

Base Menu Spreadsheet

Portion Values

Dec 1, 2017 thru Dec 31, 2017

Menu Name: Dixon Elementary Lunch

Include Cost: No

Site: All Sites

Report Style: Detailed

Friday - 12/01/2017

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990048 Crispy Chicken Sandwich | Each | 40 | 330 | 1.50 | 630 | *0 | 10.00 | 0.00 | 30 | 39.00 | 5.00 | 21.00 | 100 | 40.0 | 84.00 | 2.88 |
| 990106 Hot Dog, Turkey, WG, Arbor B-6 | Each | 30 | 260 | 3.00 | 930 | *N/A* | 11.00 | 0.00 | 35 | 31.00 | 2.00 | 12.00 | 0 | 80.0 | 2.40 | 1.80 |
| 990055 Seasoned Green Beans, Arbor E-13 | 1/4 Cup | 100 | 60 | 0.03 | 148 | *1 | 0.11 | 0.00 | 0 | 13.08 | 3.51 | 2.12 | 200 | 51.3 | 5.34 | 1.26 |
| 990033 Carroteenies, Packer | 1.6 Ounce | 100 | 15 | 0.00 | 35 | *N/A* | 0.00 | 0.00 | 0 | 4.00 | 1.00 | 0.00 | 3000 | 0.0 | 0.00 | 0.00 |
| 990147 Banana, Petite, 160 ct. | Banana | 100 | 110 | 0.00 | 0 | *N/A* | 0.00 | 0.00 | 0 | 29.00 | 4.00 | 1.00 | 0 | 0.0 | 9.00 | 0.00 |
| 990036 Salad, Crispy Chicken | Each | 5 | 283 | 1.50 | 631 | *0 | 11.31 | 0.00 | 30 | 30.69 | 4.30 | 19.54 | 8655 | 68.0 | 89.10 | 3.03 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 310 | 5.50 | 990 | *N/A* | 12.50 | 0.00 | 50 | 29.00 | 3.00 | 20.00 | 300 | 210.0 | 0.00 | 1.44 |
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 700 | 7.00 | 570 | *N/A* | 36.00 | 0.00 | 0 | 72.00 | 6.00 | 24.00 | 0 | 40.0 | 0.00 | 2.16 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 10 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 000222 KETCHUP: individual | Pkt 6g | 10 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000230 MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Each | 25 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2017 thru Dec 21, 2017

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000231 MILK,Skim | HALF PINT | 25 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 598 | 3.39 | 1009 | *11 | 13.45 | *0.00 | 35 | 96.07 | 12.10 | 27.71 | 4185 | 412.1 | 53.48 | 3.57 |
| % of Calories | | | | 5.10% | | *7.4% | 20.2% | *0.0% | | 64.3% | | 18.5% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Monday - 12/04/2017

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990062 Chicken Nuggets, GoldKist | 4 Each | 40 | 258 | 2.97 | 347 | *N/A* | 13.87 | 0.00 | 64 | 14.86 | 1.98 | 16.85 | 99 | 19.8 | 107.03 | 1.43 |
| 990042 Roll, WG, Rubschlager, 13g | Each | 40 | 60 | 0.00 | 140 | *N/A* | 1.00 | 0.00 | 0 | 13.00 | 2.00 | 2.00 | 0 | 20.0 | 0.00 | 0.72 |
| 990159 Corn Dog, Turkey, WG, StateFair, 33g | Each | 40 | 240 | 1.50 | 670 | *N/A* | 7.00 | 0.00 | 15 | 33.00 | 4.00 | 11.00 | 0 | 60.0 | 15.00 | 1.80 |
| 000257 BROCCOLI: fresh, boiled | 1/2 Cup | 100 | 27 | 0.06 | 32 | 1 | 0.32 | 0.00 | 0 | 5.60 | 2.57 | 1.86 | 1207 | 31.2 | 50.62 | 0.52 |
| 990055 Seasoned Green Beans, Arbor E-13 | 1/4 Cup | 100 | 60 | 0.03 | 148 | *1 | 0.11 | 0.00 | 0 | 13.08 | 3.51 | 2.12 | 200 | 51.3 | 5.34 | 1.26 |
| 990204 Applesauce, Swtnd, West Creek, 23g | 1/2 Cup | 100 | 90 | 0.00 | 15 | *N/A* | 0.00 | 0.00 | 0 | 23.00 | 2.00 | 0.20 | 0 | 0.0 | 0.00 | 0.00 |
| 990036 Salad, Crispy Chicken | Each | 5 | 283 | 1.50 | 631 | *0 | 11.31 | 0.00 | 30 | 30.69 | 4.30 | 19.54 | 8655 | 68.0 | 89.10 | 3.03 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 310 | 5.50 | 990 | *N/A* | 12.50 | 0.00 | 50 | 29.00 | 3.00 | 20.00 | 300 | 210.0 | 0.00 | 1.44 |
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 700 | 7.00 | 570 | *N/A* | 36.00 | 0.00 | 0 | 72.00 | 6.00 | 24.00 | 0 | 40.0 | 0.00 | 2.16 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 10 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2017 thru Dec 21, 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 |
| 000222 | KETCHUP: individual | Pkt 6g | 10 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000230 | MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990040 | Milk, Chocolate, Skim, Prairie Farms | Each | 25 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 000231 | MILK,Skim | HALF PINT | 25 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | | 603 | 3.74 | 952 | *12 | 15.22 | *0.00 | 44 | 91.12 | 12.27 | 28.70 | 2393 | 443.2 | 109.60 | 3.98 |
| % of Calories | | | | | 5.58% | | *8.0% | 22.7% | *0.0% | | 60.4% | | 19.0% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | | |

