

Base Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 23, 2018

Menu Name: Dixon RMS & Madison Lunch

Include Cost: No

Site:

Report Style: Detailed

Thursday - 03/01/2018

Reimbursable Meal Total 100

	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)
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
990155 Turkey Bacon Wrap, Arbor C-4	Each	5	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	5	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990249 Pizza, Cheese, Stuffed Crst, Max, 36g	1 Slice	5	330	4.50	850	*N/A*	14.00	0.00	15	36.00	3.00	15.00	0	210.0	0.00	2.00
990251 Pizza, Pepperoni, Stuffed Crst, Max, 36g	1 Slice	5	340	4.50	890	*N/A*	15.00	0.00	20	36.00	3.00	15.00	*N/A*	190.0	*N/A*	2.00
990088 Turkey & Cheese Wrap	Each	5	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990157 Student Chef Salad, Arbor F-22	Each	5	351	2.41	1199	*0	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
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
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
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
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20

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Arbor Management Inc

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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)
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
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
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
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
990124 Salsa, Mild	2 Ounces	100	20	0.00	140	*N/A*	0.00	0.00	0	4.00	1.00	0.00	1000	40.0	12.00	0.72
990358 INSTANT MASHED POTATOES: FLAKE	1/2 CUP	100	120	0.62	233	*5	2.87	*0.00	1	19.48	1.24	4.46	125	109.2	15.62	0.25
Weighted Daily Average			650	5.55	1278	*19	17.67	*0.06	57	94.45	9.33	29.23	*4073	609.6	*56.43	4.20
% of Calories				7.68%		*11.7%	24.5%	*0.1%		58.1%		18.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 03/02/2018

Reimbursable Meal Total 100

	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)
990107 French Toast Sticks (4 Each), WG	Each	40	300	3.00	380	*N/A*	12.00	0.00	0	42.00	2.00	6.00	0	60.0	0.00	1.80
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
990155 Turkey Bacon Wrap, Arbor C-4	Each	5	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	5	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	5	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60

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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)
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	5	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	5	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
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
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
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
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
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
990338 BAKED BEANS (VEGETARIAN)	SERVINGS	20	160	0.11	453	*18	0.66	*0.00	0	36.70	5.85	6.68	223	66.5	2.20	2.09
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

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000256 BROCCOLI,raw: fresh	1/4 Cup	100	31	0.04	30	2	0.34	0.00	0	6.04	2.37	2.57	567	42.8	81.17	0.66
Weighted Daily Average			591	4.74	950	*22	13.03	*0.06	27	97.38	11.03	26.01	3129	610.4	108.70	4.83
% of Calories				7.22%		*14.9%	19.8%	*0.1%		65.9%		17.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 03/05/2018

Reimbursable Meal Total 100

	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)
990099 BBQ Rib Sandwich	Each	50	325	3.50	1120	*N/A*	12.00	0.00	30	40.00	3.00	17.00	100	80.0	2.40	2.52
990155 Turkey Bacon Wrap, Arbor C-4	Each	5	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	5	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	5	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	5	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	5	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88

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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)
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
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
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	100	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	100	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	100	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	100	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
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
990059 Tomato, Cherry, Packer	1/4 Cup	75	12	0.02	10	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
990032 Corn, Golden Sweet	2 Ounces	50	47	0.00	0	1	0.33	0.00	0	12.00	1.33	2.00	133	0.0	4.00	0.24
Weighted Daily Average			593	5.24	1518	*16	14.09	*0.06	42	92.45	9.42	29.70	5059	585.1	31.16	4.67
% of Calories				7.95%		*10.8%	21.4%	*0.1%		62.4%		20.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 03/06/2018

Reimbursable Meal Total 100

	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)
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	50	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93

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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)
990155 Turkey Bacon Wrap, Arbor C-4	Each	2	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	2	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	2	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	2	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
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
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	60	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	60	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	60	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	60	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08

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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)
000377 CUCUMBER,RAW	2 OZ	100	7	0.01	1	1	0.09	0.00	0	1.22	0.40	0.34	41	7.9	1.81	0.12
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
990371 Broccoli, West Creek, 1/4C, 1g	1/4 Cup	100	6	0.00	5	0	0.00	0.00	0	1.00	0.75	0.75	225	12.5	12.60	0.18
Weighted Daily Average			580	4.41	966	*14	16.84	*0.06	34	81.76	9.81	27.52	5046	592.5	38.54	2.77
% of Calories				6.84%		*9.7%	26.1%	*0.1%		56.4%		19.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 03/07/2018

