

Base Menu Spreadsheet

Portion Values

Jan 8, 2018 thru Jan 31, 2018

Menu Name: Dixon Elementary Lunch

Include Cost: No

Site: All Sites

Report Style: Detailed

Monday - 01/08/2018

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)
990062 Chicken Nuggets, GoldKist	4 Each	40	258	2.97	347	*N/A*	13.87	0.00	64	14.86	1.98	16.85	99	19.8	107.03	1.43
990042 Roll, WG, Rubschlager, 13g	Each	40	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990159 Corn Dog, Turkey, WG, StateFair, 33g	Each	40	240	1.50	670	*N/A*	7.00	0.00	15	33.00	4.00	11.00	0	60.0	15.00	1.80
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
990055 Seasoned Green Beans, Arbor E-13	1/4 Cup	100	10	0.00	70	*0	0.00	0.00	0	2.00	1.00	0.30	100	10.0	1.80	0.36
990204 Applesauce, Swtnd, West Creek, 23g	1/2 Cup	100	90	0.00	15	*N/A*	0.00	0.00	0	23.00	2.00	0.20	0	0.0	0.00	0.00
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07

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Arbor Management Inc

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Jan 8, 2018 thru Jan 31, 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)
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			531	3.65	847	*10	14.79	*0.00	44	75.46	7.93	25.78	1310	383.2	68.03	2.73
% of Calories				6.19%		*7.5%	25.1%	*0.0%		56.8%		19.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 01/09/2018

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)
990142 Pepperoni Pizza, Stuffed Crust, The Max, 35g	Slice	40	330	4.50	870	*N/A*	14.00	0.00	20	35.00	4.00	17.00	300	250.0	0.00	0.00
990048 Crispy Chicken Sandwich B-11	Each	40	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990143 Sweet Potato Mini tater Puffs, Lamb Weston, 23g	3 oz.	40	132	0.00	202	*N/A*	3.54	0.00	0	23.29	2.02	1.01	3037	20.2	3.64	0.36
990273 Corn, Sweet Whole Kernel, PACKER, 9g	1/4 Cup	100	40	0.00	70	*N/A*	0.00	0.00	8	8.50	1.00	1.00	0	0.0	1.80	0.00
990263 Peaches, Packer, 13g	1/2 Cup	50	50	0.00	10	*N/A*	0.00	0.00	0	13.00	1.00	1.00	0	0.0	0.00	0.00
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	50	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00

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Jan 8, 2018 thru Jan 31, 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	50	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	50	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	50	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			598	4.26	1179	*12	17.14	*0.00	41	82.16	7.00	29.85	2355	447.6	41.95	1.97
% of Calories				6.41%		*8.0%	25.8%	*0.0%		55.0%		20.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 01/10/2018

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	40	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
990095 Salisbury Steak	1 Steak	40	140	4.00	250	1	10.00	0.00	30	3.00	1.00	10.00	0	20.0	1.20	1.08
990094 Gravy, Beef Mix, Legout, 0g	1 tbsp	40	15	0.00	270	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
990042 Roll, WG, Rubschlager, 13g	Each	40	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990093 Mashed Potatoes, Pearls, 17g	1/4 Cup	40	90	0.00	410	*N/A*	1.50	0.00	0	17.00	1.00	2.00	0	0.0	9.00	0.36
990144 Black Beans, LS, Mothers Maid, 18g	1/4 Cup	100	50	0.00	70	*N/A*	0.00	0.00	0	9.00	3.00	3.50	0	20.0	0.00	1.35

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990151 Mandarin Oranges, Fancy, (DIXON), 20g	1/2 Cup	100	90	0.00	20	*N/A*	0.00	0.00	0	20.00	1.00	1.00	300	20.0	21.00	0.36
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			645	4.96	1027	*10	19.81	*0.00	35	84.41	8.58	30.60	1296	492.2	29.90	3.55
% of Calories				6.92%		*6.2%	27.6%	*0.0%		52.3%		19.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 01/11/2018

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	40	140	0.00	220	*N/A*	4.00	0.00	0	28.00	2.00	4.00	0	0.0	0.00	1.44

