

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2018 thru Mar 23, 2018

**Menu Name:** Dixon Elementary Lunch

**Include Cost:** No

**Site:** All Sites

**Report Style:** Detailed

**Thursday - 03/01/2018**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990048 Crispy Chicken Sandwich B-11	Each	40	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990106 Hot Dog, Turkey, WG, Arbor B-6	Each	30	260	3.00	930	*N/A*	11.00	0.00	35	30.00	2.00	12.00	0	80.0	2.40	1.80
990055 Seasoned Green Beans, Arbor E-13	1/2 Cup	100	20	0.00	140	*0	0.00	0.00	0	4.00	2.00	0.60	200	20.0	3.60	0.72
990033 Carroteenies, Packer	1.6 Ounce	100	15	0.00	35	*N/A*	0.00	0.00	0	4.00	1.00	0.00	3000	0.0	0.00	0.00
990147 Banana, Petite, 160 ct.	Banana	100	110	0.00	0	*N/A*	0.00	0.00	0	29.00	4.00	1.00	0	0.0	9.00	0.00
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 1, 2018 thru Mar 23, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			558	3.36	1000	*10	13.34	*0.00	35	86.71	10.59	26.19	4185	380.8	51.74	3.02
% of Calories				5.42%		*7.2%	21.5%	*0.0%		62.2%		18.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Friday - 03/02/2018

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990122 Soft Tacos, Arbor B - 24	2 Tacos	40	324	4.93	423	*N/A*	11.09	0.00	42	35.07	6.03	20.23	710	80.6	6.09	3.45
990261 Toasted Cheese Sandwich, Arbor B-30	1 Sandwich	40	425	14.58	1110	*N/A*	27.36	0.00	70	30.01	2.00	16.08	827	302.2	0.00	0.74
990388 Broccoli, Peak, 1/2 C, 3g	1/2 Cup	100	18	0.00	15	1	0.00	0.00	0	3.00	1.80	1.80	1800	24.0	57.60	0.43
990359 Romaine Salad	1/2 Cup	100	4	0.00	3	*N/A*	0.00	0.00	0	0.94	0.57	0.28	2410	11.3	1.02	0.31
990263 Peaches, Packer, 13g	1/2 Cup	50	50	0.00	10	*N/A*	0.00	0.00	0	13.00	1.00	1.00	0	0.0	0.00	0.00
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 1, 2018 thru Mar 23, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			550	9.66	930	*11	21.42	*0.00	57	61.58	7.07	29.70	5770	509.2	65.88	3.02
% of Calories				15.81%		*8.0%	35.1%	*0.0%		44.8%		21.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 03/05/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990062 Chicken Nuggets, GoldKist	4 Each	40	258	2.97	347	*N/A*	13.87	0.00	64	14.86	1.98	16.85	99	19.8	107.03	1.43
990042 Roll, WG, Rubschlager, 13g	Each	40	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990159 Corn Dog, Turkey, WG, StateFair, 33g	Each	40	240	1.50	670	*N/A*	7.00	0.00	15	33.00	4.00	11.00	0	60.0	15.00	1.80
990396 Broccoli, West Creek, 1/2C, 2g	1/2 Cup	100	11	0.00	10	0	0.00	0.00	0	2.00	1.50	1.50	450	25.0	25.20	0.36
990398 Seasoned Green Beans, Arbor E-13	1/4 Cup	100	10	0.00	70	*0	0.00	0.00	0	2.00	1.00	0.30	100	10.0	1.80	0.36
990204 Applesauce, Swtnd, West Creek, 23g	1/2 Cup	100	90	0.00	15	*N/A*	0.00	0.00	0	23.00	2.00	0.20	0	0.0	0.00	0.00
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 1, 2018 thru Mar 23, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			537	3.65	853	*10	14.79	*0.00	44	76.46	8.68	26.53	1535	395.7	80.63	2.91
% of Calories				6.12%		*7.4%	24.8%	*0.0%		57.0%		19.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 03/06/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990142 Pepperoni Pizza, Stuffed Crust, The Max, 35g	Slice	40	330	4.50	870	*N/A*	14.00	0.00	20	35.00	4.00	17.00	300	250.0	0.00	0.00
990048 Crispy Chicken Sandwich B-11	Each	40	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990143 Sweet Potato Mini tater Puffs, Lamb Weston, 23g	3 oz.	40	132	0.00	202	*N/A*	3.54	0.00	0	23.29	2.02	1.01	3037	20.2	3.64	0.36

