

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Aug 14, 2017 thru Aug 31, 2017

Menu Name: Dixon Breakfast

Include Cost: No

Site:

Report Style: Detailed

Monday - 08/14/2017

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)
990133 Bagel, Strwbry Cream Cheese Mini, 41g	Package (69g)	20	240	2.50	180	*N/A*	6.00	0.00	10	41.00	2.00	6.00	100	20.0	0.00	1.08
990134 Bagel, Cinnamon Cream Chse, 41g	Package (69g)	20	240	2.50	180	*N/A*	6.00	0.00	10	41.00	2.00	6.00	100	20.0	0.00	1.44
990125 Super Donut, WG, Super Bakery, 29g	Donut	40	250	3.00	250	*N/A*	11.00	0.00	5	29.00	*0	5.00	2000	200.0	30.00	5.40
990126 Cereal, Cinnamon Toasters, 22g	3/4 Cup	5	120	0.50	130	*N/A*	3.50	0.00	0	22.00	0.50	1.00	500	100.0	6.00	9.00
990127 Cereal, Honey Graham Square, WG	3/4 Cup	3	120	0.00	250	*N/A*	3.00	0.00	0	24.00	1.00	1.00	500	100.0	6.00	9.00
990128 Cereal, Marshmallow Mateys, WG, 24g	CUP	3	110	0.00	190	*N/A*	1.00	0.00	0	24.00	1.00	2.00	500	100.0	6.00	9.00
990129 Cereal, Rice Chex GF, Gen Mills, 23g	CUP	3	100	0.00	220	*N/A*	0.50	0.00	0	23.00	1.00	2.00	500	100.0	6.00	9.00
990130 Cereal, Rice Crispy, 29g	Cup	3	96	0.00	248	*N/A*	0.00	0.00	0	23.20	0.00	1.60	600	0.0	9.60	7.20
990131 Cereal, Tootie Fruities, 19g	3/4 Cup	3	90	0.00	100	*N/A*	0.50	0.00	0	19.00	0.50	1.00	300	60.0	3.60	5.40
990132 Vanilla Graham Bears, WG, 20g	1 OZ	20	110	0.50	95	*N/A*	3.50	0.00	0	20.00	2.00	4.00	300	20.0	3.60	1.80
000246 FRUIT JUICE, ASSORTED	4 fl.oz.	50	64	0.02	5	13	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24
000245 FRUIT, FRESH ASSORTED	EACH	50	74	0.06	1	14	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990040 Milk, Chocolate, Skim, Prairie Farms	Each	40	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	30	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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Aug 14, 2017 thru Aug 31, 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	30	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			408	2.87	366	*21	8.81	*0.00	13	69.16	*2.96	14.30	1607	424.0	35.55	5.11
% of Calories				6.33%		*20.6%	19.4%	*0.0%		67.8%		14.0%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Tuesday - 08/15/2017

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 ^m (mg)	Vit-C (mg)	Iron (mg)
990135 Egg & Cheese Wrap	Wrap	40	394	9.56	687	*N/A*	20.87	0.00	245	33.90	3.00	18.30	300	190.0	0.00	1.44
990136 Pop-Tart, Frosted Cinnamon, 37g	Pastry	40	180	1.00	190	*N/A*	7.00	0.00	0	37.00	3.00	2.00	500	100.0	0.00	1.80
990126 Cereal, Cinnamon Toasters, 22g	3/4 Cup	5	120	0.50	130	*N/A*	3.50	0.00	0	22.00	0.50	1.00	500	100.0	6.00	9.00
990127 Cereal, Honey Graham Square, WG	3/4 Cup	3	120	0.00	250	*N/A*	3.00	0.00	0	24.00	1.00	1.00	500	100.0	6.00	9.00
990128 Cereal, Marshmallow Mateys, WG, 24g	CUP	3	110	0.00	190	*N/A*	1.00	0.00	0	24.00	1.00	2.00	500	100.0	6.00	9.00
990129 Cereal, Rice Chex GF, Gen Mills, 23g	CUP	3	100	0.00	220	*N/A*	0.50	0.00	0	23.00	1.00	2.00	500	100.0	6.00	9.00
990130 Cereal, Rice Crispy, 29g	Cup	3	96	0.00	248	*N/A*	0.00	0.00	0	23.20	0.00	1.60	600	0.0	9.60	7.20
990131 Cereal, Tootie Fruities, 19g	3/4 Cup	3	90	0.00	100	*N/A*	0.50	0.00	0	19.00	0.50	1.00	300	60.0	3.60	5.40
990132 Vanilla Graham Bears, WG, 20g	1 OZ	20	110	0.50	95	*N/A*	3.50	0.00	0	20.00	2.00	4.00	300	20.0	3.60	1.80
000246 FRUIT JUICE,ASSORTED	4 fl.oz.	50	64	0.02	5	13	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24
000245 FRUIT,FRESH ASSORTED	EACH	50	74	0.06	1	14	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25