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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)
990291 Syrup Packet, Madeira, 1 oz. packet	1 Packet	40	80	0.00	20	14	0.00	0.00	0	20.00	0.00	0.00	0	0.0	0.00	0.00
990084 Turkey Sausage Patty, 1.03 oz, Jennie-O	Each	40	60	1.00	100	*N/A*	4.00	0.00	30	0.00	0.00	6.00	0	20.0	0.00	0.36
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	40	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990055 Seasoned Green Beans, Arbor E-13	1/4 Cup	100	10	0.00	70	*0	0.00	0.00	0	2.00	1.00	0.30	100	10.0	1.80	0.36
990148 Glazed Carrots, Arbor E-3	1/4 Cup	30	71	3.54	197	*N/A*	5.68	*0.00	15	4.08	1.00	0.06	2675	23.0	0.00	0.02
990147 Banana, Petite, 160 ct.	Banana	100	110	0.00	0	*N/A*	0.00	0.00	0	29.00	4.00	1.00	0	0.0	9.00	0.00
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40

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000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			581	5.62	987	*16	16.09	*0.00	48	88.33	8.29	25.01	1968	413.7	15.62	2.13
% of Calories				8.71%		*11.0%	24.9%	*0.0%		60.8%		17.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 01/12/2018

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990057 Pizza Dippers, The Max, 16g	1 Each	40	300	5.00	780	*N/A*	14.00	0.00	10	32.00	4.00	14.00	0	300.0	0.00	1.44
990058 Marinara Sauce, Red Pack	1/4 Cup	40	25	0.00	210	*N/A*	0.75	0.00	0	4.50	1.00	1.00	250	10.0	4.50	0.36
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	40	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990046 Peas, Frozen, Simplot Classic	1/4 Cup	100	30	0.00	0	*N/A*	0.00	0.00	0	5.00	2.00	2.00	200	0.0	6.00	0.54
990113 Shredded Lettuce (Walking Taco)	tbs	100	10	0.00	5	*N/A*	0.05	0.00	0	1.50	0.60	0.45	250	9.0	1.41	0.21
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
000092 PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	100	131	0.02	3	32	0.30	0.00	0	33.89	2.02	0.91	96	35.3	18.90	0.98
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04

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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)
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			667	7.34	1066	*42	20.54	*0.24	42	91.95	9.31	31.95	1711	569.1	32.93	4.21
% of Calories				9.90%		*25.2%	27.7%	*0.3%		55.1%		19.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 01/16/2018

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)
990030 Corn Dog, Mini, Turkey, WG, House Rae	6 Each	40	290	3.50	380	*N/A*	14.00	0.00	55	30.00	3.00	10.00	0	100.0	0.00	1.80
990090 Popcorn Chicken, GoldKist, 15g	10 Each	40	280	3.00	490	*N/A*	16.00	0.00	55	15.00	2.00	18.00	0	0.0	0.00	1.08
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
990148 Glazed Carrots, Arbor E-3	1/4 Cup	100	71	3.54	197	*N/A*	5.68	*0.00	15	4.08	1.00	0.06	2675	23.0	0.00	0.02
990204 Applesauce, Swtnd, West Creek, 23g	1/2 Cup	100	90	0.00	15	*N/A*	0.00	0.00	0	23.00	2.00	0.20	0	0.0	0.00	0.00
000042 PICKLES,DILL SPEAR	EACH	1	4	0.03	283	0	0.10	0.00	0	0.84	0.35	0.18	44	20.0	0.80	0.09
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 8, 2018 thru Jan 31, 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)
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			598	7.99	862	*10	23.72	*0.00	72	71.19	6.74	24.81	3846	396.5	17.43	1.97
% of Calories				12.03%		*6.7%	35.7%	*0.0%		47.6%		16.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 01/17/2018

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)
990064 French Toast Stick, WG, Papettis	3 Each	40	113	1.24	300	*N/A*	4.18	0.00	119	25.21	2.71	8.70	170	79.1	0.00	1.63
990291 Syrup Packet, Madeira, 1 oz. packet	1 Packet	40	80	0.00	20	14	0.00	0.00	0	20.00	0.00	0.00	0	0.0	0.00	0.00
990150 Ravioli, Meat Sauce, Chef Boyardi, 15g	1/2 Cup	40	130	1.75	300	*N/A*	4.00	0.00	12	15.00	2.00	8.00	150	20.0	0.00	1.35