Tuesday - 12/05/2017

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) | |
|--------|---|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|------|
| 990142 | Pepperoni Pizza, Stuffed Crust, The Max, 35g | Slice | 40 | 330 | 4.50 | 870 | *N/A* | 14.00 | 0.00 | 20 | 35.00 | 4.00 | 17.00 | 300 | 250.0 | 0.00 | 0.00 |
| 990048 | Crispy Chicken Sandwich | Each | 40 | 330 | 1.50 | 630 | *0 | 10.00 | 0.00 | 30 | 39.00 | 5.00 | 21.00 | 100 | 40.0 | 84.00 | 2.88 |
| 990143 | Sweet Potato Mini tater Puffs, Lamb Weston, 23g | 3 oz. | 40 | 132 | 0.00 | 202 | *N/A* | 3.54 | 0.00 | 0 | 23.29 | 2.02 | 1.01 | 3037 | 20.2 | 3.64 | 0.36 |
| 990032 | Corn, Golden Sweet | 2 Ounces | 100 | 47 | 0.00 | 0 | 1 | 0.33 | 0.00 | 0 | 12.00 | 1.33 | 2.00 | 133 | 0.0 | 4.00 | 0.24 |
| 990263 | Peaches, Packer, 13g | 1/2 Cup | 50 | 50 | 0.00 | 10 | *N/A* | 0.00 | 0.00 | 0 | 13.00 | 1.00 | 1.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990036 | Salad, Crispy Chicken | Each | 5 | 283 | 1.50 | 631 | *0 | 11.31 | 0.00 | 30 | 30.69 | 4.30 | 19.54 | 8655 | 68.0 | 89.10 | 3.03 |
| 990108 | Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 310 | 5.50 | 990 | *N/A* | 12.50 | 0.00 | 50 | 29.00 | 3.00 | 20.00 | 300 | 210.0 | 0.00 | 1.44 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2017 thru Dec 21, 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 700 | 7.00 | 570 | *N/A* | 36.00 | 0.00 | 0 | 72.00 | 6.00 | 24.00 | 0 | 40.0 | 0.00 | 2.16 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 50 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 50 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 000223 MUSTARD: individual PC | Pkt 5g | 50 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 000222 KETCHUP: individual | Pkt 6g | 50 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000230 MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Each | 25 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 000231 MILK,Skim | HALF PINT | 25 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 604 | 4.26 | 1109 | *13 | 17.47 | *0.00 | 33 | 85.65 | 7.33 | 30.85 | 2488 | 447.6 | 44.15 | 2.21 |
| % of Calories | | | | 6.35% | | *8.6% | 26.0% | *0.0% | | 56.7% | | 20.4% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Wednesday - 12/06/2017