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Aug 14, 2017 thru Aug 31, 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	40	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	30	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK,Skim	HALF PINT	30	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			442	4.89	544	*21	13.16	*0.00	105	69.52	4.56	18.02	1087	452.0	23.55	3.75
% of Calories				9.96%		*19.0%	26.8%	*0.0%		62.9%		16.3%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Wednesday - 08/16/2017

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)
990137 French Toast Mini, Pillsbury, 37g	Pouch	40	220	1.00	200	*N/A*	7.00	0.00	0	37.00	2.00	3.00	0	60.0	0.00	1.44
990136 Pop-Tart, Frosted Cinnamon, 37g	Pastry	40	180	1.00	190	*N/A*	7.00	0.00	0	37.00	3.00	2.00	500	100.0	0.00	1.80
990126 Cereal, Cinnamon Toasters, 22g	3/4 Cup	5	120	0.50	130	*N/A*	3.50	0.00	0	22.00	0.50	1.00	500	100.0	6.00	9.00
990127 Cereal, Honey Graham Square, WG	3/4 Cup	3	120	0.00	250	*N/A*	3.00	0.00	0	24.00	1.00	1.00	500	100.0	6.00	9.00
990128 Cereal, Marshmallow Mateys, WG, 24g	CUP	3	110	0.00	190	*N/A*	1.00	0.00	0	24.00	1.00	2.00	500	100.0	6.00	9.00
990129 Cereal, Rice Chex GF, Gen Mills, 23g	CUP	3	100	0.00	220	*N/A*	0.50	0.00	0	23.00	1.00	2.00	500	100.0	6.00	9.00
990130 Cereal, Rice Crispy, 29g	Cup	3	96	0.00	248	*N/A*	0.00	0.00	0	23.20	0.00	1.60	600	0.0	9.60	7.20
990131 Cereal, Tootie Fruities, 19g	3/4 Cup	3	90	0.00	100	*N/A*	0.50	0.00	0	19.00	0.50	1.00	300	60.0	3.60	5.40
990132 Vanilla Graham Bears, WG, 20g	1 OZ	20	110	0.50	95	*N/A*	3.50	0.00	0	20.00	2.00	4.00	300	20.0	3.60	1.80

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000246 FRUIT JUICE,ASSORTED	4 fl.oz.	50	64	0.02	5	13	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24
000245 FRUIT,FRESH ASSORTED	EACH	50	74	0.06	1	14	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990040 Milk, Chocolate, Skim, Prairie Farms	Each	40	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	30	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK,Skim	HALF PINT	30	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			372	1.47	350	*21	7.61	*0.00	7	70.76	4.16	11.90	967	400.0	23.55	3.75
% of Calories				3.56%		*22.6%	18.4%	*0.0%		76.1%		12.8%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Thursday - 08/17/2017

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)
990072 Mini Cinnamon Roll, WG, Pillsbury	Each	40	240	1.50	270	*N/A*	7.00	0.00	0	39.00	2.00	5.00	0	40.0	0.00	1.44
990138 Frudel, Apple Strudel, WG, 36g	Frudel	40	210	1.00	260	5	6.00	0.00	0	36.00	2.00	5.00	0	0.0	0.00	1.08
990126 Cereal, Cinnamon Toasters, 22g	3/4 Cup	5	120	0.50	130	*N/A*	3.50	0.00	0	22.00	0.50	1.00	500	100.0	6.00	9.00
990127 Cereal, Honey Graham Square, WG	3/4 Cup	3	120	0.00	250	*N/A*	3.00	0.00	0	24.00	1.00	1.00	500	100.0	6.00	9.00
990128 Cereal, Marshmallow Mateys, WG, 24g	CUP	3	110	0.00	190	*N/A*	1.00	0.00	0	24.00	1.00	2.00	500	100.0	6.00	9.00
990129 Cereal, Rice Chex GF, Gen Mills, 23g	CUP	3	100	0.00	220	*N/A*	0.50	0.00	0	23.00	1.00	2.00	500	100.0	6.00	9.00
990130 Cereal, Rice Crispy, 29g	Cup	3	96	0.00	248	*N/A*	0.00	0.00	0	23.20	0.00	1.60	600	0.0	9.60	7.20

