

Base Menu Spreadsheet

Portion Values

Jan 8, 2018 thru Jan 30, 2018

Menu Name: Dixon RMS & Madison Lunch
Site: All Sites

Include Cost: No
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)
990099 BBQ Rib Sandwich	Each	50	325	3.50	1120	*N/A*	12.00	0.00	30	40.00	3.00	17.00	100	80.0	2.40	2.52
990155 Turkey Bacon Wrap, Arbor C-4	Each	5	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	5	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	5	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	5	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	5	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20

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990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	100	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	100	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	100	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	100	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990359 Romaine Salad	1/2 Cup	100	4	0.00	3	*N/A*	0.00	0.00	0	0.94	0.57	0.28	2410	11.3	1.02	0.31
990059 Tomato, Cherry, Packer	1/4 Cup	75	12	0.02	10	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
990032 Corn, Golden Sweet	2 Ounces	50	47	0.00	0	1	0.33	0.00	0	12.00	1.33	2.00	133	0.0	4.00	0.24
Weighted Daily Average			593	5.24	1518	*16	14.09	*0.06	42	92.45	9.42	29.70	5059	585.1	31.16	4.67
% of Calories				7.95%		*10.8%	21.4%	*0.1%		62.4%		20.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	50	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
990155 Turkey Bacon Wrap, Arbor C-4	Each	2	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	2	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	2	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	2	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	60	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	60	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	60	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	60	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000377 CUCUMBER,RAW	2 OZ	100	7	0.01	1	1	0.09	0.00	0	1.22	0.40	0.34	41	7.9	1.81	0.12
990033 Carroteenies, Packer	1.6 Ounce	100	15	0.00	35	*N/A*	0.00	0.00	0	4.00	1.00	0.00	3000	0.0	0.00	0.00

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

Wednesday - 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)
990340 MACARONI AND CHEESE	2/3 CUP	50	321	6.89	961	*9	12.20	*0.00	33	30.52	0.80	22.95	1665	615.3	0.93	0.86
990155 Turkey Bacon Wrap, Arbor C-4	Each	2	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	2	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	2	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	2	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	2	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	100	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	100	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	100	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	100	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000042 PICKLES,DILL SPEAR	EACH	100	4	0.03	283	0	0.10	0.00	0	0.84	0.35	0.18	44	20.0	0.80	0.09
000426 GREEN BEANS: frozen,boiled	1/4 CUP	100	38	0.06	1	3	0.23	0.00	0	8.71	4.05	2.01	566	56.7	5.54	0.89
990044 Fries, 3/8" Regular Cut, McCain	3 oz.	50	110	0.00	30	*N/A*	3.50	0.00	0	17.99	2.00	2.00	0	0.0	0.00	0.36
Weighted Daily Average			589	5.89	1532	*22	13.67	*0.06	36	90.21	10.99	30.83	3184	809.7	31.20	3.63
% of Calories				9.00%		*14.9%	20.9%	*0.1%		61.3%		20.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
990062 Chicken Nuggets, GoldKist	4 Each	50	258	2.97	347	*N/A*	13.87	0.00	64	14.86	1.98	16.85	99	19.8	107.03	1.43

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990155 Turkey Bacon Wrap, Arbor C-4	Each	5	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	5	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	5	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	5	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	5	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
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

