

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 31, 2023

Menu Name: Grayslake - Views & Avon

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

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)
991189 Pepperoni Pizza, Turkey, The Max, P-593816	Each	99	300	6.00	650	4	*N/A*	11.00	0.00	35	34.00	3.00	17.00	0	300.0	0.00	0.00
990086 Pepperoni Pizza, Tony's, *PORK, 4x6, P-368537	Each	1	310	5.00	530	8	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990565 Roasted Garlic Carrots E-33	1/2 Cup	50	41	0.05	74	5	*N/A*	0.50	0.00	0	9.01	3.64	0.94	15469	39.6	2.73	0.51
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

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			519	6.20	952	40	0	11.70	0.00	41	78.63	7.24	26.19	*9493	*651.2	*36.83	*0.83
% of Calories				10.75 %		30.8%	0%	20.3%	0.0%		60.6%		20.2%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=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)
990082 Chicken Tenders, WG, GoldKist, P-470150	3 Each	100	190	2.00	390	0	*N/A*	9.00	0.00	35	13.00	2.00	15.00	*N/A*	20.0	*N/A*	1.60
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
990488 CARROTS:frozen, boiled	1/2 Cup	50	27	0.09	43	3	*N/A*	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39
990523 CELERY STICKS	1/4 Cup	50	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
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
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*

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)
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			586	5.22	1100	41	0	15.62	0.00	46	86.04	8.54	28.79	*7177	*374.4	*30.81	*3.65
% of Calories				8.02%		28.0%	0%	24.0%	0.0%		58.7%		19.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=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)
990913 Hot Dog, Chicago Style, Beef, Farmland, P-156116	Each	100	327	7.34	738	5	*N/A*	18.11	0.03	35	28.63	2.30	11.23	0	51.0	1.20	1.78
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
000042 PICKLES,DILL SPEAR	EACH	80	4	0.03	283	0	*N/A*	0.10	0.00	0	0.84	0.35	0.18	44	20.0	0.80	0.09
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
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
991259 MUSTARD,PREPARED,YELLOW P-194581	Each-5.5 gm	20	3	0.01	55	0	*N/A*	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
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

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)
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			592	7.55	1473	41	0	18.61	0.03	41	81.38	7.46	23.17	*1072	*367.2	*41.99	*3.23
% of Calories				11.48 %		27.7%	0%	28.3%	0.0%		55.0%		15.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=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)
991164 Fiesta Beef Nacho Supreme, JTM Cheese Sauce	1 Serving	50	387	5.45	794	6	*N/A*	20.50	0.00	44	35.20	3.30	17.33	725	269.4	3.89	11.48
991079 Nacho Supreme, Beef, Shred Chs	1 Serving (#16)	50	385	7.07	528	1	*N/A*	23.63	0.00	44	30.05	3.01	16.13	362	261.6	3.02	1.73
990224 Chili Lime Sweet Corn, Arbor E-45	1/2 Cup	50	86	1.06	17	*2	*N/A*	2.22	*0.00	5	18.21	2.04	3.04	283	3.4	6.15	0.39
990124 Salsa, Mild, Red Gold, P-886718	2 Ounces	50	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

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)
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			629	6.96	938	*38	*0	23.51	*0.00	52	82.39	6.72	26.70	*2100	*581.4	*41.92	*7.54
% of Calories				9.96%		*24.2%	*0%	33.6%	*0.0%		52.4%		17.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=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)
990216 Baked Penne Pasta, Arbor A-18	2/3 Cup	100	292	6.07	452	6	*N/A*	13.40	0.00	40	29.55	1.50	18.68	*0	425.0	*0.00	1.64
990906 Garlic Bread, Texas Toast, WG, P-392110	Each	100	90	0.50	190	1	*N/A*	2.50	*N/A*	0	15.00	2.00	3.00	400	8.7	0.00	0.90
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
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

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)
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			595	6.75	910	40	0	16.34	*0.00	46	87.85	7.40	31.18	*2159	*746.6	*35.51	*3.13
% of Calories				10.21 %		26.9%	0%	24.7%	*0.0%		59.1%		21.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=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)
990801 Bosco Sticks, 2 each, 6", WG, R/F, P-346808	2 Each	100	375	5.46	471	3	0	17.34	0.05	30	36.27	4.45	20.45	0	*309.1	0.00	*2.40
990046 Peas, Frozen, Simplot Classic	1/4 Cup	50	30	0.00	0	*N/A*	*N/A*	0.00	0.00	0	5.00	2.00	2.00	200	0.0	6.00	0.54
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

