

Base Menu Spreadsheet

Portion Values

Aug 19, 2021 thru Aug 31, 2021

Menu Name: Grayslake Breakfast K-8
Site: All Sites

Include Cost: No
Report Style: Detailed

Thursday - 08/19/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990138 Frudel, Apple Strudel, WG, P-264280	65 g=1 Each	100	210	1.00	260	5	6.00	0.00	0	36.00	2.00	5.00	0	0.0	0.00	1.08
990900 Juice, Orange, Cup, Ardmore, P-883283	4 oz	10	60	0.00	15	11	0.00	0.00	0	13.00	0.00	1.00	0	0.0	24.00	0.00
990554 Juice, Orange, 100%, Aseptic, Ardmore, P-261251	4 oz	10	60	0.00	15	12	0.00	0.00	0	14.00	0.00	1.00	0	0.0	60.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	20	81	0.06	1	14	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	20	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	20	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	20	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	25	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	25	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	25	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	25	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
Weighted Daily Average			41522	176.28	40520	3811	731.93	0.00	875	7544.23	403.40	1365.74	*88168	*26496.3	*2546.48	*183.88
% of Calories				3.82%		36.7%	15.9%	0.0%		72.7%		13.2%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Friday - 08/20/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990202 Muffin, Blueberry, WG, Smart Choice, P-370303	2 oz=1 Each	100	160	0.50	95	14	5.00	0.00	26	26.00	1.00	3.00	0	20.0	0.00	1.08
990698 String Cheese Mozz Stick, BONGARDS, P-574456	Each	100	80	3.50	200	0	6.00	0.00	15	0.00	0.00	6.00	0	150.0	0.00	0.00
991162 Juice, 100% Grape, Ardmore, FZ, P-976006	4 oz	10	80	0.00	15	21	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	10	55	0.00	30	13	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	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	20	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,	1/2 Cup	20	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,	1/4 Cup	20	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	25	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	25	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70

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Aug 19, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	25	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	25	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
Weighted Daily Average			44672	476.28	44170	4821	1231.93	0.00	4975	6624.24	303.40	1745.74	*93168	*43696.3	*2126.48	*190.88
% of Calories				9.60%		43.2%	24.8%	0.0%		59.3%		15.6%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Monday - 08/23/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990636 Strawberry Soft Oatmeal Bar, 2.4 oz, P-331385	1 Each	100	280	3.00	150	21	9.00	0.00	0	46.00	3.00	4.00	0	20.0	0.00	1.44
990895 Juice, Apple, Cup, 100%, Ardmore, P-883282/974897	4 oz	10	60	0.00	15	13	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	10	60	0.00	5	15	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	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	20	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	20	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	20	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	25	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	25	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70

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990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	25	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	25	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
Weighted Daily Average			48522	376.28	29420	5461	1031.93	0.00	875	8564.23	503.40	1255.74	*88168	*29496.3	*2306.48	*219.88
% of Calories				6.98%		45.0%	19.1%	0.0%		70.6%		10.4%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Tuesday - 08/24/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990134 Bagel, Cinnamon Cream Chse, P-441988	Package (69g)	100	230	2.00	190	13	6.00	0.00	10	42.00	2.00	6.00	0	30.0	0.00	1.60
991161 Juice, Apple Cherry, 4 oz, Ardmore, P-432482	4 oz.	10	60	0.00	10	13	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	10	60	0.00	5	14	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	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	20	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,	1/2 Cup	20	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,	1/4 Cup	20	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	25	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	25	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70

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990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	25	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	25	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
Weighted Daily Average			43522	276.28	33370	4651	731.93	0.00	1875	8164.24	403.40	1445.74	*88168	*30596.3	*2306.48	*239.48
% of Calories				5.71%		42.7%	15.1%	0.0%		75.0%		13.3%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Wednesday - 08/25/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990078 Strawberry Banana Yogurt, Upstate Farms, P-24965	4 oz	100	90	0.00	55	15	0.00	0.00	0	19.00	0.00	3.00	0	200.0	0.00	0.00
990418 Granola, WG, Fieldstone, 1 oz. P-432332	1 oz.	100	120	0.00	75	6	3.50	0.00	0	20.00	2.00	3.00	0	20.0	0.00	0.72
990896 Juice, Fruit Punch, 100%, Ardmore, P-370594	4 oz	10	60	0.00	10	13	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	10	60	0.00	5	14	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	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	20	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	20	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	20	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	25	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00