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990131 Cereal, Tootie Fruities, 19g	3/4 Cup	3	90	0.00	100	*N/A*	0.50	0.00	0	19.00	0.50	1.00	300	60.0	3.60	5.40
990132 Vanilla Graham Bears, WG, 20g	1 OZ	20	110	0.50	95	*N/A*	3.50	0.00	0	20.00	2.00	4.00	300	20.0	3.60	1.80
000246 FRUIT JUICE, ASSORTED	4 fl.oz.	50	64	0.02	5	13	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24
000245 FRUIT, FRESH ASSORTED	EACH	50	74	0.06	1	14	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990040 Milk, Chocolate, Skim, Prairie Farms	Each	40	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	30	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK, Skim	HALF PINT	30	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			392	1.67	406	*23	7.21	*0.00	7	71.16	3.76	13.90	767	352.0	23.55	3.46
% of Calories				3.83%		*23.5%	16.6%	*0.0%		72.6%		14.2%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Friday - 08/18/2017

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990139 Pancake on a Stick, Turkey Sausage, 17g	Each	40	200	2.50	310	*N/A*	10.00	0.00	25	17.00	3.00	7.00	0	20.0	0.00	1.80
990140 Pizza, Breakfast, Bacon & Egg, Tonys, 29.8g	Piece	40	210	3.50	320	*N/A*	8.00	0.00	55	23.00	2.00	10.00	0	150.0	0.00	1.80
990126 Cereal, Cinnamon Toasters, 22g	3/4 Cup	5	120	0.50	130	*N/A*	3.50	0.00	0	22.00	0.50	1.00	500	100.0	6.00	9.00
990127 Cereal, Honey Graham Square, WG	3/4 Cup	3	120	0.00	250	*N/A*	3.00	0.00	0	24.00	1.00	1.00	500	100.0	6.00	9.00
990128 Cereal, Marshmallow Mateys, WG, 24g	CUP	3	110	0.00	190	*N/A*	1.00	0.00	0	24.00	1.00	2.00	500	100.0	6.00	9.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990129 Cereal, Rice Chex GF, Gen Mills, 23g	CUP	3	100	0.00	220	*N/A*	0.50	0.00	0	23.00	1.00	2.00	500	100.0	6.00	9.00
990130 Cereal, Rice Crispy, 29g	Cup	3	96	0.00	248	*N/A*	0.00	0.00	0	23.20	0.00	1.60	600	0.0	9.60	7.20
990131 Cereal, Tootie Fruities, 19g	3/4 Cup	3	90	0.00	100	*N/A*	0.50	0.00	0	19.00	0.50	1.00	300	60.0	3.60	5.40
990132 Vanilla Graham Bears, WG, 20g	1 OZ	20	110	0.50	95	*N/A*	3.50	0.00	0	20.00	2.00	4.00	300	20.0	3.60	1.80
000246 FRUIT JUICE,ASSORTED	4 fl.oz.	50	64	0.02	5	13	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24
000245 FRUIT,FRESH ASSORTED	EACH	50	74	0.06	1	14	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990040 Milk, Chocolate, Skim, Prairie Farms	Each	70	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	30	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK,Skim	HALF PINT	30	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			409	3.07	500	*21	9.21	*0.00	41	63.16	4.16	19.10	917	494.0	23.91	4.01
% of Calories				6.76%		*20.5%	20.3%	*0.0%		61.8%		18.7%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Monday - 08/21/2017

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 ^m (mg)	Vit-C (mg)	Iron (mg)
990133 Bagel, Strwbry Cream Cheese Mini, 41g	Package (69g)	20	240	2.50	180	*N/A*	6.00	0.00	10	41.00	2.00	6.00	100	20.0	0.00	1.08
990134 Bagel, Cinnamon Cream Chse, 41g	Package (69g)	20	240	2.50	180	*N/A*	6.00	0.00	10	41.00	2.00	6.00	100	20.0	0.00	1.44
990125 Super Donut, WG, Super Bakery, 29g	Donut	40	250	3.00	250	*N/A*	11.00	0.00	5	29.00	*0	5.00	2000	200.0	30.00	5.40

