

Base Menu Spreadsheet

Portion Values

Nov 1, 2017 thru Nov 30, 2017

Menu Name: Dixon Elementary Lunch

Include Cost: No

Site:

Report Style: Detailed

Wednesday - 11/01/2017

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	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
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
500005 BAKED BEANS (VEGETARIAN)	SERVINGS	50	159	0.16	532	*N/A*	0.64	*N/A*	0	35.98	6.99	6.77	360	86.0	7.79	0.85
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
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
000042 PICKLES,DILL SPEAR	EACH	30	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	286	1.53	638	*N/A*	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
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
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
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

Portion Values

Nov 1, 2017 thru Nov 30, 2017

	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	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	6.03	1327	*10	17.48	*0.24	44	92.34	8.89	31.02	1531	485.1	22.00	3.68
% of Calories				8.78%		*6.5%	25.5%	*0.3%		59.8%		20.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 11/02/2017

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)
990122 Soft Tacos, Arbor B - 24	2 Tacos	40	468	6.86	696	*N/A*	17.17	0.00	83	40.14	8.06	36.46	1420	121.2	12.17	5.46
990192 3 Cheese Grilled Cheese, Arbor B-108, 33g	1 Each	30	615	23.58	1560	*0	42.36	0.00	115	33.01	2.00	27.08	1127	452.2	0.00	0.74
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
990054 Romaine Salad	1 Cup	100	9	0.00	6	*N/A*	0.00	0.00	0	1.70	1.13	0.57	4819	22.7	2.04	0.61
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
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	286	1.53	638	*N/A*	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2017 thru Nov 30, 2017

	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)
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
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			649	11.71	1215	*11	25.97	*0.00	80	66.25	8.85	38.98	7261	571.2	93.35	4.32
% of Calories				16.24%		*6.8%	36.0%	*0.0%		40.8%		24.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 11/03/2017

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)
990048 Crispy Chicken Sandwich	Each	40	333	1.53	637	*N/A*	10.14	0.00	31	39.22	5.03	21.26	102	40.3	85.45	2.91
990106 Hot Dog, Turkey, WG, Arbor B-6	Each	30	260	3.00	930	*N/A*	11.00	0.00	35	31.00	2.00	12.00	0	80.0	2.40	1.80
990055 Seasoned Green Beans, Arbor E-13	1/4 Cup	100	60	0.03	148	*1	0.11	0.00	0	13.08	3.51	2.12	200	51.3	5.34	1.26
990033 Carroteenies, Packer	1.6 Ounce	100	15	0.00	35	*N/A*	0.00	0.00	0	4.00	1.00	0.00	3000	0.0	0.00	0.00
990147 Banana, Petite, 160 ct.	Banana	100	110	0.00	0	*N/A*	0.00	0.00	0	29.00	4.00	1.00	0	0.0	9.00	0.00
990036 Salad, Crispy Chicken	Each	5	286	1.53	638	*N/A*	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06

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Nov 1, 2017 thru Nov 30, 2017

	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
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
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			603	3.40	1037	*10	13.52	*0.00	35	97.11	12.16	27.86	4209	413.1	54.51	3.61
% of Calories				5.07%		*6.6%	20.2%	*0.0%		64.4%		18.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 11/06/2017

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

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Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000256 BROCCOLI,raw: fresh	1/4 Cup	100	31	0.04	30	2	0.34	0.00	0	6.04	2.37	2.57	567	42.8	81.17	0.66
990055 Seasoned Green Beans, Arbor E-13	1/4 Cup	100	60	0.03	148	*1	0.11	0.00	0	13.08	3.51	2.12	200	51.3	5.34	1.26
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	286	1.53	638	*N/A*	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
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
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
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			610	3.71	976	*12	15.25	*0.00	44	92.51	12.10	29.46	1775	455.6	140.59	4.14
% of Calories				5.47%		*7.9%	22.5%	*0.0%		60.7%		19.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 11/07/2017