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991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	25	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	25	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	25	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
Weighted Daily Average			41522	76.28	27370	5451	481.93	0.00	875	7864.23	403.40	1445.74	*88168	*49496.3	*2342.48	*147.88
% of Calories				1.65%		52.5%	10.4%	0.0%		75.8%		13.9%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Thursday - 08/26/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990709 Wild Forest Blueberry Bread, 96g, P-384824	1 Each	100	270	1.50	250	24	8.00	0.00	0	46.00	2.00	5.00	0	46.0	0.00	1.00
990900 Juice, Orange, Cup, Ardmore, P-883283	4 oz	10	60	0.00	15	11	0.00	0.00	0	13.00	0.00	1.00	0	0.0	24.00	0.00
990554 Juice, Orange, 100%, Aseptic, Ardmore, P-261251	4 oz	10	60	0.00	15	12	0.00	0.00	0	14.00	0.00	1.00	0	0.0	60.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	20	81	0.06	1	14	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	20	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	20	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	20	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	25	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00

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991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	25	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	25	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	25	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
Weighted Daily Average			47522	226.28	39520	5711	931.93	0.00	875	8544.23	403.40	1365.74	*88168	*31096.3	*2546.48	*175.88
% of Calories				4.29%		48.1%	17.6%	0.0%		71.9%		11.5%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Friday - 08/27/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990229 Honey Scooters, BP, MOM, P-550573	Each	50	110	0.00	170	6	1.50	0.00	0	22.00	2.00	3.00	500	100.0	6.00	9.00
990595 Nutri-Grain Cereal Bar, Sberry, 1.55oz P-342451	1.55 oz Bar	50	160	0.50	150	14	4.00	0.00	0	29.00	3.00	2.00	750	200.0	0.00	1.80
990698 String Cheese Mozz Stick, BONGARDS, P-574456	Each	100	80	3.50	200	0	6.00	0.00	15	0.00	0.00	6.00	0	150.0	0.00	0.00
991162 Juice, 100% Grape, Ardmore, FZ, P-976006	4 oz	10	80	0.00	15	21	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	10	55	0.00	30	13	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	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	20	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	20	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17

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Aug 19, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991184 Dried Fruit, Commodity,	1/4 Cup	20	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	25	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	25	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	25	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	25	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
Weighted Daily Average			42172	451.28	50670	4421	1006.93	0.00	2375	6574.24	453.40	1695.74	*155668	*56696.3	*2426.48	*622.88
% of Calories				9.63%		41.9%	21.5%	0.0%		62.4%		16.1%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Monday - 08/30/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991113 Belgian Waffle, Vanilla, 2.3 oz, P-682474	2.3 oz Each	100	240	2.50	20	12	9.00	0.00	15	33.00	2.00	5.00	*N/A*	8.0	*N/A*	0.00
990895 Juice, Apple, Cup, 100%, Ardmore, P-883282/974897	4 oz	10	60	0.00	15	13	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	10	60	0.00	5	15	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	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	20	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,	1/2 Cup	20	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17

Base Menu Spreadsheet

Portion Values

Aug 19, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991184 Dried Fruit, Commodity,	1/4 Cup	20	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	25	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	25	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	25	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	25	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
Weighted Daily Average			44522	326.28	16420	4561	1031.93	0.00	2375	7264.23	403.40	1355.74	*88168	*28296.3	*2306.48	*75.88
% of Calories				6.60%		41.0%	20.9%	0.0%		65.3%		12.2%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Tuesday - 08/31/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990511 Mini Chocolate Donuts P-517587	Package	100	320	7.00	270	19	15.00	0.00	0	41.00	2.00	5.00	0	40.0	0.00	1.80
991161 Juice, Apple Cherry, 4 oz, Ardmore, P-432482	4 oz.	10	60	0.00	10	13	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	10	60	0.00	5	14	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	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	20	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,	1/2 Cup	20	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17

Base Menu Spreadsheet

Portion Values

Aug 19, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991184 Dried Fruit, Commodity,	1/4 Cup	20	224	0.00	4	47	0.00	0.00	0	58.00	4.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	25	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	25	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	25	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	25	120	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	750	250.0	15.00	0.00
Weighted Daily Average			52522	776.28	41370	5251	1631.93	0.00	875	8064.24	403.40	1345.74	*88168	*31596.3	*2306.48	*259.48
% of Calories				13.30%		40.0%	28.0%	0.0%		61.4%		10.2%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	45166	351	35870	4904	979.15	0.00	1775	7689.79	408.96	1446.85	*96224	*36385.2	*2357.15	*235.12
% of Calories		7.00%		43.4%	19.5%	0.0%		68.1%		12.8%				

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.