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 1, 2018 thru Mar 23, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990395 Corn, Packer, LS, 1/2 C, 17g	1/2 Cup	100	80	0.00	140	4	1.00	0.00	17	17.00	2.00	2.00	0	0.0	3.60	0.00
990263 Peaches, Packer, 13g	1/2 Cup	50	50	0.00	10	*N/A*	0.00	0.00	0	13.00	1.00	1.00	0	0.0	0.00	0.00
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	50	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	50	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	50	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	50	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			638	4.26	1249	*16	18.14	*0.00	50	90.66	8.00	30.85	2355	447.6	43.75	1.97
% of Calories				6.01%		*10.0%	25.6%	*0.0%		56.8%		19.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 03/07/2018

Reimbursable Meal Total 100

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 1, 2018 thru Mar 23, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	40	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
990095 Salisbury Steak	1 Steak	40	140	4.00	250	1	10.00	0.00	30	3.00	1.00	10.00	0	20.0	1.20	1.08
990094 Gravy, Beef Mix, Legout, 0g	1 tbsp	40	15	0.00	270	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
990042 Roll, WG, Rubschlager, 13g	Each	40	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990382 Mashed Potatoes, Pearls, 1/2C 17g	1/2 Cup	100	90	0.00	410	*N/A*	1.50	0.00	0	17.00	1.00	2.00	0	0.0	9.00	0.36
990144 Black Beans, LS, Mothers Maid, 18g	1/4 Cup	100	50	0.00	70	*N/A*	0.00	0.00	0	9.00	3.00	3.50	0	20.0	0.00	1.35
990151 Mandarin Oranges, Fancy, (DIXON), 20g	1/2 Cup	100	90	0.00	20	*N/A*	0.00	0.00	0	20.00	1.00	1.00	300	20.0	21.00	0.36
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 1, 2018 thru Mar 23, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			699	4.96	1273	*10	20.71	*0.00	35	94.61	9.18	31.80	1296	492.2	35.30	3.77
% of Calories				6.39%		*5.7%	26.7%	*0.0%		54.1%		18.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 03/08/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990081 Pancakes, WG, Aunt Jemima, 14g	2 Pancakes	40	140	0.00	220	*N/A*	4.00	0.00	0	28.00	2.00	4.00	0	0.0	0.00	1.44
990291 Syrup Packet, Madeira, 1 oz. packet	1 Packet	40	80	0.00	20	14	0.00	0.00	0	20.00	0.00	0.00	0	0.0	0.00	0.00
990084 Turkey Sausage Patty, 1.03 oz, Jennie-O	Each	40	60	1.00	100	*N/A*	4.00	0.00	30	0.00	0.00	6.00	0	20.0	0.00	0.36
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	40	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990055 Seasoned Green Beans, Arbor E-13	1/2 Cup	100	20	0.00	140	*0	0.00	0.00	0	4.00	2.00	0.60	200	20.0	3.60	0.72
990148 Glazed Carrots, Arbor E-3	1/4 Cup	30	71	3.54	197	*N/A*	5.68	*0.00	15	4.08	1.00	0.06	2675	23.0	0.00	0.02
990147 Banana, Petite, 160 ct.	Banana	100	110	0.00	0	*N/A*	0.00	0.00	0	29.00	4.00	1.00	0	0.0	9.00	0.00
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 1, 2018 thru Mar 23, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			591	5.62	1057	*16	16.09	*0.00	48	90.33	9.29	25.31	2068	423.7	17.42	2.49
% of Calories				8.56%		*10.8%	24.5%	*0.0%		61.1%		17.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 03/09/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990057 Bosco Sticks, The Max, 6", 32g Total	2 Each	40	300	5.00	780	*N/A*	14.00	0.00	10	32.00	4.00	14.00	0	300.0	0.00	1.44
990058 Marinara Sauce, Red Pack	1/4 Cup	40	25	0.00	210	*N/A*	0.75	0.00	0	4.50	1.00	1.00	250	10.0	4.50	0.36
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	40	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990298 Peas, Mixed Sweet Green, #10 Packer	1/2 Cup	25	70	0.00	140	6	0.50	0.00	0	12.00	3.00	4.00	300	20.0	12.00	1.44
990113 Shredded Lettuce (Walking Taco)	tbs	100	10	0.00	5	*N/A*	0.05	0.00	0	1.50	0.60	0.45	250	9.0	1.41	0.21
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00



# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 1, 2018 thru Mar 23, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000092 PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	100	131	0.02	3	32	0.30	0.00	0	33.89	2.02	0.91	96	35.3	18.90	0.98
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			654	7.34	1101	*43	20.66	*0.24	42	89.95	8.06	30.95	1586	574.1	29.93	4.03
% of Calories				10.10%		*26.3%	28.4%	*0.3%		55.0%		18.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 03/12/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990246 Pizza, 4X6 Cheese, Max, 33g	1 Slice	40	270	3.00	750	*N/A*	9.00	0.00	10	33.00	4.00	15.00	500	250.0	0.00	4.50
990048 Crispy Chicken Sandwich B-11	Each	40	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 1, 2018 thru Mar 23, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990055 Seasoned Green Beans, Arbor E-13	1/2 Cup	100	20	0.00	140	*0	0.00	0.00	0	4.00	2.00	0.60	200	20.0	3.60	0.72
990304 Corn, Sweet Whole, Simplot CI, 12g	1/4 Cup	50	47	0.00	0	1	0.33	0.00	0	12.00	1.33	2.00	133	0.0	4.00	0.24
990386 Strawberries, Frozen, USDA, 23g	1/2 Cup	100	90	0.00	0	17	0.00	0.00	0	23.00	*N/A*	0.00	*N/A*	*N/A*	*N/A*	*N/A*
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			576	3.66	986	*28	13.81	*0.00	29	86.91	10.26	28.59	*1452	*456.8	*44.02	*4.40
% of Calories				5.72%		*19.4%	21.6%	*0.0%		60.4%		19.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 03/13/2018

Reimbursable Meal Total 100

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 1, 2018 thru Mar 23, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990030 Corn Dog, Mini, Turkey, WG, House Rae	7 Each	40	300	3.50	390	7	14.00	0.00	55	31.00	3.00	10.00	0	100.0	0.00	1.80
990090 Popcorn Chicken, GoldKist, 15g	10 Each	40	280	3.00	490	*N/A*	16.00	0.00	55	15.00	2.00	18.00	0	0.0	0.00	1.08
990396 Broccoli, West Creek, 1/2C, 2g	1/2 Cup	100	11	0.00	10	0	0.00	0.00	0	2.00	1.50	1.50	450	25.0	25.20	0.36
990148 Glazed Carrots, Arbor E-3	1/4 Cup	100	71	3.54	197	*N/A*	5.68	*0.00	15	4.08	1.00	0.06	2675	23.0	0.00	0.02
990204 Applesauce, Swtnd, West Creek, 23g	1/2 Cup	100	90	0.00	15	*N/A*	0.00	0.00	0	23.00	2.00	0.20	0	0.0	0.00	0.00
000042 PICKLES,DILL SPEAR	EACH	50	4	0.03	283	0	0.10	0.00	0	0.84	0.35	0.18	44	20.0	0.80	0.09
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 1, 2018 thru Mar 23, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			609	8.01	1010	*13	23.77	*0.00	72	73.01	7.67	25.64	4092	418.8	30.42	2.19
% of Calories				11.84%		*8.5%	35.1%	*0.0%		48.0%		16.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 03/14/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	40	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
990082 Chicken Strips, WG, GoldKist, 13g	3 Strips	40	184	2.00	383	*N/A*	8.00	0.00	34	13.00	2.00	15.00	84	20.0	87.00	2.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
990144 Black Beans, LS, Mothers Maid, 18g	1/4 Cup	100	50	0.00	70	*N/A*	0.00	0.00	0	9.00	3.00	3.50	0	20.0	0.00	1.35
990033 Carroteenies, Packer	1.6 Ounce	100	15	0.00	35	*N/A*	0.00	0.00	0	4.00	1.00	0.00	3000	0.0	0.00	0.00
990382 Mashed Potatoes, Pearls, 1/2C 17g	1/2 Cup	100	90	0.00	410	*N/A*	1.50	0.00	0	17.00	1.00	2.00	0	0.0	9.00	0.36
990263 Peaches, Packer, 13g	1/2 Cup	1	50	0.00	10	*N/A*	0.00	0.00	0	13.00	1.00	1.00	0	0.0	0.00	0.00
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*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