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990124 Salsa, Mild	2 Ounces	100	20	0.00	140	*N/A*	0.00	0.00	0	4.00	1.00	0.00	1000	40.0	12.00	0.72
990374 Mashed Potatoes, Basic American, 24g	1/4 Cup	100	110	0.00	180	1	0.00	0.00	0	24.00	2.00	2.00	0	20.0	9.00	0.36
Weighted Daily Average			623	4.94	1152	*12	14.67	*0.06	59	91.63	9.73	29.59	3317	589.8	98.60	4.10
% of Calories				7.14%		*7.7%	21.2%	*0.1%		58.8%		19.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
990158 Chicken & Cheese Quesadilla, Arbor B-77	quesadilla	50	575	8.30	940	*N/A*	37.50	0.00	69	17.00	2.00	43.00	475	735.0	1.20	2.50
990124 Salsa, Mild	2 Ounces	20	20	0.00	140	*N/A*	0.00	0.00	0	4.00	1.00	0.00	1000	40.0	12.00	0.72
990155 Turkey Bacon Wrap, Arbor C-4	Each	5	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	5	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990249 Pizza, Cheese, Stuffed Crst, Max, 36g	1 Slice	5	330	4.50	850	*N/A*	14.00	0.00	15	36.00	3.00	15.00	0	210.0	0.00	2.00
990251 Pizza, Pepperoni, Stuffed Crst, Max, 36g	1 Slice	5	340	4.50	890	*N/A*	15.00	0.00	20	36.00	3.00	15.00	*N/A*	190.0	*N/A*	2.00
990088 Turkey & Cheese Wrap	Each	5	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990157 Student Chef Salad, Arbor F-22	Each	5	351	2.41	1199	*0	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 8, 2018 thru Jan 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
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990338 BAKED BEANS (VEGETARIAN)	SERVINGS	20	160	0.11	453	*18	0.66	*0.00	0	36.70	5.85	6.68	223	66.5	2.20	2.09
990059 Tomato, Cherry, Packer	1/4 Cup	100	12	0.02	10	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
990371 Broccoli, West Creek, 1/4C, 1g	1/4 Cup	100	6	0.00	5	0	0.00	0.00	0	1.00	0.75	0.75	225	12.5	12.60	0.18
Weighted Daily Average			732	7.72	1353	*15	28.10	*0.06	68	79.21	9.97	44.91	*3905	832.2	*47.85	5.22
% of Calories				9.49%		*8.2%	34.5%	*0.1%		43.3%		24.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 01/16/2018

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 8, 2018 thru Jan 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)
990159 Corn Dog, Turkey, WG, StateFair, 33g	Each	50	240	1.50	670	*N/A*	7.00	0.00	15	33.00	4.00	11.00	0	60.0	15.00	1.80
990155 Turkey Bacon Wrap, Arbor C-4	Each	5	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	5	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	5	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	5	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	5	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	60	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	60	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	100	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	100	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	100	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 8, 2018 thru Jan 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
000377 CUCUMBER,RAW	2 OZ	100	7	0.01	1	1	0.09	0.00	0	1.22	0.40	0.34	41	7.9	1.81	0.12
990033 Carroteenies, Packer	1.6 Ounce	100	15	0.00	35	*N/A*	0.00	0.00	0	4.00	1.00	0.00	3000	0.0	0.00	0.00
000256 BROCCOLI,raw: fresh	1/4 Cup	100	31	0.04	30	2	0.34	0.00	0	6.04	2.37	2.57	567	42.8	81.17	0.66
Weighted Daily Average			588	4.42	1377	*19	12.07	*0.06	36	94.25	11.73	29.53	6051	667.1	115.29	4.18
% of Calories				6.77%		*12.9%	18.5%	*0.1%		64.1%		20.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 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)
990095 Salisbury Steak	1 Steak	50	140	4.00	250	1	10.00	0.00	30	3.00	1.00	10.00	0	20.0	1.20	1.08
990042 Roll, WG, Rubschlager, 13g	Each	100	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	10	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	5	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	5	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	5	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 8, 2018 thru Jan 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)
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	10	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	10	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000042 PICKLES,DILL SPEAR	EACH	50	4	0.03	283	0	0.10	0.00	0	0.84	0.35	0.18	44	20.0	0.80	0.09
000426 GREEN BEANS: frozen,boiled	1/4 CUP	50	38	0.06	1	3	0.23	0.00	0	8.71	4.05	2.01	566	56.7	5.54	0.89
990044 Fries, 3/8" Regular Cut, McCain	3 oz.	20	110	0.00	30	*N/A*	3.50	0.00	0	17.99	2.00	2.00	0	0.0	0.00	0.36
Weighted Daily Average			617	7.00	1313	*14	18.05	*0.12	53	86.66	11.84	32.17	3537	626.6	28.27	4.74
% of Calories				10.21%		*9.1%	26.3%	*0.2%		56.2%		20.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Base Menu Spreadsheet

