

Base Menu Spreadsheet

Portion Values

Apr 2, 2018 thru Apr 30, 2018

Menu Name: Dixon RMS & Madison Lunch **Include Cost:** No
Site: All Sites **Report Style:** Detailed

Tuesday - 04/03/2018

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)
990165 Pepperoni Pasta Bake, Arbor A-12	2/3 Cup	60	278	4.44	548	*0	11.85	0.00	21	25.85	3.94	17.36	*673	*129.6	*4.13	*2.88
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
990048 Crispy Chicken Sandwich B-11	Each	5	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
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
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	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	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
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
990450 Pizza, Sausage, Tony's 4X6, 27g	1 Each	5	226	3.40	353	6	7.50	0.00	19	26.30	3.80	16.00	0	110.0	0.00	1.98
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
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

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Apr 2, 2018 thru Apr 30, 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)
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
Weighted Daily Average			607	5.61	1187	*13	16.67	*0.06	35	87.29	10.12	31.68	*2264	*524.2	*31.02	*4.74
% of Calories				8.32%		*8.6%	24.7%	*0.1%		57.5%		20.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 04/04/2018

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)
990056 Spicy Sriracha Chicken Sandwich	1 Each	55	340	1.50	784	*0	10.00	0.00	30	40.92	5.00	21.00	100	40.0	84.00	2.88
990048 Crispy Chicken Sandwich B-11	Each	5	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	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
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
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
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
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

Arbor Management Inc

Portion Values

Apr 2, 2018 thru Apr 30, 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	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
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
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
Weighted Daily Average			555	3.47	997	*10	13.65	*0.06	45	78.87	8.47	31.26	2049	526.0	78.80	3.82
% of Calories				5.63%		*7.2%	22.1%	*0.1%		56.8%		22.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 04/05/2018

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)
990030 Corn Dog, Mini, Turkey, WG, House Rae	7 Each	55	300	3.50	390	7	14.00	0.00	55	31.00	3.00	10.00	0	100.0	0.00	1.80
990048 Crispy Chicken Sandwich B-11	Each	5	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

Apr 2, 2018 thru Apr 30, 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)
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
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
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
990450 Pizza, Sausage, Tony's 4X6, 27g	1 Each	5	226	3.40	353	6	7.50	0.00	19	26.30	3.80	16.00	0	110.0	0.00	1.98
990089 Buffalo Chicken Wrap, Arbor C-7	Each	5	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
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
Weighted Daily Average			522	4.38	710	*14	15.65	*0.06	51	72.02	7.35	24.35	1388	466.4	33.03	3.37
% of Calories				7.55%		*10.7%	27.0%	*0.1%		55.2%		18.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Base Menu Spreadsheet

Portion Values

Apr 2, 2018 thru Apr 30, 2018

Friday - 04/06/2018

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)
990324 French Toast Sticks, Papettis, 23g	3 each	55	160	1.00	270	8	3.50	0.00	105	23.00	2.00	7.70	0	40.0	0.00	1.08
990291 Syrup Packet, Madeira, 1 oz. packet	1 Packet	55	80	0.00	20	14	0.00	0.00	0	20.00	0.00	0.00	0	0.0	0.00	0.00
990048 Crispy Chicken Sandwich B-11	Each	5	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
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
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
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
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
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
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	5	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
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

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Apr 2, 2018 thru Apr 30, 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)	Calcm (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
Weighted Daily Average			501	3.72	730	*22	11.05	*0.06	83	78.11	6.73	23.28	1994	539.2	32.32	2.77
% of Calories				6.68%		*17.6%	19.9%	*0.1%		62.4%		18.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 04/09/2018

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)	Calcm (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
990048 Crispy Chicken Sandwich B-11	Each	5	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	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
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
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
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
990089 Buffalo Chicken Wrap, Arbor C-7	Each	5	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
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
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Apr 2, 2018 thru Apr 30, 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)
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
Weighted Daily Average			568	4.38	1384	*14	14.91	*0.06	37	83.97	7.65	28.67	1949	566.3	39.29	3.85
% of Calories				6.94%		*9.9%	23.6%	*0.1%		59.1%		20.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 04/10/2018

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	60	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
990048 Crispy Chicken Sandwich B-11	Each	5	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
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

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Apr 2, 2018 thru Apr 30, 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)
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	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	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
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
990450 Pizza, Sausage, Tony's 4X6, 27g	1 Each	5	226	3.40	353	6	7.50	0.00	19	26.30	3.80	16.00	0	110.0	0.00	1.98
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
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
Weighted Daily Average			650	5.20	1040	*13	21.71	*0.06	38	84.44	8.75	31.12	1935	599.5	28.54	2.85
% of Calories				7.20%		*8.0%	30.1%	*0.1%		52.0%		19.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 04/11/2018