Mar 1, 2018 thru Mar 23, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			613	4.16	1183	*10	19.51	*0.00	36	77.85	8.80	32.02	4033	464.4	48.65	3.49
% of Calories				6.11%		*6.5%	28.6%	*0.0%		50.8%		20.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 03/15/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990062 Chicken Nuggets, GoldKist	4 Each	40	258	2.97	347	*N/A*	13.87	0.00	64	14.86	1.98	16.85	99	19.8	107.03	1.43
990042 Roll, WG, Rubschlager, 13g	Each	40	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990106 Hot Dog, Turkey, WG, Arbor B-6	Each	40	260	3.00	930	*N/A*	11.00	0.00	35	30.00	2.00	12.00	0	80.0	2.40	1.80
990382 Mashed Potatoes, Pearls, 1/2C 17g	1/2 Cup	100	90	0.00	410	*N/A*	1.50	0.00	0	17.00	1.00	2.00	0	0.0	9.00	0.36
990094 Gravy, Beef Mix, Legout, 0g	1 tbsp	40	15	0.00	270	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
990260 Cucumbers, Sliced, PEAK, .94g	1/4 Cup	100	4	0.00	0	*N/A*	0.00	0.00	0	0.94	0.15	0.17	0	0.0	0.00	0.00

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 1, 2018 thru Mar 23, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990274 Pears, Bartlett, Diced in Juice, 14g	1/2 Cup	100	60	0.00	5	*N/A*	0.00	0.00	0	14.00	2.00	0.00	0	0.0	1.20	0.36
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			594	4.25	1385	*10	17.89	*0.00	52	80.20	6.53	27.10	985	368.7	58.79	2.91
% of Calories				6.44%		*6.7%	27.1%	*0.0%		54.0%		18.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 03/16/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990064 French Toast Stick, WG, Papettis	3 Each	40	113	1.24	300	*N/A*	4.18	0.00	119	25.21	2.71	8.70	170	79.1	0.00	1.63