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2017 thru Nov 30, 2017

	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)
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	Each	40	333	1.53	637	*N/A*	10.14	0.00	31	39.22	5.03	21.26	102	40.3	85.45	2.91
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
990032 Corn, Golden Sweet	2 Ounces	100	47	0.00	0	1	0.33	0.00	0	12.00	1.33	2.00	133	0.0	4.00	0.24
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	286	1.53	638	*N/A*	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
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
500014 BARBECUE SAUCE	2 TBSP	50	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
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			624	4.28	1237	*12	17.57	*0.00	33	90.44	7.54	31.14	2603	451.6	46.66	2.35
% of Calories				6.17%		*7.7%	25.3%	*0.0%		58.0%		20.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Portion Values

Nov 1, 2017 thru Nov 30, 2017

Wednesday - 11/08/2017

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
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	286	1.53	638	*N/A*	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
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
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
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

Nov 1, 2017 thru Nov 30, 2017

	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			648	4.96	1052	*10	19.82	*0.00	35	85.35	8.62	30.65	1319	493.0	30.35	3.58
% of Calories				6.89%		*6.2%	27.5%	*0.0%		52.7%		18.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 11/09/2017

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
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	60	0.03	148	*1	0.11	0.00	0	13.08	3.51	2.12	200	51.3	5.34	1.26
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	286	1.53	638	*N/A*	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2017 thru Nov 30, 2017

	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)
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
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			635	5.65	1091	*16	16.22	*0.00	48	100.35	10.84	26.88	2091	455.8	19.61	3.06
% of Calories				8.01%		*10.1%	23.0%	*0.0%		63.2%		16.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 11/10/2017

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
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

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2017 thru Nov 30, 2017

	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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000092 PINEAPPLE CHUNKS:canned,lt syr	1/2 CUP	100	131	0.02	3	32	0.30	0.00	0	33.89	2.02	0.91	96	35.3	18.90	0.98
990036 Salad, Crispy Chicken	Each	5	286	1.53	638	*N/A*	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
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
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
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			670	7.34	1091	*42	20.55	*0.24	42	92.89	9.35	32.00	1734	569.9	33.38	4.24
% of Calories				9.86%		*25.1%	27.6%	*0.3%		55.5%		19.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 11/13/2017

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)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990085 Cheese Pizza, WG, The MAX, 37g	Each	40	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990048 Crispy Chicken Sandwich	Each	40	333	1.53	637	*N/A*	10.14	0.00	31	39.22	5.03	21.26	102	40.3	85.45	2.91

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2017 thru Nov 30, 2017

	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)
990055 Seasoned Green Beans, Arbor E-13	1/4 Cup	100	60	0.03	148	*1	0.11	0.00	0	13.08	3.51	2.12	200	51.3	5.34	1.26
990304 Corn, Sweet Whole, Simplot CI, 12g	1/4 Cup	50	47	0.00	0	1	0.33	0.00	0	12.00	1.33	2.00	133	0.0	4.00	0.24
000098 STRAWBERRIES: frozen	1/2 CUP	50	245	0.02	8	61	0.33	0.00	0	66.10	4.84	1.35	61	28.0	105.57	1.50
990036 Salad, Crispy Chicken	Each	5	286	1.53	638	*N/A*	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
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
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
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			657	3.71	950	*42	13.75	*0.00	31	108.66	11.24	31.34	1466	523.1	99.57	5.38
% of Calories				5.08%		*25.6%	18.8%	*0.0%		66.2%		19.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 11/14/2017

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2017 thru Nov 30, 2017

	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
000258 BROCCOLI: frozen, boiled	CUP	100	52	0.03	20	3	0.22	0.00	0	9.84	5.52	5.70	1860	60.7	73.78	1.12
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
990036 Salad, Crispy Chicken	Each	5	286	1.53	638	*N/A*	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
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
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
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			647	8.03	900	*12	23.96	*0.00	72	80.97	11.55	29.81	5504	445.3	79.05	2.93
% of Calories				11.17%		*7.4%	33.3%	*0.0%		50.1%		18.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2017 thru Nov 30, 2017

Wednesday - 11/15/2017

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)
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
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	286	1.53	638	*N/A*	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
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
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
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

Nov 1, 2017 thru Nov 30, 2017

	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			622	5.08	1055	*15	16.44	*0.00	74	106.40	7.39	23.30	3880	404.3	8.89	3.03
% of Calories				7.35%		*9.6%	23.8%	*0.0%		68.4%		15.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 11/16/2017