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Apr 2, 2018 thru Apr 30, 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)
990158 Chicken & Cheese Quesadilla, Arbor B-77	quesadilla	55	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	55	20	0.00	140	*N/A*	0.00	0.00	0	4.00	1.00	0.00	1000	40.0	12.00	0.72
990048 Crispy Chicken Sandwich B-11	Each	5	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	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
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
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
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
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
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
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
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

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Apr 2, 2018 thru Apr 30, 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)
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
Weighted Daily Average			637	6.44	1017	*10	21.35	*0.06	62	75.89	8.47	37.59	2689	747.4	39.86	4.22
% of Calories				9.10%		*6.3%	30.2%	*0.1%		47.7%		23.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 04/12/2018

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 ^m (mg)	Vit-C (mg)	Iron (mg)
990301 Chicken Nuggets, Gold Kist, 13g	5 Each	55	180	1.50	380	0	8.00	0.00	35	13.00	2.00	15.00	100	20.0	90.00	1.80
990042 Roll, WG, Rubschlager, 13g	Each	55	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990048 Crispy Chicken Sandwich B-11	Each	5	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
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
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
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
990450 Pizza, Sausage, Tony's 4X6, 27g	1 Each	5	226	3.40	353	6	7.50	0.00	19	26.30	3.80	16.00	0	110.0	0.00	1.98
990089 Buffalo Chicken Wrap, Arbor C-7	Each	5	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
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

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Apr 2, 2018 thru Apr 30, 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			489	3.28	781	*11	12.90	*0.06	40	69.27	7.90	28.20	1443	433.4	82.53	3.77
% of Calories				6.04%		*9.0%	23.7%	*0.1%		56.7%		23.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 04/13/2018

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990340 MACARONI AND CHEESE	2/3 CUP	55	321	6.89	961	*9	12.20	*0.00	33	30.52	0.80	22.95	1665	615.3	0.93	0.86
990048 Crispy Chicken Sandwich B-11	Each	5	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
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
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Apr 2, 2018 thru Apr 30, 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)
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
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
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
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	5	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
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
Weighted Daily Average			545	6.96	1098	*15	15.83	*0.06	43	71.24	6.07	31.66	2910	855.7	32.83	2.65
% of Calories				11.49%		*11.0%	26.1%	*0.1%		52.3%		23.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 04/16/2018

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Apr 2, 2018 thru Apr 30, 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)
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
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
990048 Crispy Chicken Sandwich B-11	Each	5	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	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
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
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
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
990089 Buffalo Chicken Wrap, Arbor C-7	Each	5	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
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
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
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

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Apr 2, 2018 thru Apr 30, 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)
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
Weighted Daily Average			578	5.09	1105	*14	14.45	*0.06	43	83.50	9.67	30.28	2754	586.6	47.13	4.68
% of Calories				7.93%		*9.7%	22.5%	*0.1%		57.8%		21.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 04/17/2018

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	60	240	1.50	670	*N/A*	7.00	0.00	15	33.00	4.00	11.00	0	60.0	15.00	1.80
990048 Crispy Chicken Sandwich B-11	Each	5	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
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
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	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	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
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
990450 Pizza, Sausage, Tony's 4X6, 27g	1 Each	5	226	3.40	353	6	7.50	0.00	19	26.30	3.80	16.00	0	110.0	0.00	1.98
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
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

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Apr 2, 2018 thru Apr 30, 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)
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
Weighted Daily Average			524	3.85	1120	*13	12.76	*0.06	32	78.58	8.15	25.86	1860	462.4	37.54	3.37
% of Calories				6.61%		*9.9%	21.9%	*0.1%		60.0%		19.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 04/18/2018

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)
990397 Salisbury Steak, Advance, 4g	1 Steak	55	200	6.00	350	1	14.00	0.00	45	4.00	1.00	14.00	0	40.0	1.20	1.80
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
990382 Mashed Potatoes, Pearls, 1/2C 17g	1/2 Cup	55	90	0.00	410	*N/A*	1.50	0.00	0	17.00	1.00	2.00	0	0.0	9.00	0.36
990048 Crispy Chicken Sandwich B-11	Each	5	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	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
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

Apr 2, 2018 thru Apr 30, 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)
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
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
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
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
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
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
Weighted Daily Average			587	5.94	1124	*11	17.68	*0.06	53	80.91	8.82	30.51	1994	546.0	38.21	4.15
% of Calories				9.11%		*7.5%	27.1%	*0.1%		55.1%		20.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 04/19/2018