Reimbursable Meal Total 100

	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)
990158 Chicken & Cheese Quesadilla, Arbor B-77	quesadilla	50	470	6.90	680	*N/A*	24.00	0.00	62	31.50	4.00	32.50	262	402.5	1.20	2.87
990124 Salsa, Mild	2 Ounces	30	20	0.00	140	*N/A*	0.00	0.00	0	4.00	1.00	0.00	1000	40.0	12.00	0.72
990155 Turkey Bacon Wrap, Arbor C-4	Each	2	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	2	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	2	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	2	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	2	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 1, 2018 thru Mar 23, 2018

	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)
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
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
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	100	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	100	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	100	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	100	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000042 PICKLES,DILL SPEAR	EACH	100	4	0.03	283	0	0.10	0.00	0	0.84	0.35	0.18	44	20.0	0.80	0.09
000426 GREEN BEANS: frozen,boiled	1/4 CUP	100	38	0.06	1	3	0.23	0.00	0	8.71	4.05	2.01	566	56.7	5.54	0.89
990044 Fries, 3/8" Regular Cut, McCain	3 oz.	50	110	0.00	30	*N/A*	3.50	0.00	0	17.99	2.00	2.00	0	0.0	0.00	0.36
Weighted Daily Average			670	5.90	1434	*18	19.57	*0.06	50	91.90	12.89	35.61	2783	715.3	34.94	4.85
% of Calories				7.93%		*10.7%	26.3%	*0.1%		54.9%		21.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 03/08/2018

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 1, 2018 thru Mar 23, 2018

	Portion Size	Reimb Qty	Cals 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)
990062 Chicken Nuggets, GoldKist	4 Each	50	258	2.97	347	*N/A*	13.87	0.00	64	14.86	1.98	16.85	99	19.8	107.03	1.43
990155 Turkey Bacon Wrap, Arbor C-4	Each	5	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	5	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	5	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	5	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	5	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
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
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
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 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)
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
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
990124 Salsa, Mild	2 Ounces	100	20	0.00	140	*N/A*	0.00	0.00	0	4.00	1.00	0.00	1000	40.0	12.00	0.72
990358 INSTANT MASHED POTATOES: FLAKE	1/2 CUP	100	120	0.62	233	*5	2.87	*0.00	1	19.48	1.24	4.46	125	109.2	15.62	0.25
Weighted Daily Average			633	5.57	1206	*16	17.55	*0.06	60	87.11	8.97	32.04	3442	679.0	105.22	3.99
% of Calories				7.92%		*10.1%	25.0%	*0.1%		55.0%		20.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 03/09/2018

Reimbursable Meal Total 100

	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)
990340 MACARONI AND CHEESE	2/3 CUP	50	321	6.89	961	*9	12.20	*0.00	33	30.52	0.80	22.95	1665	615.3	0.93	0.86
990124 Salsa, Mild	2 Ounces	20	20	0.00	140	*N/A*	0.00	0.00	0	4.00	1.00	0.00	1000	40.0	12.00	0.72
990155 Turkey Bacon Wrap, Arbor C-4	Each	5	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	5	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990249 Pizza, Cheese, Stuffed Crst, Max, 36g	1 Slice	5	330	4.50	850	*N/A*	14.00	0.00	15	36.00	3.00	15.00	0	210.0	0.00	2.00
990251 Pizza, Pepperoni, Stuffed Crst, Max, 36g	1 Slice	5	340	4.50	890	*N/A*	15.00	0.00	20	36.00	3.00	15.00	*N/A*	190.0	*N/A*	2.00
990088 Turkey & Cheese Wrap	Each	5	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 1, 2018 thru Mar 23, 2018

	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)
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
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
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
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
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
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
990338 BAKED BEANS (VEGETARIAN)	SERVINGS	20	160	0.11	453	*18	0.66	*0.00	0	36.70	5.85	6.68	223	66.5	2.20	2.09
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
000256 BROCCOLI,raw: fresh	1/4 Cup	100	31	0.04	30	2	0.34	0.00	0	6.04	2.37	2.57	567	42.8	81.17	0.66
Weighted Daily Average			607	7.03	1331	*21	14.78	*0.06	43	88.69	10.73	34.99	*4142	796.1	*111.56	4.68
% of Calories				10.42%		*13.8%	21.9%	*0.1%		58.4%		23.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 1, 2018 thru Mar 23, 2018