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 1, 2018 thru Mar 23, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990291 Syrup Packet, Madeira, 1 oz. packet	1 Packet	40	80	0.00	20	14	0.00	0.00	0	20.00	0.00	0.00	0	0.0	0.00	0.00
990150 Ravioli, Meat Sauce, Chef Boyardi, 15g	1/2 Cup	40	130	1.75	300	*N/A*	4.00	0.00	12	15.00	2.00	8.00	150	20.0	0.00	1.35
990253 Garlic Bread, Arbor D-14	1/2 Bun	40	145	4.72	201	*0	8.56	*0.00	21	13.56	1.57	3.40	233	23.9	0.01	0.61
990143 Sweet Potato Mini tater Puffs, Lamb Weston, 23g	3 oz.	100	132	0.00	202	*N/A*	3.54	0.00	0	23.29	2.02	1.01	3037	20.2	3.64	0.36
990149 Baked Beans, w/ Pork, (DIXON), 22g	1/4 Cup	80	60	0.25	275	*N/A*	0.75	0.00	2	11.00	2.50	3.00	0	20.0	0.00	0.90
990047 Juice, 100% Fruit, Ardmore	1/2 Cup	100	60	0.00	10	*N/A*	0.00	0.00	0	20.00	0.00	0.00	0	0.0	3.60	0.00
990036 Salad, Crispy Chicken	Each	1	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 1, 2018 thru Mar 23, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			618	5.08	1030	*16	16.43	*0.00	74	105.47	7.36	23.26	3858	403.5	8.51	3.01
% of Calories				7.40%		*10.4%	23.9%	*0.0%		68.3%		15.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 03/19/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	40	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990152 Fish Nuggets, Samband, 21g	4 Each	40	220	1.50	760	*N/A*	9.00	0.00	30	21.00	2.00	13.00	0	40.0	0.00	1.44
990153 Goldfish Cracker, Cheddar, Pep Farm, 14g	Each	40	100	1.00	170	*N/A*	3.50	0.00	5	14.00	1.00	3.00	0	20.0	0.00	0.36
990148 Glazed Carrots, Arbor E-3	1/4 Cup	100	71	3.54	197	*N/A*	5.68	*0.00	15	4.08	1.00	0.06	2675	23.0	0.00	0.02
990046 Peas, Frozen, Simplot Classic	1/4 Cup	100	30	0.00	0	*N/A*	0.00	0.00	0	5.00	2.00	2.00	200	0.0	6.00	0.54
990204 Applesauce, Swtnd, West Creek, 23g	1/2 Cup	100	90	0.00	15	*N/A*	0.00	0.00	0	23.00	2.00	0.20	0	0.0	0.00	0.00
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04



# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 1, 2018 thru Mar 23, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
990041 Cookie, Chocolate Chip, WG, Readi Bk	Each	1	194	2.16	170	17	6.07	0.00	16	33.51	2.82	2.99	50	19.4	0.00	1.19
Weighted Daily Average			687	9.87	1247	*10	25.02	*0.24	68	83.37	8.93	31.29	3941	448.0	10.82	3.06
% of Calories				12.93%		*5.8%	32.8%	*0.3%		48.5%		18.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 03/20/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990062 Chicken Nuggets, GoldKist	4 Each	40	258	2.97	347	*N/A*	13.87	0.00	64	14.86	1.98	16.85	99	19.8	107.03	1.43
990340 MACARONI AND CHEESE	2/3 CUP	40	321	6.89	961	*9	12.20	*0.00	33	30.52	0.80	22.95	1665	615.3	0.93	0.86
990153 Goldfish Cracker, Cheddar, Pep Farm, 14g	Each	40	100	1.00	170	*N/A*	3.50	0.00	5	14.00	1.00	3.00	0	20.0	0.00	0.36
990396 Broccoli, West Creek, 1/2C, 2g	1/2 Cup	100	11	0.00	10	0	0.00	0.00	0	2.00	1.50	1.50	450	25.0	25.20	0.36
990059 Tomato, Cherry, Packer	1/4 Cup	100	12	0.02	10	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
990274 Pears, Bartlett, Diced in Juice, 14g	1/2 Cup	100	60	0.00	5	*N/A*	0.00	0.00	0	14.00	2.00	0.00	0	0.0	1.20	0.36

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 1, 2018 thru Mar 23, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			557	6.23	911	*14	17.89	*0.00	54	67.86	6.95	31.76	2351	618.4	77.40	3.11
% of Calories				10.07%		*10.1%	28.9%	*0.0%		48.7%		22.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 03/21/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990048 Crispy Chicken Sandwich B-11	Each	40	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990030 Corn Dog, Mini, Turkey, WG, House Rae	7 Each	40	300	3.50	390	7	14.00	0.00	55	31.00	3.00	10.00	0	100.0	0.00	1.80