Portion Values

Jan 8, 2018 thru Jan 30, 2018

Thursday - 01/18/2018

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 (mg)	Vit-C (mg)	Iron (mg)
990172 Sloppy Joe, Arbor B-43	Sandwich	50	230	1.21	480	*N/A*	5.31	0.00	24	31.51	4.10	13.16	248	36.5	3.31	2.17
990155 Turkey Bacon Wrap, Arbor C-4	Each	5	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	5	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990249 Pizza, Cheese, Stuffed Crst, Max, 36g	1 Slice	5	330	4.50	850	*N/A*	14.00	0.00	15	36.00	3.00	15.00	0	210.0	0.00	2.00
990251 Pizza, Pepperoni, Stuffed Crst, Max, 36g	1 Slice	5	340	4.50	890	*N/A*	15.00	0.00	20	36.00	3.00	15.00	*N/A*	190.0	*N/A*	2.00
990088 Turkey & Cheese Wrap	Each	5	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990157 Student Chef Salad, Arbor F-22	Each	5	351	2.41	1199	*0	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 8, 2018 thru Jan 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)
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990124 Salsa, Mild	2 Ounces	100	20	0.00	140	*N/A*	0.00	0.00	0	4.00	1.00	0.00	1000	40.0	12.00	0.72
990374 Mashed Potatoes, Basic American, 24g	1/4 Cup	50	110	0.00	180	1	0.00	0.00	0	24.00	2.00	2.00	0	20.0	9.00	0.36
Weighted Daily Average			581	4.13	1219	*11	11.84	*0.06	45	90.33	9.95	28.36	*4072	488.7	*46.96	4.49
% of Calories				6.40%		*7.6%	18.3%	*0.1%		62.2%		19.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
990099 BBQ Rib Sandwich	Each	50	325	3.50	1120	*N/A*	12.00	0.00	30	40.00	3.00	17.00	100	80.0	2.40	2.52
990155 Turkey Bacon Wrap, Arbor C-4	Each	2	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	2	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990249 Pizza, Cheese, Stuffed Crst, Max, 36g	1 Slice	5	330	4.50	850	*N/A*	14.00	0.00	15	36.00	3.00	15.00	0	210.0	0.00	2.00
990251 Pizza, Pepperoni, Stuffed Crst, Max, 36g	1 Slice	5	340	4.50	890	*N/A*	15.00	0.00	20	36.00	3.00	15.00	*N/A*	190.0	*N/A*	2.00
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 8, 2018 thru Jan 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)
990157 Student Chef Salad, Arbor F-22	Each	5	351	2.41	1199	*0	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	100	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	100	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	100	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	100	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990338 BAKED BEANS (VEGETARIAN)	SERVINGS	20	160	0.11	453	*18	0.66	*0.00	0	36.70	5.85	6.68	223	66.5	2.20	2.09
990059 Tomato, Cherry, Packer	1/4 Cup	100	12	0.02	10	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
990371 Broccoli, West Creek, 1/4C, 1g	1/4 Cup	100	6	0.00	5	0	0.00	0.00	0	1.00	0.75	0.75	225	12.5	12.60	0.18
Weighted Daily Average			598	4.64	1574	*19	14.08	*0.06	44	93.14	10.04	30.42	*3013	482.9	*46.36	4.96
% of Calories				6.98%		*12.7%	21.2%	*0.1%		62.3%		20.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Base Menu Spreadsheet

Portion Values

Jan 8, 2018 thru Jan 30, 2018

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 (mg)	Vit-C (mg)	Iron (mg)
990160 Chili Cheese Hot Dog, Arbor B-8	Each	50	328	5.25	1263	*N/A*	15.00	0.00	47	34.82	3.00	15.66	167	197.6	2.40	2.30
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	10	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	10	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	5	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	5	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 8, 2018 thru Jan 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)
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990359 Romaine Salad	1/2 Cup	100	4	0.00	3	*N/A*	0.00	0.00	0	0.94	0.57	0.28	2410	11.3	1.02	0.31
990059 Tomato, Cherry, Packer	1/4 Cup	100	12	0.02	10	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
990032 Corn, Golden Sweet	2 Ounces	50	47	0.00	0	1	0.33	0.00	0	12.00	1.33	2.00	133	0.0	4.00	0.24
Weighted Daily Average			626	7.14	1501	*12	17.67	*0.06	57	90.12	10.20	31.89	6047	681.4	31.72	5.11
% of Calories				10.27%		*7.7%	25.4%	*0.1%		57.6%		20.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990057 Pizza Dippers, The Max, 16g	1 Each	50	300	5.00	780	*N/A*	14.00	0.00	10	32.00	4.00	14.00	0	300.0	0.00	1.44
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	10	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	10	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	10	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 8, 2018 thru Jan 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)
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000377 CUCUMBER,RAW	2 OZ	100	7	0.01	1	1	0.09	0.00	0	1.22	0.40	0.34	41	7.9	1.81	0.12
990033 Carroteenies, Packer	1.6 Ounce	100	15	0.00	35	*N/A*	0.00	0.00	0	4.00	1.00	0.00	3000	0.0	0.00	0.00