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990126 Cereal, Cinnamon Toasters, 22g	3/4 Cup	3	120	0.50	130	*N/A*	3.50	0.00	0	22.00	0.50	1.00	500	100.0	6.00	9.00
990127 Cereal, Honey Graham Square, WG	3/4 Cup	3	120	0.00	250	*N/A*	3.00	0.00	0	24.00	1.00	1.00	500	100.0	6.00	9.00
990128 Cereal, Marshmallow Mateys, WG, 24g	CUP	3	110	0.00	190	*N/A*	1.00	0.00	0	24.00	1.00	2.00	500	100.0	6.00	9.00
990129 Cereal, Rice Chex GF, Gen Mills, 23g	CUP	3	100	0.00	220	*N/A*	0.50	0.00	0	23.00	1.00	2.00	500	100.0	6.00	9.00
990130 Cereal, Rice Crispy, 29g	Cup	3	96	0.00	248	*N/A*	0.00	0.00	0	23.20	0.00	1.60	600	0.0	9.60	7.20
990131 Cereal, Tootie Fruities, 19g	3/4 Cup	3	90	0.00	100	*N/A*	0.50	0.00	0	19.00	0.50	1.00	300	60.0	3.60	5.40
990132 Vanilla Graham Bears, WG, 20g	1 OZ	18	110	0.50	95	*N/A*	3.50	0.00	0	20.00	2.00	4.00	300	20.0	3.60	1.80
000246 FRUIT JUICE, ASSORTED	4 fl.oz.	50	64	0.02	5	13	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24
000245 FRUIT, FRESH ASSORTED	EACH	50	74	0.06	1	14	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990040 Milk, Chocolate, Skim, Prairie Farms	Each	40	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	30	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK, Skim	HALF PINT	30	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			404	2.85	361	*21	8.67	*0.00	13	68.32	*2.91	14.20	1591	421.6	35.36	4.90
% of Calories				6.35%		*20.8%	19.3%	*0.0%		67.6%		14.1%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Tuesday - 08/22/2017

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Aug 14, 2017 thru Aug 31, 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)
990135 Egg & Cheese Wrap	Wrap	40	394	9.56	687	*N/A*	20.87	0.00	245	33.90	3.00	18.30	300	190.0	0.00	1.44
990136 Pop-Tart, Frosted Cinnamon, 37g	Pastry	40	180	1.00	190	*N/A*	7.00	0.00	0	37.00	3.00	2.00	500	100.0	0.00	1.80
990126 Cereal, Cinnamon Toasters, 22g	3/4 Cup	3	120	0.50	130	*N/A*	3.50	0.00	0	22.00	0.50	1.00	500	100.0	6.00	9.00
990127 Cereal, Honey Graham Square, WG	3/4 Cup	3	120	0.00	250	*N/A*	3.00	0.00	0	24.00	1.00	1.00	500	100.0	6.00	9.00
990128 Cereal, Marshmallow Mateys, WG, 24g	CUP	3	110	0.00	190	*N/A*	1.00	0.00	0	24.00	1.00	2.00	500	100.0	6.00	9.00
990129 Cereal, Rice Chex GF, Gen Mills, 23g	CUP	3	100	0.00	220	*N/A*	0.50	0.00	0	23.00	1.00	2.00	500	100.0	6.00	9.00
990130 Cereal, Rice Crispy, 29g	Cup	3	96	0.00	248	*N/A*	0.00	0.00	0	23.20	0.00	1.60	600	0.0	9.60	7.20
990131 Cereal, Tootie Fruities, 19g	3/4 Cup	3	90	0.00	100	*N/A*	0.50	0.00	0	19.00	0.50	1.00	300	60.0	3.60	5.40
990132 Vanilla Graham Bears, WG, 20g	1 OZ	18	110	0.50	95	*N/A*	3.50	0.00	0	20.00	2.00	4.00	300	20.0	3.60	1.80
000246 FRUIT JUICE, ASSORTED	4 fl.oz.	50	64	0.02	5	13	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24
000245 FRUIT, FRESH ASSORTED	EACH	50	74	0.06	1	14	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990040 Milk, Chocolate, Skim, Prairie Farms	Each	40	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	30	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK, Skim	HALF PINT	30	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			437	4.87	540	*21	13.02	*0.00	105	68.68	4.51	17.92	1071	449.6	23.36	3.53
% of Calories				10.03%		*19.2%	26.8%	*0.0%		62.9%		16.4%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Wednesday - 08/23/2017