Monday - 03/12/2018

Reimbursable Meal Total 100

	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 (mg)	Vit-C (mg)	Iron (mg)
990122 Soft Tacos, Arbor B - 24	2 Tacos	50	324	4.93	423	*N/A*	11.09	0.00	42	35.07	6.03	20.23	710	80.6	6.09	3.45
990155 Turkey Bacon Wrap, Arbor C-4	Each	5	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	5	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	5	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	5	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	5	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
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
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	100	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 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)
990343 BARBECUE SAUCE	2 TBSP	100	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	100	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	100	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
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
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
990032 Corn, Golden Sweet	2 Ounces	100	47	0.00	0	1	0.33	0.00	0	12.00	1.33	2.00	133	0.0	4.00	0.24
Weighted Daily Average			619	5.96	1172	*17	13.81	*0.06	48	96.73	11.83	32.45	5493	588.0	35.75	5.43
% of Calories				8.67%		*11.0%	20.1%	*0.1%		62.5%		21.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 03/13/2018

Reimbursable Meal Total 100

	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)
990159 Corn Dog, Turkey, WG, StateFair, 33g	Each	50	240	1.50	670	*N/A*	7.00	0.00	15	33.00	4.00	11.00	0	60.0	15.00	1.80
990155 Turkey Bacon Wrap, Arbor C-4	Each	5	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	5	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	5	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	5	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	5	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01

Base Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 23, 2018

	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)
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	60	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	60	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	100	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	100	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	100	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	100	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000377 CUCUMBER,RAW	2 OZ	100	7	0.01	1	1	0.09	0.00	0	1.22	0.40	0.34	41	7.9	1.81	0.12
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

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 1, 2018 thru Mar 23, 2018

	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)
000256 BROCCOLI,raw: fresh	1/4 Cup	100	31	0.04	30	2	0.34	0.00	0	6.04	2.37	2.57	567	42.8	81.17	0.66
Weighted Daily Average			588	4.42	1377	*19	12.07	*0.06	36	94.25	11.73	29.53	6051	667.1	115.29	4.18
% of Calories				6.77%		*12.9%	18.5%	*0.1%		64.1%		20.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 03/14/2018

Reimbursable Meal Total 100

	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)
990095 Salisbury Steak	1 Steak	50	140	4.00	250	1	10.00	0.00	30	3.00	1.00	10.00	0	20.0	1.20	1.08
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
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	10	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	5	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	5	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	5	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	10	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 1, 2018 thru Mar 23, 2018

	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)
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	10	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
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
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
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
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
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
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
000426 GREEN BEANS: frozen,boiled	1/4 CUP	50	38	0.06	1	3	0.23	0.00	0	8.71	4.05	2.01	566	56.7	5.54	0.89
990044 Fries, 3/8" Regular Cut, McCain	3 oz.	20	110	0.00	30	*N/A*	3.50	0.00	0	17.99	2.00	2.00	0	0.0	0.00	0.36
Weighted Daily Average			617	7.00	1313	*14	18.05	*0.12	53	86.66	11.84	32.17	3537	626.6	28.27	4.74
% of Calories				10.21%		*9.1%	26.3%	*0.2%		56.2%		20.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 03/15/2018

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 1, 2018 thru Mar 23, 2018

	Portion Size	Reimb Qty	Cals 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)
990172 Sloppy Joe, Arbor B-43	Sandwich	1	230	1.21	480	*N/A*	5.31	0.00	24	31.51	4.10	13.16	248	36.5	3.31	2.17
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	10	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	10	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	10	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	10	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	10	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990342 TOASTED TURKEY HAM & CHEESE	SERVINGS	1	308	4.56	1180	*4	10.67	*0.02	47	32.24	1.57	20.30	899	288.0	0.01	2.59
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
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
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
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
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
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 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)
990124 Salsa, Mild	2 Ounces	50	20	0.00	140	*N/A*	0.00	0.00	0	4.00	1.00	0.00	1000	40.0	12.00	0.72
990358 INSTANT MASHED POTATOES: FLAKE	1/2 CUP	20	120	0.62	233	*5	2.87	*0.00	1	19.48	1.24	4.46	125	109.2	15.62	0.25
Weighted Daily Average			471	4.66	990	*13	10.77	*0.06	34	71.10	7.55	23.92	3764	708.0	33.72	3.34
% of Calories				8.90%		*11.0%	20.6%	*0.1%		60.4%		20.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 03/16/2018