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 8, 2018 thru Jan 31, 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)
990253 Garlic Bread, Arbor D-14	1/2 Bun	40	145	4.72	201	*0	8.56	*0.00	21	13.56	1.57	3.40	233	23.9	0.01	0.61
990143 Sweet Potato Mini tater Puffs, Lamb Weston, 23g	3 oz.	100	132	0.00	202	*N/A*	3.54	0.00	0	23.29	2.02	1.01	3037	20.2	3.64	0.36
990149 Baked Beans, w/ Pork, (DIXON), 22g	1/4 Cup	80	60	0.25	275	*N/A*	0.75	0.00	2	11.00	2.50	3.00	0	20.0	0.00	0.90
990047 Juice, 100% Fruit, Ardmore	1/2 Cup	100	60	0.00	10	*N/A*	0.00	0.00	0	20.00	0.00	0.00	0	0.0	3.60	0.00
990036 Salad, Crispy Chicken	Each	1	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			618	5.08	1030	*16	16.43	*0.00	74	105.47	7.36	23.26	3858	403.5	8.51	3.01
% of Calories				7.40%		*10.4%	23.9%	*0.0%		68.3%		15.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 01/18/2018

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jan 8, 2018 thru Jan 31, 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	40	258	2.97	347	*N/A*	13.87	0.00	64	14.86	1.98	16.85	99	19.8	107.03	1.43
990042 Roll, WG, Rubschlager, 13g	Each	40	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990106 Hot Dog, Turkey, WG, Arbor B-6	Each	40	260	3.00	930	*N/A*	11.00	0.00	35	30.00	2.00	12.00	0	80.0	2.40	1.80
990093 Mashed Potatoes, Pearls, 17g	1/4 Cup	40	90	0.00	410	*N/A*	1.50	0.00	0	17.00	1.00	2.00	0	0.0	9.00	0.36
990094 Gravy, Beef Mix, Legout, 0g	1 tbsp	40	15	0.00	270	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
990260 Cucumbers, Sliced, PEAK, .94g	1/4 Cup	100	4	0.00	0	*N/A*	0.00	0.00	0	0.94	0.15	0.17	0	0.0	0.00	0.00
990274 Pears, Bartlett, Diced in Juice, 14g	1/2 Cup	100	60	0.00	5	*N/A*	0.00	0.00	0	14.00	2.00	0.00	0	0.0	1.20	0.36
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 8, 2018 thru Jan 31, 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)
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			540	4.25	1139	*10	16.99	*0.00	52	70.00	5.93	25.90	985	368.7	53.39	2.69
% of Calories				7.08%		*7.4%	28.3%	*0.0%		51.9%		19.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 01/19/2018

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 ^m (mg)	Vit-C (mg)	Iron (mg)
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	40	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
990079 Chicken Strips, WG, Tyson, 17g	8 Strips	40	260	2.50	390	*N/A*	15.00	0.00	25	17.00	3.00	15.00	100	40.0	0.00	2.70
990144 Black Beans, LS, Mothers Maid, 18g	1/4 Cup	50	50	0.00	70	*N/A*	0.00	0.00	0	9.00	3.00	3.50	0	20.0	0.00	1.35
990033 Carroteenies, Packer	1.6 Ounce	100	15	0.00	35	*N/A*	0.00	0.00	0	4.00	1.00	0.00	3000	0.0	0.00	0.00
990263 Peaches, Packer, 13g	1/2 Cup	100	50	0.00	10	*N/A*	0.00	0.00	0	13.00	1.00	1.00	0	0.0	0.00	0.00
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 8, 2018 thru Jan 31, 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
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			577	4.36	745	*10	20.81	*0.00	33	70.51	7.68	29.25	4036	462.2	4.82	2.74
% of Calories				6.80%		*6.9%	32.5%	*0.0%		48.9%		20.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 01/22/2018

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)
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	40	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990152 Fish Nuggets, Samband, 21g	4 Each	40	220	1.50	760	*N/A*	9.00	0.00	30	21.00	2.00	13.00	0	40.0	0.00	1.44
990153 Goldfish Cracker, Cheddar, Pep Farm, 14g	Each	40	100	1.00	170	*N/A*	3.50	0.00	5	14.00	1.00	3.00	0	20.0	0.00	0.36
990148 Glazed Carrots, Arbor E-3	1/4 Cup	100	71	3.54	197	*N/A*	5.68	*0.00	15	4.08	1.00	0.06	2675	23.0	0.00	0.02
990046 Peas, Frozen, Simplot Classic	1/4 Cup	100	30	0.00	0	*N/A*	0.00	0.00	0	5.00	2.00	2.00	200	0.0	6.00	0.54
990204 Applesauce, Swtnd, West Creek, 23g	1/2 Cup	100	90	0.00	15	*N/A*	0.00	0.00	0	23.00	2.00	0.20	0	0.0	0.00	0.00
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 8, 2018 thru Jan 31, 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)
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
990041 Cookie, Chocolate Chip, WG, Readi Bk	Each	1	194	2.16	170	17	6.07	0.00	16	33.51	2.82	2.99	50	19.4	0.00	1.19
Weighted Daily Average			687	9.87	1247	*10	25.02	*0.24	68	83.37	8.93	31.29	3941	448.0	10.82	3.06
% of Calories				12.93%		*5.8%	32.8%	*0.3%		48.5%		18.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 01/23/2018

