

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

**Menu Name:** Dixon RMS & Madison Lunch

**Include Cost:** No

**Site:**

**Report Style:** Detailed

**Wednesday - 11/01/2017**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990056 Spicy Sriracha Chicken Sandwich	1 Each	40	343	1.53	790	*N/A*	10.14	0.00	31	41.14	5.03	21.26	102	40.3	85.45	2.91
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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Arbor Management Inc

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
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
500014 BARBECUE SAUCE	2 TBSP	100	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
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.	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			633	4.18	1806	*15	13.08	*0.06	39	102.48	13.23	31.03	3223	627.0	68.92	4.96
% of Calories				5.94%		*9.5%	18.6%	*0.1%		64.8%		19.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 11/02/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
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

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	5	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	5	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
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
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

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500156 INSTANT MASHED POTATOES: FLAKE	1/2 CUP	100	101	0.59	210	*N/A*	2.82	*N/A*	1	16.76	1.30	2.66	123	45.0	15.90	0.25
Weighted Daily Average			606	5.45	1188	*11	16.17	*0.06	50	90.13	9.36	25.95	3413	646.2	52.36	4.06
% of Calories				8.09%		*7.3%	24.0%	*0.1%		59.5%		17.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

## Friday - 11/03/2017

## Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990107 French Toast Sticks (4 Each), WG	Each	40	300	3.00	380	*N/A*	12.00	0.00	0	42.00	2.00	6.00	0	60.0	0.00	1.80
990291 Syrup Packet, Madeira, 1 oz. packet	1 Packet	40	80	0.00	20	14	0.00	0.00	0	20.00	0.00	0.00	0	0.0	0.00	0.00
990155 Turkey Bacon Wrap, Arbor C-4	Each	5	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	5	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	5	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
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

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
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
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
500005 BAKED BEANS (VEGETARIAN)	SERVINGS	20	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
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			595	4.75	992	*18	13.03	*0.06	27	98.40	11.37	26.16	3179	615.6	110.19	4.64
% of Calories				7.18%		*12.1%	19.7%	*0.1%		66.2%		17.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 11/06/2017

Reimbursable Meal Total 100

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990099 BBQ Rib Sandwich	Each	50	325	3.50	1120	*N/A*	12.00	0.00	30	41.00	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
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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	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
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
500014 BARBECUE SAUCE	2 TBSP	100	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
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

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
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
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			635	5.25	1773	*13	14.18	*0.06	42	103.33	10.43	30.42	7696	604.8	35.89	5.27
% of Calories				7.44%		*8.2%	20.1%	*0.1%		65.1%		19.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 11/07/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	50	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
990155 Turkey Bacon Wrap, Arbor C-4	Each	2	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	2	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	2	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	2	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
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

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
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
500014 BARBECUE SAUCE	2 TBSP	60	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
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
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			628	4.46	1142	*14	17.23	*0.06	34	92.66	11.73	29.64	5524	628.0	109.34	3.45
% of Calories				6.39%		*8.9%	24.7%	*0.1%		59.0%		18.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 11/08/2017

Reimbursable Meal Total 100



# Base Menu Spreadsheet

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
500116 MACARONI AND CHEESE	2/3 CUP	50	296	6.82	896	*N/A*	12.18	*N/A*	31	27.44	0.89	19.64	684	482.0	0.38	1.02
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
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	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
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
500014 BARBECUE SAUCE	2 TBSP	100	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			614	5.88	1752	*15	13.74	*0.06	35	98.29	11.48	29.61	2921	751.3	34.64	4.00
% of Calories				8.62%		*9.8%	20.1%	*0.1%		64.0%		19.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 11/09/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990062 Chicken Nuggets, GoldKist	4 Each	50	258	2.97	347	*N/A*	13.87	0.00	64	14.86	1.98	16.85	99	19.8	107.03	1.43
990155 Turkey Bacon Wrap, Arbor C-4	Each	5	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	5	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	5	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	5	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	5	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
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
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
500156 INSTANT MASHED POTATOES: FLAKE	1/2 CUP	100	101	0.59	210	*N/A*	2.82	*N/A*	1	16.76	1.30	2.66	123	45.0	15.90	0.25
Weighted Daily Average			618	5.53	1209	*11	17.51	*0.06	60	85.56	9.15	30.37	3463	616.1	105.87	4.05
% of Calories				8.05%		*7.1%	25.5%	*0.1%		55.4%		19.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 11/10/2017

Reimbursable Meal Total 100

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
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	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
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
500005 BAKED BEANS (VEGETARIAN)	SERVINGS	20	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
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			739	7.75	1363	*12	27.43	*0.06	61	82.95	11.67	45.16	*3597	861.1	*113.19	5.31
% of Calories				9.44%		*6.5%	33.4%	*0.1%		44.9%		24.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 11/13/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990122 Soft Tacos, Arbor B - 24	2 Tacos	50	468	6.86	696	*N/A*	17.17	0.00	83	40.14	8.06	36.46	1420	121.2	12.17	5.46
990155 Turkey Bacon Wrap, Arbor C-4	Each	5	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	5	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	5	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	5	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	5	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
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
500014 BARBECUE SAUCE	2 TBSP	100	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
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
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
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