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Aug 14, 2017 thru Aug 31, 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)
990137 French Toast Mini, Pillsbury, 37g	Pouch	40	220	1.00	200	*N/A*	7.00	0.00	0	37.00	2.00	3.00	0	60.0	0.00	1.44
990136 Pop-Tart, Frosted Cinnamon, 37g	Pastry	40	180	1.00	190	*N/A*	7.00	0.00	0	37.00	3.00	2.00	500	100.0	0.00	1.80
990126 Cereal, Cinnamon Toasters, 22g	3/4 Cup	5	120	0.50	130	*N/A*	3.50	0.00	0	22.00	0.50	1.00	500	100.0	6.00	9.00
990127 Cereal, Honey Graham Square, WG	3/4 Cup	3	120	0.00	250	*N/A*	3.00	0.00	0	24.00	1.00	1.00	500	100.0	6.00	9.00
990128 Cereal, Marshmallow Mateys, WG, 24g	CUP	3	110	0.00	190	*N/A*	1.00	0.00	0	24.00	1.00	2.00	500	100.0	6.00	9.00
990129 Cereal, Rice Chex GF, Gen Mills, 23g	CUP	3	100	0.00	220	*N/A*	0.50	0.00	0	23.00	1.00	2.00	500	100.0	6.00	9.00
990130 Cereal, Rice Crispy, 29g	Cup	3	96	0.00	248	*N/A*	0.00	0.00	0	23.20	0.00	1.60	600	0.0	9.60	7.20
990131 Cereal, Tootie Fruities, 19g	3/4 Cup	3	90	0.00	100	*N/A*	0.50	0.00	0	19.00	0.50	1.00	300	60.0	3.60	5.40
990132 Vanilla Graham Bears, WG, 20g	1 OZ	20	110	0.50	95	*N/A*	3.50	0.00	0	20.00	2.00	4.00	300	20.0	3.60	1.80
000246 FRUIT JUICE, ASSORTED	4 fl.oz.	50	64	0.02	5	13	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24
000245 FRUIT, FRESH ASSORTED	EACH	50	74	0.06	1	14	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990040 Milk, Chocolate, Skim, Prairie Farms	Each	40	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	30	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK, Skim	HALF PINT	30	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			372	1.47	350	*21	7.61	*0.00	7	70.76	4.16	11.90	967	400.0	23.55	3.75
% of Calories				3.56%		*22.6%	18.4%	*0.0%		76.1%		12.8%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Thursday - 08/24/2017

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Aug 14, 2017 thru Aug 31, 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 (mg)	Vit-C (mg)	Iron (mg)
990072 Mini Cinnamon Roll, WG, Pillsbury	Each	40	240	1.50	270	*N/A*	7.00	0.00	0	39.00	2.00	5.00	0	40.0	0.00	1.44
990138 Frudel, Apple Strudel, WG, 36g	Frudel	40	210	1.00	260	5	6.00	0.00	0	36.00	2.00	5.00	0	0.0	0.00	1.08
990126 Cereal, Cinnamon Toasters, 22g	3/4 Cup	5	120	0.50	130	*N/A*	3.50	0.00	0	22.00	0.50	1.00	500	100.0	6.00	9.00
990127 Cereal, Honey Graham Square, WG	3/4 Cup	3	120	0.00	250	*N/A*	3.00	0.00	0	24.00	1.00	1.00	500	100.0	6.00	9.00
990128 Cereal, Marshmallow Mateys, WG, 24g	CUP	3	110	0.00	190	*N/A*	1.00	0.00	0	24.00	1.00	2.00	500	100.0	6.00	9.00
990129 Cereal, Rice Chex GF, Gen Mills, 23g	CUP	3	100	0.00	220	*N/A*	0.50	0.00	0	23.00	1.00	2.00	500	100.0	6.00	9.00
990130 Cereal, Rice Crispy, 29g	Cup	3	96	0.00	248	*N/A*	0.00	0.00	0	23.20	0.00	1.60	600	0.0	9.60	7.20
990131 Cereal, Tootie Fruities, 19g	3/4 Cup	3	90	0.00	100	*N/A*	0.50	0.00	0	19.00	0.50	1.00	300	60.0	3.60	5.40
990132 Vanilla Graham Bears, WG, 20g	1 OZ	20	110	0.50	95	*N/A*	3.50	0.00	0	20.00	2.00	4.00	300	20.0	3.60	1.80
000246 FRUIT JUICE, ASSORTED	4 fl.oz.	50	64	0.02	5	13	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24
000245 FRUIT, FRESH ASSORTED	EACH	50	74	0.06	1	14	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990040 Milk, Chocolate, Skim, Prairie Farms	Each	40	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	30	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK, Skim	HALF PINT	30	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			392	1.67	406	*23	7.21	*0.00	7	71.16	3.76	13.90	767	352.0	23.55	3.46
% of Calories				3.83%		*23.5%	16.6%	*0.0%		72.6%		14.2%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Aug 14, 2017 thru Aug 31, 2017