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990062 Chicken Nuggets, GoldKist	4 Each	40	258	2.97	347	*N/A*	13.87	0.00	64	14.86	1.98	16.85	99	19.8	107.03	1.43
990340 MACARONI AND CHEESE	2/3 CUP	40	321	6.89	961	*9	12.20	*0.00	33	30.52	0.80	22.95	1665	615.3	0.93	0.86
990153 Goldfish Cracker, Cheddar, Pep Farm, 14g	Each	40	100	1.00	170	*N/A*	3.50	0.00	5	14.00	1.00	3.00	0	20.0	0.00	0.36

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 8, 2018 thru Jan 31, 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
990059 Tomato, Cherry, Packer	1/4 Cup	100	12	0.02	10	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
990274 Pears, Bartlett, Diced in Juice, 14g	1/2 Cup	100	60	0.00	5	*N/A*	0.00	0.00	0	14.00	2.00	0.00	0	0.0	1.20	0.36
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			552	6.23	906	*14	17.89	*0.00	54	66.86	6.20	31.01	2126	605.9	64.80	2.93
% of Calories				10.16%		*10.1%	29.2%	*0.0%		48.4%		22.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 01/24/2018

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 8, 2018 thru Jan 31, 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)
990048 Crispy Chicken Sandwich B-11	Each	40	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990030 Corn Dog, Mini, Turkey, WG, House Rae	6 Each	40	290	3.50	380	*N/A*	14.00	0.00	55	30.00	3.00	10.00	0	100.0	0.00	1.80
990149 Baked Beans, w/ Pork, (DIXON), 22g	1/4 Cup	40	60	0.25	275	*N/A*	0.75	0.00	2	11.00	2.50	3.00	0	20.0	0.00	0.90
990254 Potato Wedges, Lamb Weston, 20g	3 oz.	40	110	1.00	25	*N/A*	3.00	0.00	0	20.00	2.00	2.00	0	0.0	4.80	0.72
990263 Peaches, Packer, 13g	1/2 Cup	100	50	0.00	10	*N/A*	0.00	0.00	0	13.00	1.00	1.00	0	0.0	0.00	0.00
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			569	4.36	828	*10	17.14	*0.00	48	78.11	6.99	27.99	985	384.8	40.34	3.13
% of Calories				6.90%		*7.0%	27.1%	*0.0%		54.9%		19.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Portion Values

Jan 8, 2018 thru Jan 31, 2018

Thursday - 01/25/2018

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 (mg)	Vit-C (mg)	Iron (mg)
990255 Waffle, Echo Lake, 25g	2 Each	40	140	0.50	360	*N/A*	3.50	0.00	5	25.00	1.00	3.00	0	40.0	0.00	1.44
990084 Turkey Sausage Patty, 1.03 oz, Jennie-O	Each	40	60	1.00	100	*N/A*	4.00	0.00	30	0.00	0.00	6.00	0	20.0	0.00	0.36
990291 Syrup Packet, Madeira, 1 oz. packet	1 Packet	1	80	0.00	20	14	0.00	0.00	0	20.00	0.00	0.00	0	0.0	0.00	0.00
990112 Walking Taco Frito Bowl	Bag	40	342	8.46	466	*N/A*	22.04	0.00	51	19.54	4.01	17.12	655	260.3	3.04	1.54
990273 Corn, Sweet Whole Kernel, PACKER, 9g	1/4 Cup	100	40	0.00	70	*N/A*	0.00	0.00	8	8.50	1.00	1.00	0	0.0	1.80	0.00
990113 Shredded Lettuce (Walking Taco)	tbs	40	10	0.00	5	*N/A*	0.05	0.00	0	1.50	0.60	0.45	250	9.0	1.41	0.21
990274 Pears, Bartlett, Diced in Juice, 14g	1/2 Cup	100	60	0.00	5	*N/A*	0.00	0.00	0	14.00	2.00	0.00	0	0.0	1.20	0.36
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 8, 2018 thru Jan 31, 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)
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			524	5.84	742	*10	17.88	*0.00	55	66.22	6.24	24.22	1307	452.5	9.60	2.39
% of Calories				10.03%		*7.6%	30.7%	*0.0%		50.5%		18.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 01/26/2018