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
990106 Hot Dog, Turkey, WG, Arbor B-6	Each	40	260	3.00	930	*N/A*	11.00	0.00	35	31.00	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	286	1.53	638	*N/A*	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	*N/A*	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2017 thru Nov 30, 2017

	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)
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
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			543	4.25	1164	*10	17.01	*0.00	52	71.34	5.97	25.95	1008	369.5	53.84	2.72
% of Calories				7.04%		*7.4%	28.2%	*0.0%		52.6%		19.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 11/17/2017

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
000255 BLUEBERRIES,Fresh	1/2 CUP	100	84	0.04	1	15	0.49	0.00	0	21.45	3.55	1.10	80	8.9	14.36	0.41

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2017 thru Nov 30, 2017

	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	286	1.53	638	*N/A*	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
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
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
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			665	4.40	772	*24	21.31	*0.00	33	92.89	11.28	30.39	4139	471.9	19.62	3.18
% of Calories				5.95%		*14.4%	28.8%	*0.0%		55.9%		18.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 11/20/2017

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

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2017 thru Nov 30, 2017

	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)
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	286	1.53	638	*N/A*	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
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
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
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			691	9.88	1273	*10	25.04	*0.24	68	84.30	8.97	31.33	3964	448.8	11.27	3.08
% of Calories				12.87%		*5.8%	32.6%	*0.3%		48.8%		18.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Portion Values

Nov 1, 2017 thru Nov 30, 2017

Tuesday - 11/21/2017

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)
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
500116 MACARONI AND CHEESE	2/3 CUP	40	296	6.82	896	*N/A*	12.18	*N/A*	31	27.44	0.89	19.64	684	482.0	0.38	1.02
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
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
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	286	1.53	638	*N/A*	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
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
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
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

Nov 1, 2017 thru Nov 30, 2017

	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			571	6.24	931	*11	18.24	*0.00	53	71.61	7.89	31.55	2098	583.6	133.60	3.50
% of Calories				9.84%		*7.7%	28.7%	*0.0%		50.2%		22.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 11/27/2017

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	41.00	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	286	1.53	638	*N/A*	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
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
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
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

Nov 1, 2017 thru Nov 30, 2017

	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			683	5.86	1289	*10	16.86	*0.00	25	102.05	10.03	29.75	1488	487.6	15.35	4.74
% of Calories				7.72%		*5.9%	22.2%	*0.0%		59.8%		17.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 11/28/2017

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 CI, 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
000007 PINTO BEANS: cooked	1/2 CUP	50	122	0.12	1	0	0.56	0.00	0	22.42	7.70	7.70	0	39.3	0.68	1.79
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	286	1.53	638	*N/A*	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
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

Nov 1, 2017 thru Nov 30, 2017

	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	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
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
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	4.61	683	*10	20.78	*0.00	48	75.10	8.70	32.44	1262	474.6	60.52	2.75
% of Calories				6.76%		*6.5%	30.5%	*0.0%		48.9%		21.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 11/29/2017

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	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
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
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
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
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

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2017 thru Nov 30, 2017

	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)
000042 PICKLES,DILL SPEAR	EACH	30	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	286	1.53	638	*N/A*	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
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
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
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			563	6.05	1171	*10	17.46	*0.24	45	78.75	6.39	28.84	1351	450.1	18.11	3.62
% of Calories				9.67%		*7.1%	27.9%	*0.4%		56.0%		20.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 11/30/2017

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)
990122 Soft Tacos, Arbor B - 24	2 Tacos	40	468	6.86	696	*N/A*	17.17	0.00	83	40.14	8.06	36.46	1420	121.2	12.17	5.46

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2017 thru Nov 30, 2017

	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)
990192 3 Cheese Grilled Cheese, Arbor B-108, 33g	1 Each	30	615	23.58	1560	*0	42.36	0.00	115	33.01	2.00	27.08	1127	452.2	0.00	0.74
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
990054 Romaine Salad	1 Cup	100	9	0.00	6	*N/A*	0.00	0.00	0	1.70	1.13	0.57	4819	22.7	2.04	0.61
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	286	1.53	638	*N/A*	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
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
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
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			668	11.71	1112	*11	25.97	*0.00	80	72.75	9.35	39.48	7261	571.2	93.35	4.32
% of Calories				15.78%		*6.6%	35.0%	*0.0%		43.6%		23.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2017 thru Nov 30, 2017

**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.*