Friday - 08/25/2017

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)
990139 Pancake on a Stick, Turkey Sausage, 17g	Each	40	200	2.50	310	*N/A*	10.00	0.00	25	17.00	3.00	7.00	0	20.0	0.00	1.80
990140 Pizza, Breakfast, Bacon & Egg, Tonys, 29.8g	Piece	40	210	3.50	320	*N/A*	8.00	0.00	55	23.00	2.00	10.00	0	150.0	0.00	1.80
990126 Cereal, Cinnamon Toasters, 22g	3/4 Cup	5	120	0.50	130	*N/A*	3.50	0.00	0	22.00	0.50	1.00	500	100.0	6.00	9.00
990127 Cereal, Honey Graham Square, WG	3/4 Cup	3	120	0.00	250	*N/A*	3.00	0.00	0	24.00	1.00	1.00	500	100.0	6.00	9.00
990128 Cereal, Marshmallow Mateys, WG, 24g	CUP	3	110	0.00	190	*N/A*	1.00	0.00	0	24.00	1.00	2.00	500	100.0	6.00	9.00
990129 Cereal, Rice Chex GF, Gen Mills, 23g	CUP	3	100	0.00	220	*N/A*	0.50	0.00	0	23.00	1.00	2.00	500	100.0	6.00	9.00
990130 Cereal, Rice Crispy, 29g	Cup	3	96	0.00	248	*N/A*	0.00	0.00	0	23.20	0.00	1.60	600	0.0	9.60	7.20
990131 Cereal, Tootie Fruities, 19g	3/4 Cup	3	90	0.00	100	*N/A*	0.50	0.00	0	19.00	0.50	1.00	300	60.0	3.60	5.40
990132 Vanilla Graham Bears, WG, 20g	1 OZ	20	110	0.50	95	*N/A*	3.50	0.00	0	20.00	2.00	4.00	300	20.0	3.60	1.80
000246 FRUIT JUICE, ASSORTED	4 fl.oz.	50	64	0.02	5	13	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24
000245 FRUIT, FRESH ASSORTED	EACH	50	74	0.06	1	14	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990040 Milk, Chocolate, Skim, Prairie Farms	Each	70	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	30	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Aug 14, 2017 thru Aug 31, 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000231 MILK,Skim	HALF PINT	30	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			409	3.07	500	*21	9.21	*0.00	41	63.16	4.16	19.10	917	494.0	23.91	4.01
% of Calories				6.76%		*20.5%	20.3%	*0.0%		61.8%		18.7%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Monday - 08/28/2017