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Apr 2, 2018 thru Apr 30, 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	55	230	1.21	480	*N/A*	5.31	0.00	24	31.51	4.10	13.16	248	36.5	3.31	2.17
990048 Crispy Chicken Sandwich B-11	Each	5	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
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
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
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
990450 Pizza, Sausage, Tony's 4X6, 27g	1 Each	5	226	3.40	353	6	7.50	0.00	19	26.30	3.80	16.00	0	110.0	0.00	1.98
990089 Buffalo Chicken Wrap, Arbor C-7	Each	5	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
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

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Apr 2, 2018 thru Apr 30, 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)
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
Weighted Daily Average			484	3.12	759	*11	10.87	*0.06	34	72.30	7.96	26.09	1525	431.5	34.85	3.58
% of Calories				5.80%		*9.1%	20.2%	*0.1%		59.8%		21.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 04/20/2018

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)
990081 Pancakes, WG, Aunt Jemima, 14g	2 Pancakes	55	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	55	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	55	80	0.00	20	14	0.00	0.00	0	20.00	0.00	0.00	0	0.0	0.00	0.00
990048 Crispy Chicken Sandwich B-11	Each	5	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
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
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
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
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
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
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	5	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Apr 2, 2018 thru Apr 30, 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)
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
Weighted Daily Average			539	4.55	796	*18	16.82	*0.06	36	81.41	6.73	24.54	1994	517.2	32.32	3.17
% of Calories				7.60%		*13.4%	28.1%	*0.1%		60.4%		18.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 04/23/2018

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)
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
990048 Crispy Chicken Sandwich B-11	Each	5	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	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
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

Apr 2, 2018 thru Apr 30, 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)
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
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
990089 Buffalo Chicken Wrap, Arbor C-7	Each	5	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
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
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
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
Weighted Daily Average			570	5.25	1455	*14	16.41	*0.06	46	81.37	7.65	28.00	1983	625.1	39.29	3.74
% of Calories				8.29%		*9.8%	25.9%	*0.1%		57.1%		19.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 04/24/2018

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Apr 2, 2018 thru Apr 30, 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)
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	60	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
990048 Crispy Chicken Sandwich B-11	Each	5	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
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
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	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	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
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
990450 Pizza, Sausage, Tony's 4X6, 27g	1 Each	5	226	3.40	353	6	7.50	0.00	19	26.30	3.80	16.00	0	110.0	0.00	1.98
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
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

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Apr 2, 2018 thru Apr 30, 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)
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
Weighted Daily Average			650	5.20	1040	*13	21.71	*0.06	38	84.44	8.75	31.12	1935	599.5	28.54	2.85
% of Calories				7.20%		*8.0%	30.1%	*0.1%		52.0%		19.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 04/25/2018

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	55	250	2.00	480	4	5.00	0.00	15	33.00	4.00	18.00	200	350.0	0.00	2.70
990048 Crispy Chicken Sandwich B-11	Each	5	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	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
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
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
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
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
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
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
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

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Apr 2, 2018 thru Apr 30, 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			505	3.74	830	*13	10.90	*0.06	36	74.51	7.92	29.61	2104	696.5	32.60	3.73
% of Calories				6.67%		*10.3%	19.4%	*0.1%		59.0%		23.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 04/27/2018

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990197 Bosco Sticks, 4", Hawthorn	2 Sticks	55	220	2.00	300	*N/A*	6.00	0.00	5	30.00	3.00	6.00	14	20.0	0.00	10.00
990048 Crispy Chicken Sandwich B-11	Each	5	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
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
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Apr 2, 2018 thru Apr 30, 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)
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
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
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
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	5	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
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
Weighted Daily Average			490	4.27	735	*10	12.42	*0.06	28	70.96	7.28	22.34	2002	528.2	32.32	7.68
% of Calories				7.84%		*8.2%	22.8%	*0.1%		57.9%		18.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 04/30/2018

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Apr 2, 2018 thru Apr 30, 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)
990082 Chicken Strips, WG, GoldKist, 13g	3 Strips	50	184	2.00	383	*N/A*	8.00	0.00	34	13.00	2.00	15.00	84	20.0	87.00	2.00
990042 Roll, WG, Rubschlager, 13g	Each	5	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990048 Crispy Chicken Sandwich B-11	Each	5	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	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
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
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
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
990089 Buffalo Chicken Wrap, Arbor C-7	Each	5	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
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
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
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

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Apr 2, 2018 thru Apr 30, 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)
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
Weighted Daily Average			501	3.63	1022	*14	12.96	*0.06	39	71.12	7.25	27.77	1941	537.3	81.59	3.63
% of Calories				6.52%		*11.2%	23.3%	*0.1%		56.8%		22.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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

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.