldkist, P-470452	5 Each	100	200	2.00	400	0	*N/A*	10.00	0.00	35	13.00	2.00	15.00	100	20.0	78.00	1.80
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	100	100	0.50	170	0	*N/A*	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
000433 MIXED VEGETABLES:frozen,boiled	1/2 CUP	50	59	0.03	32	3	*N/A*	0.14	0.00	0	11.91	4.00	2.60	3892	22.8	2.91	0.75
000256 BROCCOLI,raw: fresh	1/4 Cup	50	8	0.03	8	0	*N/A*	0.08	0.00	0	1.51	0.59	0.64	142	10.7	20.29	0.17
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	*N/A*	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	*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	25	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	25	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	25	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			528	2.69	851	35	0	14.45	0.00	41	73.38	7.34	27.07	*3032	*350.9	*119.00	*3.36
% of Calories				4.59%		26.5%	0%	24.6%	0.0%		55.6%		20.5%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990757 MACARONI AND CHEESE USDA D-26	2/3 CUP	70	344	12.49	959	6	*N/A*	22.33	0.00	62	24.86	0.80	15.24	232	368.6	0.29	0.82
990914 Homemade Macaroni & Cheese, JTM Cheese Sauce	#6 Scoop	20	289	6.53	714	8	*N/A*	11.55	0.00	38	31.78	0.51	13.83	433	375.0	0.00	16.69
991154 Macaroni & Cheese, Stick Pasta, WG, JTM, P-472598	6 oz	10	312	8.92	800	3	*N/A*	15.38	0.00	47	26.67	0.00	16.41	671	375.4	0.00	1.03
990530 Pretzel Rod, Soft, 1 oz, Whole Grain, P-882698	Each	100	70	0.00	40	0	*N/A*	0.50	0.00	0	14.00	1.00	2.00	0	0.0	0.00	0.72
990055 Seasoned Green Beans, Arbor E-13	1/2 Cup	50	30	0.00	2	1	*N/A*	0.01	0.00	0	6.34	2.98	1.55	*0	*1.5	*0.08	*0.04
000377 CUCUMBER,RAW, Sliced	1/4 Cup	50	3	0.02	1	0	*N/A*	0.05	0.00	0	0.64	0.21	0.18	21	4.2	0.95	0.06
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	*N/A*	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	*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	25	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	25	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	25	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			611	11.12	1196	40	0	20.34	0.00	62	83.58	5.30	26.38	*1241	*667.6	*30.11	*5.17
% of Calories				16.38 %		26.2%	0%	30.0%	0.0%		54.7%		17.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

Thursday - 11/30/2023

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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991085 Corn Dog, Chicken, Foster Farms, P-909561	Each	100	240	2.50	390	5	*N/A*	8.00	0.00	40	30.00	5.00	9.00	0	80.0	0.00	1.80
000433 MIXED VEGETABLES:frozen,boiled	1/2 CUP	50	59	0.03	32	3	*N/A*	0.14	0.00	0	11.91	4.00	2.60	3892	22.8	2.91	0.75
990741 Marinated Green Beans, E-37	1/4 Cup	50	15	0.00	62	1	*N/A*	0.00	0.00	0	3.11	1.20	0.60	*0	*0.0	*0.00	*0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	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	25	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	25	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	25	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			467	2.68	636	40	0	8.40	0.00	46	76.18	9.64	19.05	*2861	*385.6	*30.85	*2.55
% of Calories				5.16%		34.3%	0%	16.2%	0.0%		65.3%		16.3%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	559	5	911	*44	*0	13.81	*0.00	45	84.43	7.26	24.96	*2637	*485.9	*43.87	*3.07
% of Calories		8.68%		*31.5%	*0%	22.2%	*0.0%		60.4%		17.9%				

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.