

Base Menu Spreadsheet

Portion Values

Aug 14, 2017 thru Aug 31, 2017

Menu Name: Dixon RMS & Madison Lunch

Include Cost: No

Site:

Report Style: Detailed

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)
990145 Nacho Supreme, Arbor A-10g	Each	50	448	3.95	689	*0	26.54	*0.00	37	39.67	3.00	18.77	220	311.4	0.00	1.74
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, 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
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	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

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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)
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	60	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
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
Weighted Daily Average			650	5.47	1372	*12	22.16	*0.06	52	87.92	7.85	30.68	3258	690.2	31.44	3.61
% of Calories				7.57%		*7.4%	30.7%	*0.1%		54.1%		18.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
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	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, 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

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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)
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	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	100	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
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
Weighted Daily Average			601	6.92	1704	*12	15.09	*0.06	49	88.70	7.05	31.40	3615	781.3	33.39	3.41
% of Calories				10.36%		*8.0%	22.6%	*0.1%		59.0%		20.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 08/17/2017

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)
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, 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
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	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
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

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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)
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
Weighted Daily Average			519	4.97	915	*11	15.69	*0.06	66	66.90	7.03	29.35	3040	537.1	82.77	3.25
% of Calories				8.62%		*8.5%	27.2%	*0.1%		51.6%		22.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)	Calc ^m (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
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, 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
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	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88

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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	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
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
Weighted Daily Average			678	7.63	1212	*11	27.51	*0.06	68	67.97	7.04	42.43	3228	894.7	29.85	3.79
% of Calories				10.13%		*6.5%	36.5%	*0.1%		40.1%		25.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
990122 Soft Tacos, Arbor B - 24	2 Tacos	50	232	3.40	344	*N/A*	8.50	0.00	41	20.00	4.00	18.00	700	60.0	6.00	2.70
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

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990086 Pepperoni Pizza, Tonys SMART pizza, 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
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	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	100	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
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
Weighted Daily Average			569	5.21	1428	*12	13.25	*0.06	54	84.98	8.60	30.59	3623	570.3	36.20	4.26
% of Calories				8.24%		*8.4%	21.0%	*0.1%		59.7%		21.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Aug 14, 2017 thru Aug 31, 2017

Tuesday - 08/22/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990159 Corn Dog, Turkey, WG, StateFair, 33g	Each	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, 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
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	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	60	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	60	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	100	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00

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)
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
Weighted Daily Average			595	4.41	1619	*14	12.74	*0.06	43	94.69	8.60	28.71	3371	630.8	40.82	3.85
% of Calories				6.67%		*9.4%	19.3%	*0.1%		63.7%		19.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 08/23/2017

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)
990095 Salisbury Steak	1 Steak	50	140	4.00	250	1	10.00	0.00	30	3.00	1.00	10.00	0	20.0	1.20	1.08
990042 Roll, WG, Rubschlager, 13g	Each	100	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	*N/A*	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	10	368	4.02	1377	*11	10.01	0.00	35	50.16	6.41	19.48	9686	104.2	4.22	3.71
990085 Cheese Pizza, WG, The MAX, 37g	Each	5	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 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
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

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)
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	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	1 Each	10	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
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
Weighted Daily Average			600	6.98	1248	*12	18.21	*0.12	59	81.55	9.54	32.45	3955	595.6	30.26	4.41
% of Calories				10.47%		*8.0%	27.3%	*0.2%		54.4%		21.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 08/24/2017

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)
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	50	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

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)
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, 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
990157 Student Chef Salad, Arbor F-22	Each	10	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	10	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	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	1 Each	10	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
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

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)
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
Weighted Daily Average			687	8.44	1658	*11	20.94	*0.12	77	88.81	9.34	38.01	5021	787.0	34.62	4.20
% of Calories				11.06%		*6.4%	27.4%	*0.2%		51.7%		22.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

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 ^m (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, 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
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	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

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	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	100	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
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
Weighted Daily Average			616	5.26	1816	*12	15.00	*0.06	48	95.48	8.10	30.09	3323	580.3	34.40	4.17
% of Calories				7.69%		*7.8%	21.9%	*0.1%		62.0%		19.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)	Calc ^m (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

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)
990086 Pepperoni Pizza, Tonys SMART pizza, 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
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	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
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
Weighted Daily Average			613	7.14	1571	*11	18.49	*0.06	63	83.95	8.31	31.83	4044	666.9	30.86	4.19
% of Calories				10.48%		*7.2%	27.1%	*0.1%		54.8%		20.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Aug 14, 2017 thru Aug 31, 2017

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)
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, 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	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	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

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)
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
Weighted Daily Average			614	7.26	1356	*11	18.60	*0.06	46	83.74	9.01	31.80	3960	829.1	29.66	3.78
% of Calories				10.64%		*7.2%	27.3%	*0.1%		54.6%		20.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)
990161 Pizza, Pepperoni, Stffd Crust, The Max, 36g	Slice	50	330	4.50	880	*N/A*	14.00	0.00	20	36.00	*N/A*	16.00	300	250.0	*N/A*	*N/A*
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, 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
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

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)
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	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
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
Weighted Daily Average			614	6.76	1379	*11	18.00	*0.06	50	84.04	7.81	32.00	4110	693.1	*29.66	*3.04
% of Calories				9.91%		*7.2%	26.4%	*0.1%		54.7%		20.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990090 Popcorn Chicken, GoldKist, 15g	10 Each	50	280	3.00	490	*N/A*	16.00	0.00	55	15.00	2.00	18.00	0	0.0	0.00	1.08
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

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)
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, 34g	Each	10	310	5.00	530	*N/A*	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990088 Turkey & Cheese Wrap	Each	10	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990146 Hot Ham & Cheese Sandwich, Arbor B-32	Each	5	312	5.75	1070	*N/A*	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990157 Student Chef Salad, Arbor F-22	Each	5	351	2.41	1199	*0	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990036 Salad, Crispy Chicken	Each	5	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	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	*0	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
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

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)
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
Weighted Daily Average			619	6.54	1258	*11	20.15	*0.06	70	76.91	8.19	34.59	3980	686.3	29.74	3.70
% of Calories				9.51%		*7.1%	29.3%	*0.1%		49.7%		22.4%				
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

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.