Reimbursable Meal Total 100

	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)
990081 Pancakes, WG, Aunt Jemima, 14g	2 Pancakes	50	140	0.00	220	*N/A*	4.00	0.00	0	28.00	2.00	4.00	0	0.0	0.00	1.44
990061 Pork Sausage Patty, Jones Dairy	Each	50	90	2.50	170	*N/A*	10.00	0.00	20	1.00	0.00	6.00	0	0.0	0.00	0.36
990291 Syrup Packet, Madeira, 1 oz. packet	1 Packet	50	80	0.00	20	14	0.00	0.00	0	20.00	0.00	0.00	0	0.0	0.00	0.00
990155 Turkey Bacon Wrap, Arbor C-4	Each	2	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	2	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	2	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	2	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 1, 2018 thru Mar 23, 2018

	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)
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
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
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	100	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	100	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	100	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	100	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990338 BAKED BEANS (VEGETARIAN)	SERVINGS	20	160	0.11	453	*18	0.66	*0.00	0	36.70	5.85	6.68	223	66.5	2.20	2.09
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
000256 BROCCOLI,raw: fresh	1/4 Cup	100	31	0.04	30	2	0.34	0.00	0	6.04	2.37	2.57	567	42.8	81.17	0.66
Weighted Daily Average			571	3.87	1120	*27	13.36	*0.06	31	98.18	10.76	26.16	2613	497.0	109.01	4.77
% of Calories				6.10%		*18.9%	21.1%	*0.1%		68.8%		18.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Base Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 23, 2018

Monday - 03/19/2018

Reimbursable Meal Total 100

	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 (mg)	Vit-C (mg)	Iron (mg)
990160 Chili Cheese Hot Dog, Arbor B-8	Each	50	328	5.25	1263	*N/A*	15.00	0.00	47	34.82	3.00	15.66	167	197.6	2.40	2.30
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	10	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	10	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	5	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	5	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
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
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
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 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)
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
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
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
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
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
990032 Corn, Golden Sweet	2 Ounces	50	47	0.00	0	1	0.33	0.00	0	12.00	1.33	2.00	133	0.0	4.00	0.24
Weighted Daily Average			626	7.14	1501	*12	17.67	*0.06	57	90.12	10.20	31.89	6047	681.4	31.72	5.11
% of Calories				10.27%		*7.7%	25.4%	*0.1%		57.6%		20.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 03/20/2018

Reimbursable Meal Total 100

	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)
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	50	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
990155 Turkey Bacon Wrap, Arbor C-4	Each	2	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	2	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	2	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	2	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 1, 2018 thru Mar 23, 2018

	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)
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
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
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	60	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	60	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	60	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	60	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000377 CUCUMBER,RAW	2 OZ	100	7	0.01	1	1	0.09	0.00	0	1.22	0.40	0.34	41	7.9	1.81	0.12
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

Base Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 23, 2018

	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)
990371 Broccoli, West Creek, 1/4C, 1g	1/4 Cup	100	6	0.00	5	0	0.00	0.00	0	1.00	0.75	0.75	225	12.5	12.60	0.18
Weighted Daily Average			580	4.41	966	*14	16.84	*0.06	34	81.76	9.81	27.52	5046	592.5	38.54	2.77
% of Calories				6.84%		*9.7%	26.1%	*0.1%		56.4%		19.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 03/21/2018

Reimbursable Meal Total 100

	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)
990402 Calzone, Meat Combo, Gilardi, 33g	calzone	50	250	2.00	480	4	5.00	0.00	15	33.00	4.00	18.00	200	350.0	0.00	2.70
990058 Marinara Sauce, Red Pack	1/4 Cup	50	25	0.00	210	*N/A*	0.75	0.00	0	4.50	1.00	1.00	250	10.0	4.50	0.36
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	10	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990249 Pizza, Cheese, Stuffed Crst, Max, 36g	1 Slice	5	330	4.50	850	*N/A*	14.00	0.00	15	36.00	3.00	15.00	0	210.0	0.00	2.00
990251 Pizza, Pepperoni, Stuffed Crst, Max, 36g	1 Slice	5	340	4.50	890	*N/A*	15.00	0.00	20	36.00	3.00	15.00	*N/A*	190.0	*N/A*	2.00
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	2	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990157 Student Chef Salad, Arbor F-22	Each	2	351	2.41	1199	*0	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990036 Salad, Crispy Chicken	Each	2	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 1, 2018 thru Mar 23, 2018