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990133 Bagel, Strwbry Cream Cheese Mini, 41g	Package (69g)	20	240	2.50	180	*N/A*	6.00	0.00	10	41.00	2.00	6.00	100	20.0	0.00	1.08
990134 Bagel, Cinnamon Cream Chse, 41g	Package (69g)	20	240	2.50	180	*N/A*	6.00	0.00	10	41.00	2.00	6.00	100	20.0	0.00	1.44
990125 Super Donut, WG, Super Bakery, 29g	Donut	40	250	3.00	250	*N/A*	11.00	0.00	5	29.00	*0	5.00	2000	200.0	30.00	5.40
990126 Cereal, Cinnamon Toasters, 22g	3/4 Cup	3	120	0.50	130	*N/A*	3.50	0.00	0	22.00	0.50	1.00	500	100.0	6.00	9.00
990127 Cereal, Honey Graham Square, WG	3/4 Cup	3	120	0.00	250	*N/A*	3.00	0.00	0	24.00	1.00	1.00	500	100.0	6.00	9.00
990128 Cereal, Marshmallow Mateys, WG, 24g	CUP	3	110	0.00	190	*N/A*	1.00	0.00	0	24.00	1.00	2.00	500	100.0	6.00	9.00
990129 Cereal, Rice Chex GF, Gen Mills, 23g	CUP	3	100	0.00	220	*N/A*	0.50	0.00	0	23.00	1.00	2.00	500	100.0	6.00	9.00
990130 Cereal, Rice Crispy, 29g	Cup	3	96	0.00	248	*N/A*	0.00	0.00	0	23.20	0.00	1.60	600	0.0	9.60	7.20
990131 Cereal, Tootie Fruities, 19g	3/4 Cup	3	90	0.00	100	*N/A*	0.50	0.00	0	19.00	0.50	1.00	300	60.0	3.60	5.40
990132 Vanilla Graham Bears, WG, 20g	1 OZ	18	110	0.50	95	*N/A*	3.50	0.00	0	20.00	2.00	4.00	300	20.0	3.60	1.80
000246 FRUIT JUICE,ASSORTED	4 fl.oz.	50	64	0.02	5	13	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Aug 14, 2017 thru Aug 31, 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)
000245 FRUIT,FRESH ASSORTED	EACH	50	74	0.06	1	14	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990040 Milk, Chocolate, Skim, Prairie Farms	Each	40	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	30	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK,Skim	HALF PINT	30	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			404	2.85	361	*21	8.67	*0.00	13	68.32	*2.91	14.20	1591	421.6	35.36	4.90
% of Calories				6.35%		*20.8%	19.3%	*0.0%		67.6%		14.1%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Tuesday - 08/29/2017

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)
990135 Egg & Cheese Wrap	Wrap	40	394	9.56	687	*N/A*	20.87	0.00	245	33.90	3.00	18.30	300	190.0	0.00	1.44
990136 Pop-Tart, Frosted Cinnamon, 37g	Pastry	40	180	1.00	190	*N/A*	7.00	0.00	0	37.00	3.00	2.00	500	100.0	0.00	1.80
990126 Cereal, Cinnamon Toasters, 22g	3/4 Cup	3	120	0.50	130	*N/A*	3.50	0.00	0	22.00	0.50	1.00	500	100.0	6.00	9.00
990127 Cereal, Honey Graham Square, WG	3/4 Cup	3	120	0.00	250	*N/A*	3.00	0.00	0	24.00	1.00	1.00	500	100.0	6.00	9.00
990128 Cereal, Marshmallow Mateys, WG, 24g	CUP	3	110	0.00	190	*N/A*	1.00	0.00	0	24.00	1.00	2.00	500	100.0	6.00	9.00
990129 Cereal, Rice Chex GF, Gen Mills, 23g	CUP	3	100	0.00	220	*N/A*	0.50	0.00	0	23.00	1.00	2.00	500	100.0	6.00	9.00
990130 Cereal, Rice Crispy, 29g	Cup	3	96	0.00	248	*N/A*	0.00	0.00	0	23.20	0.00	1.60	600	0.0	9.60	7.20
990131 Cereal, Tootie Fruities, 19g	3/4 Cup	3	90	0.00	100	*N/A*	0.50	0.00	0	19.00	0.50	1.00	300	60.0	3.60	5.40

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Aug 14, 2017 thru Aug 31, 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)
990132 Vanilla Graham Bears, WG, 20g	1 OZ	18	110	0.50	95	*N/A*	3.50	0.00	0	20.00	2.00	4.00	300	20.0	3.60	1.80
000246 FRUIT JUICE, ASSORTED	4 fl.oz.	50	64	0.02	5	13	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24
000245 FRUIT, FRESH ASSORTED	EACH	50	74	0.06	1	14	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990040 Milk, Chocolate, Skim, Prairie Farms	Each	40	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	30	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK, Skim	HALF PINT	30	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			437	4.87	540	*21	13.02	*0.00	105	68.68	4.51	17.92	1071	449.6	23.36	3.53
% of Calories				10.03%		*19.2%	26.8%	*0.0%		62.9%		16.4%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Wednesday - 08/30/2017