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 1, 2018 thru Mar 23, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990149 Baked Beans, w/ Pork, (DIXON), 22g	1/4 Cup	40	60	0.25	275	*N/A*	0.75	0.00	2	11.00	2.50	3.00	0	20.0	0.00	0.90
990254 Potato Wedges, Lamb Weston, 20g	3 oz.	100	110	1.00	25	*N/A*	3.00	0.00	0	20.00	2.00	2.00	0	0.0	4.80	0.72
990263 Peaches, Packer, 13g	1/2 Cup	100	50	0.00	10	*N/A*	0.00	0.00	0	13.00	1.00	1.00	0	0.0	0.00	0.00
990041 Cookie, Chocolate Chip, WG, Readi Bk	Each	1	194	2.16	170	17	6.07	0.00	16	33.51	2.82	2.99	50	19.4	0.00	1.19
990401 Cookie, Sugar, WG, Readi-Bake	Each	1	195	2.13	198	17	6.08	0.00	13	33.79	2.86	2.62	98	13.7	0.00	0.97
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			643	5.00	851	*13	19.06	*0.00	48	91.18	8.25	29.25	987	385.1	43.22	3.58
% of Calories				7.00%		*8.1%	26.7%	*0.0%		56.7%		18.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

# Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 1, 2018 thru Mar 23, 2018

Thursday - 03/22/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
990255 Waffle, Echo Lake, 25g	2 Each	40	140	0.50	360	*N/A*	3.50	0.00	5	25.00	1.00	3.00	0	40.0	0.00	1.44
990084 Turkey Sausage Patty, 1.03 oz, Jennie-O	Each	40	60	1.00	100	*N/A*	4.00	0.00	30	0.00	0.00	6.00	0	20.0	0.00	0.36
990291 Syrup Packet, Madeira, 1 oz. packet	1 Packet	10	80	0.00	20	14	0.00	0.00	0	20.00	0.00	0.00	0	0.0	0.00	0.00
990112 Walking Taco Frito Bowl	Bag	40	342	8.46	466	*N/A*	22.04	0.00	51	19.54	4.01	17.12	655	260.3	3.04	1.54
990296 Corn, Golden Sweet	1/2 Cup	100	70	0.00	0	2	0.50	0.00	0	18.00	2.00	3.00	200	0.0	6.00	0.36
990113 Shredded Lettuce (Walking Taco)	tbs	40	10	0.00	5	*N/A*	0.05	0.00	0	1.50	0.60	0.45	250	9.0	1.41	0.21
990274 Pears, Bartlett, Diced in Juice, 14g	1/2 Cup	100	60	0.00	5	*N/A*	0.00	0.00	0	14.00	2.00	0.00	0	0.0	1.20	0.36
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 1, 2018 thru Mar 23, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			561	5.84	674	*13	18.38	*0.00	47	77.52	7.24	26.22	1507	452.5	13.80	2.75
% of Calories				9.37%		*9.3%	29.5%	*0.0%		55.3%		18.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Friday - 03/23/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990057 Bosco Sticks, The Max, 6", 32g Total	2 Each	40	300	5.00	780	*N/A*	14.00	0.00	10	32.00	4.00	14.00	0	300.0	0.00	1.44
990058 Marinara Sauce, Red Pack	1/4 Cup	40	25	0.00	210	*N/A*	0.75	0.00	0	4.50	1.00	1.00	250	10.0	4.50	0.36
990116 Rotini with Meat Sauce, WG	3/4 Cup	40	267	3.00	702	*N/A*	8.50	0.00	20	32.00	4.00	18.00	*500	*60.0	*9.00	*2.52
990042 Roll, WG, Rubschlager, 13g	Each	100	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990055 Seasoned Green Beans, Arbor E-13	1/2 Cup	100	20	0.00	140	*0	0.00	0.00	0	4.00	2.00	0.60	200	20.0	3.60	0.72
990033 Carroteenies, Packer	1.6 Ounce	100	15	0.00	35	*N/A*	0.00	0.00	0	4.00	1.00	0.00	3000	0.0	0.00	0.00
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990204 Applesauce, Swtnd, West Creek, 23g	1/2 Cup	100	90	0.00	15	*N/A*	0.00	0.00	0	23.00	2.00	0.20	0	0.0	0.00	0.00
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2018 thru Mar 23, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			624	5.06	1301	*10	16.34	*0.00	25	96.51	11.59	28.59	*4445	*508.8	*13.82	*3.78
% of Calories				7.30%		*6.4%	23.6%	*0.0%		61.9%		18.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

\*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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - 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.**