

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 31, 2023

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

Include Cost: No
Report Style: Detailed

Friday - 12/01/2023

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)
990594 Muffin, Apple Cinnamon, Smart Choice, P-370689	2 oz=1 Each	100	160	0.50	100	13	*N/A*	5.00	0.00	25	27.00	1.00	3.00	0	20.0	0.00	1.08
990698 String Cheese Mozz Stick, BONGARDS, P-574456	Each	100	80	3.50	200	0	*N/A*	6.00	0.00	15	0.00	0.00	6.00	0	150.0	0.00	0.00
991162 Juice, 100% Grape, Ardmore, FZ, P-976006	4 oz	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

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 31, 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)
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			453	5.21	516	49	0	13.06	0.00	50	67.98	2.38	17.31	*1105	*401.7	*18.89	*1.57
% of Calories				10.35 %		43.3%	0%	25.9%	0.0%		60.0%		15.3%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Monday - 12/04/2023

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)
990074 Apple Oatmeal Bar 2.4 oz., Appleways, P-331384	Bar	100	270	2.50	150	20	*N/A*	8.00	0.00	0	48.00	3.00	4.00	0	0.2	0.00	1.44
990895 Juice, Apple, Cup, 100%, Ardmore, P-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	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

Dec 1, 2023 thru Dec 31, 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			452	2.66	352	52	0	8.31	0.00	6	84.43	4.38	12.51	*855	*307.9	*32.84	*1.79
% of Calories				5.30%		46.0%	0%	16.5%	0.0%		74.7%		11.1%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Tuesday - 12/05/2023

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)
991241 Snack'n Waffle, Maple, P-775644	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
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	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

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Portion Values

Dec 1, 2023 thru Dec 31, 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	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			430	4.16	486	47	0	9.31	0.00	50	73.03	3.38	14.31	*855	*337.7	*32.09	*1.87
% of Calories				8.71%		43.7%	0%	19.5%	0.0%		67.9%		13.3%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Wednesday - 12/06/2023

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)
990675 Blueberry Lemon Crispy Bites P-521569	Bag (1 oz)	100	120	0.50	70	8	*N/A*	4.00	0.00	0	21.00	2.00	2.00	0	0.0	0.00	1.08
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
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

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Portion Values

Dec 1, 2023 thru Dec 31, 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			385	4.16	475	41	0	10.31	0.00	21	58.68	3.38	16.31	*930	*446.7	*30.14	*1.57
% of Calories				9.72%		42.6%	0%	24.1%	0.0%		61.0%		16.9%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Thursday - 12/07/2023

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)
990065 Muffin, Banana, WG, Smart Choice, P-370577	2 oz =1 Each	100	160	0.50	115	13	*N/A*	4.50	0.00	25	27.00	1.00	3.00	0	20.0	1.20	1.08
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
990895 Juice, Apple, Cup, 100%, Ardmore, P-974897/883282	4 oz	35	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
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

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 31, 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			452	1.16	413	51	0	8.31	0.00	31	83.28	4.38	15.66	*1155	*332.7	*28.64	*3.23
% of Calories				2.31%		45.1%	0%	16.5%	0.0%		73.7%		13.9%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Friday - 12/08/2023

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)
990671 Cereal Bar, Cocoa Puffs, P-370891	40g=1 Bar	100	150	0.00	100	9	*N/A*	3.00	0.00	0	30.00	3.00	3.00	100	200.0	1.20	1.80
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
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

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Portion Values

Dec 1, 2023 thru Dec 31, 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			415	3.66	505	42	0	9.31	0.00	21	67.68	4.38	17.31	*1030	*646.7	*31.34	*2.29
% of Calories				7.94%		40.5%	0%	20.2%	0.0%		65.2%		16.7%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Monday - 12/11/2023

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)
990728 Biscuit, Honeywheat, WG, Bake Crafters, P-347669	Each	100	180	3.00	370	5	*N/A*	6.00	0.00	5	29.00	3.00	5.00	0	40.0	0.00	1.44
991068 Jelly, Grape, 1/2 oz, Smucker's, P-38934	Each	75	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
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

Dec 1, 2023 thru Dec 31, 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			388	3.16	575	43	0	6.31	0.00	11	72.18	4.38	13.51	*855	*347.7	*32.84	*1.79
% of Calories				7.33%		44.3%	0%	14.6%	0.0%		74.4%		13.9%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Tuesday - 12/12/2023

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)
990319 Donut, WG Powdered 6 Pack, Goody Man,P-517590	Package	100	270	3.00	230	21	*N/A*	11.00	0.00	0	41.00	2.00	4.00	0	60.0	0.00	0.72
991161 Juice, Apple Cherry, 4 oz, Ardmore, P-432482	4 oz.	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

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 31, 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			452	3.16	431	53	0	11.31	0.00	6	77.43	3.38	12.31	*855	*369.7	*32.84	*1.14
% of Calories				6.29%		46.9%	0%	22.5%	0.0%		68.5%		10.9%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Wednesday - 12/13/2023

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)
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

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 31, 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			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									

Thursday - 12/14/2023

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)
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
991161 Juice, Apple Cherry, 4 oz, Ardmore, P-432482	4 oz.	35	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
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

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 31, 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	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	452	46	0	4.81	0.00	6	89.88	5.38	14.31	*1655	*314.2	*41.69	*6.78
% of Calories				2.61%		46.0%	0%	10.8%	0.0%		89.9%		14.3%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Friday - 12/15/2023

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)
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

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 31, 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			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 - 12/18/2023

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)
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

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 31, 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	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 - 12/19/2023

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
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

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 31, 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			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 - 12/20/2023

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)
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
991021 Juice, Wango Mango, 100%, Aseptic, P-414165	4 oz	35	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

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 31, 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			420	1.66	478	47	0	7.31	0.00	6	75.28	3.38	13.31	*1030	*332.7	*38.54	*1.79
% of Calories				3.56%		44.8%	0%	15.7%	0.0%		71.7%		12.7%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Thursday - 12/21/2023

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)
990202 Muffin, Blueberry, WG, Smart Choice, P-370303	2 oz=1 Each	100	160	0.50	95	14	*N/A*	5.00	0.00	26	26.00	1.00	3.00	0	20.0	0.00	1.08
990698 String Cheese Mozz Stick, BONGARDS, P-574456	Each	100	80	3.50	200	0	*N/A*	6.00	0.00	15	0.00	0.00	6.00	0	150.0	0.00	0.00
991162 Juice, 100% Grape, Ardmore, FZ, P-976006	4 oz	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

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 31, 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			425	4.16	500	47	0	11.31	0.00	47	63.68	2.38	17.31	*930	*466.7	*30.14	*1.57
% of Calories				8.81%		44.2%	0%	24.0%	0.0%		59.9%		16.3%				
Weekly Nutrient Guideline			400 - 550	<10	600			<=0									

Friday - 12/22/2023

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
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

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 31, 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)
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									

	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	427	3	458	48	0	8.42	0.00	21	76.66	4.19	14.49	*1075	*392.6	*32.84	*2.97
% of Calories		5.88%		45.0%	0%	17.7%	0.0%		71.8%		13.6%				

- *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.