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)
990057 Pizza Dippers, The Max, 16g	1 Each	40	300	5.00	780	*N/A*	14.00	0.00	10	32.00	4.00	14.00	0	300.0	0.00	1.44
990058 Marinara Sauce, Red Pack	1/4 Cup	40	25	0.00	210	*N/A*	0.75	0.00	0	4.50	1.00	1.00	250	10.0	4.50	0.36
990116 Rotini with Meat Sauce, WG	3/4 Cup	40	267	3.00	702	*N/A*	8.50	0.00	20	32.00	4.00	18.00	*500	*60.0	*9.00	*2.52
990042 Roll, WG, Rubschlager, 13g	Each	100	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990055 Seasoned Green Beans, Arbor E-13	1/4 Cup	100	10	0.00	70	*0	0.00	0.00	0	2.00	1.00	0.30	100	10.0	1.80	0.36
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
990204 Applesauce, Swtnd, West Creek, 23g	1/2 Cup	100	90	0.00	15	*N/A*	0.00	0.00	0	23.00	2.00	0.20	0	0.0	0.00	0.00
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
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 8, 2018 thru Jan 31, 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
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			614	5.06	1231	*10	16.34	*0.00	25	94.51	10.59	28.29	*4345	*498.8	*12.02	*3.42
% of Calories				7.42%		*6.5%	24.0%	*0.0%		61.6%		18.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 01/29/2018

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)
990246 Pizza, 4X6 Cheese, Max, 33g	1 Slice	60	270	3.00	750	*N/A*	9.00	0.00	10	33.00	4.00	15.00	500	250.0	0.00	4.50
990099 BBQ Rib Sandwich	Each	20	325	3.50	1120	*N/A*	12.00	0.00	30	40.00	3.00	17.00	100	80.0	2.40	2.52
990252 Fries, 1/4" Shoestring, Stealth, 20g	1/4 Cup	100	130	1.50	280	*N/A*	3.00	0.00	0	20.00	2.00	2.51	0	0.0	3.60	0.36
990046 Peas, Frozen, Simplot Classic	1/4 Cup	100	30	0.00	0	*N/A*	0.00	0.00	0	5.00	2.00	2.00	200	0.0	6.00	0.54
990204 Applesauce, Swtnd, West Creek, 23g	1/2 Cup	100	90	0.00	15	*N/A*	0.00	0.00	0	23.00	2.00	0.20	0	0.0	0.00	0.00
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 8, 2018 thru Jan 31, 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)
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			680	5.86	1263	*10	16.84	*0.00	25	100.91	9.99	29.70	1465	486.8	14.90	4.71
% of Calories				7.76%		*5.9%	22.3%	*0.0%		59.4%		17.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 01/30/2018

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	40	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
990062 Chicken Nuggets, GoldKist	4 Each	40	258	2.97	347	*N/A*	13.87	0.00	64	14.86	1.98	16.85	99	19.8	107.03	1.43
990304 Corn, Sweet Whole, Simplot Cl, 12g	1/4 Cup	40	47	0.00	0	1	0.33	0.00	0	12.00	1.33	2.00	133	0.0	4.00	0.24

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 8, 2018 thru Jan 31, 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)
990275 Pinto Beans, Bushs, 18g	1/4 Cup	40	50	0.00	70	*N/A*	0.00	0.00	0	9.00	3.50	3.00	0	20.0	0.00	0.72
990151 Mandarin Oranges, Fancy, (DIXON), 20g	1/2 Cup	50	90	0.00	20	*N/A*	0.00	0.00	0	20.00	1.00	1.00	300	20.0	21.00	0.36
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			569	4.55	686	*10	20.49	*0.00	48	66.56	6.21	29.74	1239	462.1	59.73	2.12
% of Calories				7.20%		*7.0%	32.4%	*0.0%		46.8%		20.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 8, 2018 thru Jan 31, 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.*