	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)
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
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
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
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
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
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
000042 PICKLES,DILL SPEAR	EACH	100	4	0.03	283	0	0.10	0.00	0	0.84	0.35	0.18	44	20.0	0.80	0.09
000426 GREEN BEANS: frozen,boiled	1/4 CUP	50	38	0.06	1	3	0.23	0.00	0	8.71	4.05	2.01	566	56.7	5.54	0.89
990044 Fries, 3/8" Regular Cut, McCain	3 oz.	50	110	0.00	30	*N/A*	3.50	0.00	0	17.99	2.00	2.00	0	0.0	0.00	0.36
Weighted Daily Average			613	5.01	1447	*15	14.33	*0.06	39	92.39	11.93	32.41	*3894	658.1	*32.12	4.82
% of Calories				7.36%		*9.8%	21.0%	*0.1%		60.3%		21.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 03/22/2018

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 1, 2018 thru Mar 23, 2018

	Portion Size	Reimb Qty	Cals 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)
990090 Popcorn Chicken, GoldKist, 15g	10 Each	50	280	3.00	490	*N/A*	16.00	0.00	55	15.00	2.00	18.00	0	0.0	0.00	1.08
990042 Roll, WG, Rubschlager, 13g	Each	50	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	10	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990249 Pizza, Cheese, Stuffed Crst, Max, 36g	1 Slice	5	330	4.50	850	*N/A*	14.00	0.00	15	36.00	3.00	15.00	0	210.0	0.00	2.00
990251 Pizza, Pepperoni, Stuffed Crst, Max, 36g	1 Slice	5	340	4.50	890	*N/A*	15.00	0.00	20	36.00	3.00	15.00	*N/A*	190.0	*N/A*	2.00
990088 Turkey & Cheese Wrap	Each	10	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990156 Cajun Chicken Wrap	Each	2	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990155 Turkey Bacon Wrap, Arbor C-4	Each	2	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
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
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
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 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)
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
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
990124 Salsa, Mild	2 Ounces	50	20	0.00	140	*N/A*	0.00	0.00	0	4.00	1.00	0.00	1000	40.0	12.00	0.72
990358 INSTANT MASHED POTATOES: FLAKE	1/2 CUP	20	120	0.62	233	*5	2.87	*0.00	1	19.48	1.24	4.46	125	109.2	15.62	0.25
Weighted Daily Average			640	6.47	1373	*13	20.02	*0.06	63	83.49	9.26	33.47	*3932	503.9	*33.77	4.11
% of Calories				9.10%		*8.1%	28.2%	*0.1%		52.2%		20.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 03/23/2018

Reimbursable Meal Total 100

	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)
990197 Bosco Sticks, 4", Hawthorn	2 Sticks	50	220	2.00	300	*N/A*	6.00	0.00	5	30.00	3.00	6.00	14	20.0	0.00	10.00
990155 Turkey Bacon Wrap, Arbor C-4	Each	2	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	2	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990249 Pizza, Cheese, Stuffed Crst, Max, 36g	1 Slice	5	330	4.50	850	*N/A*	14.00	0.00	15	36.00	3.00	15.00	0	210.0	0.00	2.00
990251 Pizza, Pepperoni, Stuffed Crst, Max, 36g	1 Slice	5	340	4.50	890	*N/A*	15.00	0.00	20	36.00	3.00	15.00	*N/A*	190.0	*N/A*	2.00
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	2	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990157 Student Chef Salad, Arbor F-22	Each	2	351	2.41	1199	*0	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 1, 2018 thru Mar 23, 2018

	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)
990036 Salad, Crispy Chicken	Each	2	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990052 Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
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
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	20	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	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990338 BAKED BEANS (VEGETARIAN)	SERVINGS	50	160	0.11	453	*18	0.66	*0.00	0	36.70	5.85	6.68	223	66.5	2.20	2.09
990059 Tomato, Cherry, Packer	1/4 Cup	50	12	0.02	10	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
000256 BROCCOLI,raw: fresh	1/4 Cup	50	31	0.04	30	2	0.34	0.00	0	6.04	2.37	2.57	567	42.8	81.17	0.66
Weighted Daily Average			521	3.26	918	*21	9.11	*0.02	22	88.83	10.98	23.69	*2349	451.5	*68.89	8.64
% of Calories				5.63%		*16.1%	15.7%	*0.0%		68.2%		18.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Base Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 23, 2018

**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.*