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)
990137 French Toast Mini, Pillsbury, 37g	Pouch	40	220	1.00	200	*N/A*	7.00	0.00	0	37.00	2.00	3.00	0	60.0	0.00	1.44
990136 Pop-Tart, Frosted Cinnamon, 37g	Pastry	40	180	1.00	190	*N/A*	7.00	0.00	0	37.00	3.00	2.00	500	100.0	0.00	1.80
990126 Cereal, Cinnamon Toasters, 22g	3/4 Cup	5	120	0.50	130	*N/A*	3.50	0.00	0	22.00	0.50	1.00	500	100.0	6.00	9.00
990127 Cereal, Honey Graham Square, WG	3/4 Cup	3	120	0.00	250	*N/A*	3.00	0.00	0	24.00	1.00	1.00	500	100.0	6.00	9.00
990128 Cereal, Marshmallow Mateys, WG, 24g	CUP	3	110	0.00	190	*N/A*	1.00	0.00	0	24.00	1.00	2.00	500	100.0	6.00	9.00
990129 Cereal, Rice Chex GF, Gen Mills, 23g	CUP	3	100	0.00	220	*N/A*	0.50	0.00	0	23.00	1.00	2.00	500	100.0	6.00	9.00

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Aug 14, 2017 thru Aug 31, 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990130 Cereal, Rice Crispy, 29g	Cup	3	96	0.00	248	*N/A*	0.00	0.00	0	23.20	0.00	1.60	600	0.0	9.60	7.20
990131 Cereal, Tootie Fruities, 19g	3/4 Cup	3	90	0.00	100	*N/A*	0.50	0.00	0	19.00	0.50	1.00	300	60.0	3.60	5.40
990132 Vanilla Graham Bears, WG, 20g	1 OZ	20	110	0.50	95	*N/A*	3.50	0.00	0	20.00	2.00	4.00	300	20.0	3.60	1.80
000246 FRUIT JUICE,ASSORTED	4 fl.oz.	50	64	0.02	5	13	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24
000245 FRUIT,FRESH ASSORTED	EACH	50	74	0.06	1	14	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990040 Milk, Chocolate, Skim, Prairie Farms	Each	40	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	30	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK,Skim	HALF PINT	30	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			372	1.47	350	*21	7.61	*0.00	7	70.76	4.16	11.90	967	400.0	23.55	3.75
% of Calories				3.56%		*22.6%	18.4%	*0.0%		76.1%		12.8%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

Thursday - 08/31/2017

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990072 Mini Cinnamon Roll, WG, Pillsbury	Each	40	240	1.50	270	*N/A*	7.00	0.00	0	39.00	2.00	5.00	0	40.0	0.00	1.44
990138 Frudel, Apple Strudel, WG, 36g	Frudel	40	210	1.00	260	5	6.00	0.00	0	36.00	2.00	5.00	0	0.0	0.00	1.08
990126 Cereal, Cinnamon Toasters, 22g	3/4 Cup	5	120	0.50	130	*N/A*	3.50	0.00	0	22.00	0.50	1.00	500	100.0	6.00	9.00
990127 Cereal, Honey Graham Square, WG	3/4 Cup	3	120	0.00	250	*N/A*	3.00	0.00	0	24.00	1.00	1.00	500	100.0	6.00	9.00

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Aug 14, 2017 thru Aug 31, 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)
990128 Cereal, Marshmallow Mateys, WG, 24g	CUP	3	110	0.00	190	*N/A*	1.00	0.00	0	24.00	1.00	2.00	500	100.0	6.00	9.00
990129 Cereal, Rice Chex GF, Gen Mills, 23g	CUP	3	100	0.00	220	*N/A*	0.50	0.00	0	23.00	1.00	2.00	500	100.0	6.00	9.00
990130 Cereal, Rice Crispy, 29g	Cup	3	96	0.00	248	*N/A*	0.00	0.00	0	23.20	0.00	1.60	600	0.0	9.60	7.20
990131 Cereal, Tootie Fruities, 19g	3/4 Cup	3	90	0.00	100	*N/A*	0.50	0.00	0	19.00	0.50	1.00	300	60.0	3.60	5.40
990132 Vanilla Graham Bears, WG, 20g	1 OZ	20	110	0.50	95	*N/A*	3.50	0.00	0	20.00	2.00	4.00	300	20.0	3.60	1.80
000246 FRUIT JUICE,ASSORTED	4 fl.oz.	50	64	0.02	5	13	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24
000245 FRUIT,FRESH ASSORTED	EACH	50	74	0.06	1	14	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990040 Milk, Chocolate, Skim, Prairie Farms	Each	40	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	30	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK,Skim	HALF PINT	30	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			392	1.67	406	*23	7.21	*0.00	7	71.16	3.76	13.90	767	352.0	23.55	3.46
% of Calories				3.83%		*23.5%	16.6%	*0.0%		72.6%		14.2%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

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

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

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.