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 8, 2018 thru Jan 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)
000256 BROCCOLI,raw: fresh	1/4 Cup	50	31	0.04	30	2	0.34	0.00	0	6.04	2.37	2.57	567	42.8	81.17	0.66
Weighted Daily Average			616	7.10	1295	*13	17.50	*0.06	38	87.71	11.19	31.17	6550	846.7	66.85	3.95
% of Calories				10.37%		*8.4%	25.6%	*0.1%		57.0%		20.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 01/24/2018

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)
990161 Pizza, Pepperoni, Stffd Crust, The Max, 36g	Slice	50	330	4.50	880	*N/A*	14.00	0.00	20	36.00	*N/A*	16.00	300	250.0	*N/A*	*N/A*
990058 Marinara Sauce, Red Pack	1/4 Cup	50	25	0.00	210	*N/A*	0.75	0.00	0	4.50	1.00	1.00	250	10.0	4.50	0.36
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	10	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990249 Pizza, Cheese, Stuffed Crst, Max, 36g	1 Slice	5	330	4.50	850	*N/A*	14.00	0.00	15	36.00	3.00	15.00	0	210.0	0.00	2.00
990251 Pizza, Pepperoni, Stuffed Crst, Max, 36g	1 Slice	5	340	4.50	890	*N/A*	15.00	0.00	20	36.00	3.00	15.00	*N/A*	190.0	*N/A*	2.00
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	2	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990157 Student Chef Salad, Arbor F-22	Each	2	351	2.41	1199	*0	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990036 Salad, Crispy Chicken	Each	2	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 8, 2018 thru Jan 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)
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000042 PICKLES,DILL SPEAR	EACH	100	4	0.03	283	0	0.10	0.00	0	0.84	0.35	0.18	44	20.0	0.80	0.09
000426 GREEN BEANS: frozen,boiled	1/4 CUP	50	38	0.06	1	3	0.23	0.00	0	8.71	4.05	2.01	566	56.7	5.54	0.89
990044 Fries, 3/8" Regular Cut, McCain	3 oz.	50	110	0.00	30	*N/A*	3.50	0.00	0	17.99	2.00	2.00	0	0.0	0.00	0.36
Weighted Daily Average			653	6.26	1647	*13	18.83	*0.06	42	93.89	10.93	31.41	*3944	608.1	*32.12	*3.47
% of Calories				8.63%		*8.0%	26.0%	*0.1%		57.5%		19.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 01/25/2018

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 8, 2018 thru Jan 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)
990090 Popcorn Chicken, GoldKist, 15g	10 Each	50	280	3.00	490	*N/A*	16.00	0.00	55	15.00	2.00	18.00	0	0.0	0.00	1.08
990042 Roll, WG, Rubschlager, 13g	Each	25	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	10	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	10	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	10	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	10	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990157 Student Chef Salad, Arbor F-22	Each	5	351	2.41	1199	*0	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990036 Salad, Crispy Chicken	Each	5	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	10	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 8, 2018 thru Jan 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)
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990124 Salsa, Mild	2 Ounces	50	20	0.00	140	*N/A*	0.00	0.00	0	4.00	1.00	0.00	1000	40.0	12.00	0.72
990358 INSTANT MASHED POTATOES: FLAKE	1/2 CUP	20	120	0.62	233	*5	2.87	*0.00	1	19.48	1.24	4.46	125	109.2	15.62	0.25
Weighted Daily Average			664	6.66	1384	*12	20.96	*0.06	71	85.11	9.40	35.93	4483	732.3	38.42	4.27
% of Calories				9.03%		*7.2%	28.4%	*0.1%		51.3%		21.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	50	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
990155 Turkey Bacon Wrap, Arbor C-4	Each	2	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	2	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990249 Pizza, Cheese, Stuffed Crst, Max, 36g	1 Slice	5	330	4.50	850	*N/A*	14.00	0.00	15	36.00	3.00	15.00	0	210.0	0.00	2.00
990251 Pizza, Pepperoni, Stuffed Crst, Max, 36g	1 Slice	5	340	4.50	890	*N/A*	15.00	0.00	20	36.00	3.00	15.00	*N/A*	190.0	*N/A*	2.00
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	2	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990157 Student Chef Salad, Arbor F-22	Each	2	351	2.41	1199	*0	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 8, 2018 thru Jan 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	2	283	1.50	631	*0	11.31	0.00	30	30.99	4.30	19.54	8655	68.0	89.10	3.03
990052 Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	20	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990338 BAKED BEANS (VEGETARIAN)	SERVINGS	50	160	0.11	453	*18	0.66	*0.00	0	36.70	5.85	6.68	223	66.5	2.20	2.09
990059 Tomato, Cherry, Packer	1/4 Cup	50	12	0.02	10	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
000256 BROCCOLI,raw: fresh	1/4 Cup	50	31	0.04	30	2	0.34	0.00	0	6.04	2.37	2.57	567	42.8	81.17	0.66
Weighted Daily Average			636	4.13	1036	*21	17.06	*0.02	32	95.21	11.98	30.58	*2405	585.8	*68.89	4.10
% of Calories				5.84%		*13.2%	24.1%	*0.0%		59.9%		19.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 01/29/2018