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990032 Corn, Golden Sweet	2 Ounces	100	47	0.00	0	1	0.33	0.00	0	12.00	1.33	2.00	133	0.0	4.00	0.24
Weighted Daily Average			733	6.94	1563	*14	16.94	*0.06	68	109.65	13.87	41.29	8486	628.0	43.53	7.04
% of Calories				8.52%		*7.6%	20.8%	*0.1%		59.8%		22.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 11/14/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
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
500014 BARBECUE SAUCE	2 TBSP	100	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000222 KETCHUP: individual	Pkt 6g	100	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	100	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000377 CUCUMBER,RAW	2 OZ	100	7	0.01	1	1	0.09	0.00	0	1.22	0.40	0.34	41	7.9	1.81	0.12
990033 Carroteenies, Packer	1.6 Ounce	100	15	0.00	35	*N/A*	0.00	0.00	0	4.00	1.00	0.00	3000	0.0	0.00	0.00
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			626	4.43	1629	*16	12.15	*0.06	36	103.86	12.18	29.97	6278	675.4	119.00	4.47
% of Calories				6.37%		*10.2%	17.5%	*0.1%		66.4%		19.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 11/15/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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



# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990042 Roll, WG, Rubschlager, 13g	Each	100	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	10	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	5	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	5	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	5	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	10	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
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	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
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
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
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			621	7.00	1340	*13	18.06	*0.12	53	87.82	11.96	32.30	3560	627.9	28.64	4.80
% of Calories				10.14%		*8.4%	26.2%	*0.2%		56.6%		20.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 11/16/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	10	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	10	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	10	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	10	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
500193 TOASTED TURKEY HAM & CHEESE	SERVINGS	1	319	4.47	1231	*N/A*	11.00	*N/A*	48	34.42	1.39	20.26	408	272.0	0.00	2.39
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	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
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
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
500156 INSTANT MASHED POTATOES: FLAKE	1/2 CUP	20	101	0.59	210	*N/A*	2.82	*N/A*	1	16.76	1.30	2.66	123	45.0	15.90	0.25
Weighted Daily Average			595	6.94	1436	*11	15.87	*0.06	52	83.23	8.84	30.65	3899	763.9	34.12	3.81
% of Calories				10.50%		*7.4%	24.0%	*0.1%		56.0%		20.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 11/17/2017

Reimbursable Meal Total 100

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990099 BBQ Rib Sandwich	Each	50	325	3.50	1120	*N/A*	12.00	0.00	30	41.00	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
990085 Cheese Pizza, WG, The MAX, 37g	Each	2	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	2	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
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
500014 BARBECUE SAUCE	2 TBSP	100	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
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

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
500005 BAKED BEANS (VEGETARIAN)	SERVINGS	20	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
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			616	4.39	1744	*14	12.44	*0.06	36	103.65	11.94	30.11	2918	549.2	115.04	5.17
% of Calories				6.41%		*9.1%	18.2%	*0.1%		67.3%		19.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Monday - 11/20/2017

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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	35.82	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

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
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
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
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
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			635	7.14	1530	*12	17.67	*0.06	57	92.55	10.88	32.30	8480	694.0	33.11	5.47
% of Calories				10.12%		*7.6%	25.0%	*0.1%		58.3%		20.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 11/21/2017

Reimbursable Meal Total 100

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
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	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
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

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
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	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			621	7.10	1322	*13	17.51	*0.06	38	88.88	11.30	31.29	6572	848.0	67.23	4.01
% of Calories				10.29%		*8.4%	25.4%	*0.1%		57.2%		20.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Monday - 11/27/2017

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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



# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990156 Cajun Chicken Wrap	Each	1	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990155 Turkey Bacon Wrap, Arbor C-4	Each	1	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
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
500014 BARBECUE SAUCE	2 TBSP	100	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
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
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
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			569	4.55	1437	*13	12.63	*0.06	44	89.38	9.83	29.32	*7668	468.8	*78.19	5.01
% of Calories				7.20%		*9.1%	20.0%	*0.1%		62.8%		20.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

# Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2017 thru Nov 30, 2017

Tuesday - 11/28/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990165 Pepperoni Pasta Bake, Arbor A-12	2/3 Cup	40	286	4.44	595	*0	11.85	0.00	21	27.41	4.20	17.62	*868	*129.6	*5.38	*3.16
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	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
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

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
500014 BARBECUE SAUCE	2 TBSP	60	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
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
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
990059 Tomato, Cherry, Packer	1/4 Cup	100	12	0.02	10	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
990032 Corn, Golden Sweet	2 Ounces	100	47	0.00	0	1	0.33	0.00	0	12.00	1.33	2.00	133	0.0	4.00	0.24
Weighted Daily Average			589	5.32	1257	*13	13.43	*0.06	35	93.70	11.16	29.72	*7977	*507.5	*37.84	*5.41
% of Calories				8.13%		*8.8%	20.5%	*0.1%		63.6%		20.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Wednesday - 11/29/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990056 Spicy Sriracha Chicken Sandwich	1 Each	40	343	1.53	790	*N/A*	10.14	0.00	31	41.14	5.03	21.26	102	40.3	85.45	2.91
990155 Turkey Bacon Wrap, Arbor C-4	Each	5	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	5	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	5	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g	Each	5	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	5	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
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
500014 BARBECUE SAUCE	2 TBSP	100	48	0.02	309	*N/A*	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
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

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			633	4.18	1806	*15	13.08	*0.06	39	102.48	13.23	31.03	3223	627.0	68.92	4.96
% of Calories				5.94%		*9.5%	18.6%	*0.1%		64.8%		19.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 11/30/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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
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	286	1.53	638	*N/A*	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88

# Base Menu Spreadsheet

## Portion Values

Nov 1, 2017 thru Nov 30, 2017

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
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
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
500156 INSTANT MASHED POTATOES: FLAKE	1/2 CUP	100	101	0.59	210	*N/A*	2.82	*N/A*	1	16.76	1.30	2.66	123	45.0	15.90	0.25
Weighted Daily Average			633	5.52	1278	*11	17.63	*0.06	56	92.50	9.51	27.58	*4094	546.7	*57.15	4.26
% of Calories				7.85%		*7.0%	25.1%	*0.1%		58.5%		17.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - 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.**