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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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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			593	5.62	741	*38	*0	17.68	0.05	36	80.31	8.12	30.21	*2421	*609.5	*33.89	*3.17
% of Calories				8.53%		*25.6%	*0%	26.8%	0.1%		54.2%		20.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991100 BBQ Rib Sandwich, Pierre, 3.25 oz, P-75207	1 Each	100	397	6.34	948	12	*N/A*	19.11	0.03	50	36.63	3.30	18.23	278	83.4	146.00	2.62
990834 Potato, Smiles, McCain, P-384399	1/2 Cup(4 each)	100	130	0.50	180	0	*N/A*	4.50	0.00	0	20.00	2.00	2.00	0	0.0	2.40	0.36
990926 Fresh Coleslaw, T. Marzetti's	1/4 Cup	50	39	0.54	77	1	*N/A*	3.28	0.00	4	2.20	0.13	0.21	22	7.4	7.96	0.08
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

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)
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			736	7.28	1365	45	0	25.59	0.03	58	96.40	7.41	28.78	*1203	*381.3	*181.77	*3.40
% of Calories				8.90%		24.5%	0%	31.3%	0.0%		52.4%		15.6%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=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)
990653 French Toast Sticks, WG, Farm Rich, P-419746	4 Sticks	100	260	1.50	300	9	*N/A*	10.00	0.00	0	37.00	3.00	6.00	0	40.0	0.00	1.80
990084 Turkey Sausage Patty, Jennie-O, P-51818	Each-1.03 oz	100	60	1.00	100	*N/A*	*N/A*	4.00	0.00	30	0.00	0.00	6.00	0	20.0	0.00	0.36
990561 Tater Tots, ORE-IDA, P-284787	1/2 C (8 ea)	100	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
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
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

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)
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
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
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			790	4.72	970	*67	*0	22.10	0.00	40	125.58	7.16	22.50	*1123	*292.2	*21.97	*2.73
% of Calories				5.38%		*33.9%	*0%	25.2%	0.0%		63.6%		11.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=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)
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

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)
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									

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)
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

Base Menu Spreadsheet

Arbor Management Inc

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)
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
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 - 12/15/2023

Reimbursable Meal Total 100

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)
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
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 - 12/18/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

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)
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*
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 - 12/19/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

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)
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*
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 - 12/20/2023

Reimbursable Meal Total 100

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)
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
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									

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 31, 2023

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)
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
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									

Friday - 12/22/2023

Reimbursable Meal Total 100

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)
991185 WHOLE GRAIN CHEESE PIZZA Wedge 50 -50 P-349370	Pizza	49	280	3.51	460	8	3	11.05	0.00	16	31.98	4.03	14.95	367	300.3	0.00	2.34
991256 Pizza, Cheese, 4x6, WG, 4.65oz, P-26016	Each (4.65 oz)	50	260	4.00	600	4	*N/A*	7.00	0.00	20	35.00	4.00	16.00	0	200.0	0.00	2.50
990207 Pizza, Cheese, Tony's, 4X6, P-869643	Piece	1	310	4.00	480	8	*N/A*	11.00	0.00	15	35.00	4.00	16.00	109	250.0	0.00	2.70
990565 Roasted Garlic Carrots E-33	1/2 Cup	50	41	0.05	74	5	*N/A*	0.50	0.00	0	9.01	3.64	0.94	15469	39.6	2.73	0.51
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	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
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
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			494	3.97	864	43	1	9.72	0.00	24	79.16	8.24	24.69	*9674	*581.6	*36.83	*3.25
% of Calories				7.23%		34.8%	0.8%	17.7%	0.0%		64.1%		20.0%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 31, 2023

	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	587	6	969	*42	*0	15.87	*0.01	45	85.96	7.67	26.77	*3346	*507.9	*49.27	*3.30
% of Calories		9.03%		*28.6%	*0%	24.3%	*0.0%		58.6%		18.2%				

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.