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jan 8, 2018 thru Jan 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
990155 Turkey Bacon Wrap, Arbor C-4	Each	5	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	5	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990249 Pizza, Cheese, Stuffed Crst, Max, 36g	1 Slice	5	330	4.50	850	*N/A*	14.00	0.00	15	36.00	3.00	15.00	0	210.0	0.00	2.00
990251 Pizza, Pepperoni, Stuffed Crst, Max, 36g	1 Slice	5	340	4.50	890	*N/A*	15.00	0.00	20	36.00	3.00	15.00	*N/A*	190.0	*N/A*	2.00
990088 Turkey & Cheese Wrap	Each	5	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	100	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	100	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	100	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 8, 2018 thru Jan 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
990359 Romaine Salad	1/2 Cup	100	4	0.00	3	*N/A*	0.00	0.00	0	0.94	0.57	0.28	2410	11.3	1.02	0.31
990059 Tomato, Cherry, Packer	1/4 Cup	75	12	0.02	10	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
990032 Corn, Golden Sweet	2 Ounces	50	47	0.00	0	1	0.33	0.00	0	12.00	1.33	2.00	133	0.0	4.00	0.24
Weighted Daily Average			527	4.54	1182	*16	12.54	*0.06	44	79.00	8.82	28.60	*5031	449.1	*73.46	4.40
% of Calories				7.75%		*12.1%	21.4%	*0.1%		60.0%		21.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
990165 Pepperoni Pasta Bake, Arbor A-12	2/3 Cup	40	278	4.44	548	*0	11.85	0.00	21	25.85	3.94	17.36	*673	*129.6	*4.13	*2.88
990155 Turkey Bacon Wrap, Arbor C-4	Each	5	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	5	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990249 Pizza, Cheese, Stuffed Crst, Max, 36g	1 Slice	5	330	4.50	850	*N/A*	14.00	0.00	15	36.00	3.00	15.00	0	210.0	0.00	2.00
990251 Pizza, Pepperoni, Stuffed Crst, Max, 36g	1 Slice	5	340	4.50	890	*N/A*	15.00	0.00	20	36.00	3.00	15.00	*N/A*	190.0	*N/A*	2.00
990088 Turkey & Cheese Wrap	Each	5	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 8, 2018 thru Jan 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)
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.87	1.99	2.34	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	60	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	60	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	60	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	60	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000377 CUCUMBER,RAW	2 OZ	100	7	0.01	1	1	0.09	0.00	0	1.22	0.40	0.34	41	7.9	1.81	0.12
990033 Carroteenies, Packer	1.6 Ounce	100	15	0.00	35	*N/A*	0.00	0.00	0	4.00	1.00	0.00	3000	0.0	0.00	0.00
990371 Broccoli, West Creek, 1/4C, 1g	1/4 Cup	100	6	0.00	5	0	0.00	0.00	0	1.00	0.75	0.75	225	12.5	12.60	0.18
Weighted Daily Average			523	5.30	1112	*14	13.11	*0.06	35	76.74	9.49	27.28	*5826	*489.5	*40.48	*3.84
% of Calories				9.12%		*10.7%	22.6%	*0.1%		58.7%		20.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 8, 2018 thru Jan 30, 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.