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990145 Nacho Supreme, Arbor A-10h | #16 Scoop | 40 | 450 | 3.75 | 536 | *N/A* | 21.92 | 0.00 | 25 | 42.76 | 4.98 | 19.77 | 126 | 288.6 | 0.00 | 0.93 |
| 990095 Salisbury Steak | 1 Steak | 40 | 140 | 4.00 | 250 | 1 | 10.00 | 0.00 | 30 | 3.00 | 1.00 | 10.00 | 0 | 20.0 | 1.20 | 1.08 |
| 990094 Gravy, Beef Mix, Legout, 0g | 1 tbsp | 40 | 15 | 0.00 | 270 | *N/A* | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990042 Roll, WG, Rubschlager, 13g | Each | 40 | 60 | 0.00 | 140 | *N/A* | 1.00 | 0.00 | 0 | 13.00 | 2.00 | 2.00 | 0 | 20.0 | 0.00 | 0.72 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 21, 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990093 Mashed Potatoes, Pearls, 17g | 1/4 Cup | 40 | 90 | 0.00 | 410 | *N/A* | 1.50 | 0.00 | 0 | 17.00 | 1.00 | 2.00 | 0 | 0.0 | 9.00 | 0.36 |
| 990144 Black Beans, LS, Mothers Maid, 18g | 1/4 Cup | 100 | 50 | 0.00 | 70 | *N/A* | 0.00 | 0.00 | 0 | 9.00 | 3.00 | 3.50 | 0 | 20.0 | 0.00 | 1.35 |
| 990151 Mandarin Oranges, Fancy, (DIXON), 20g | 1/2 Cup | 100 | 90 | 0.00 | 20 | *N/A* | 0.00 | 0.00 | 0 | 20.00 | 1.00 | 1.00 | 300 | 20.0 | 21.00 | 0.36 |
| 990036 Salad, Crispy Chicken | Each | 5 | 283 | 1.50 | 631 | *0 | 11.31 | 0.00 | 30 | 30.69 | 4.30 | 19.54 | 8655 | 68.0 | 89.10 | 3.03 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 310 | 5.50 | 990 | *N/A* | 12.50 | 0.00 | 50 | 29.00 | 3.00 | 20.00 | 300 | 210.0 | 0.00 | 1.44 |
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 700 | 7.00 | 570 | *N/A* | 36.00 | 0.00 | 0 | 72.00 | 6.00 | 24.00 | 0 | 40.0 | 0.00 | 2.16 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 10 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 000222 KETCHUP: individual | Pkt 6g | 10 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000230 MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Each | 25 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 000231 MILK,Skim | HALF PINT | 25 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 645 | 4.96 | 1027 | *10 | 19.81 | *0.00 | 35 | 84.40 | 8.58 | 30.60 | 1296 | 492.2 | 29.90 | 3.55 |
| % of Calories | | | | 6.92% | | *6.2% | 27.6% | *0.0% | | 52.3% | | 19.0% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Thursday - 12/07/2017

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990081 Pancakes, WG, Aunt Jemima, 14g | 2 Pancakes | 40 | 140 | 0.00 | 220 | *N/A* | 4.00 | 0.00 | 0 | 28.00 | 2.00 | 4.00 | 0 | 0.0 | 0.00 | 1.44 |
| 990291 Syrup Packet, Madeira, 1 oz. packet | 1 Packet | 40 | 80 | 0.00 | 20 | 14 | 0.00 | 0.00 | 0 | 20.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990084 Turkey Sausage Patty, 1.03 oz, Jennie-O | Each | 40 | 60 | 1.00 | 100 | *N/A* | 4.00 | 0.00 | 30 | 0.00 | 0.00 | 6.00 | 0 | 20.0 | 0.00 | 0.36 |
| 990146 Hot Ham & Cheese Sandwich, Arbor B-32 | Each | 40 | 312 | 5.75 | 1070 | *N/A* | 12.88 | 0.00 | 48 | 29.50 | 3.00 | 17.75 | 300 | 170.0 | 0.00 | 1.08 |
| 990055 Seasoned Green Beans, Arbor E-13 | 1/4 Cup | 100 | 60 | 0.03 | 148 | *1 | 0.11 | 0.00 | 0 | 13.08 | 3.51 | 2.12 | 200 | 51.3 | 5.34 | 1.26 |
| 990148 Glazed Carrots, Arbor E-3 | 1/4 Cup | 30 | 71 | 3.54 | 197 | *N/A* | 5.68 | *0.00 | 15 | 4.08 | 1.00 | 0.06 | 2675 | 23.0 | 0.00 | 0.02 |
| 990147 Banana, Petite, 160 ct. | Banana | 100 | 110 | 0.00 | 0 | *N/A* | 0.00 | 0.00 | 0 | 29.00 | 4.00 | 1.00 | 0 | 0.0 | 9.00 | 0.00 |
| 990036 Salad, Crispy Chicken | Each | 5 | 283 | 1.50 | 631 | *0 | 11.31 | 0.00 | 30 | 30.69 | 4.30 | 19.54 | 8655 | 68.0 | 89.10 | 3.03 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 310 | 5.50 | 990 | *N/A* | 12.50 | 0.00 | 50 | 29.00 | 3.00 | 20.00 | 300 | 210.0 | 0.00 | 1.44 |
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 700 | 7.00 | 570 | *N/A* | 36.00 | 0.00 | 0 | 72.00 | 6.00 | 24.00 | 0 | 40.0 | 0.00 | 2.16 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 10 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 000222 KETCHUP: individual | Pkt 6g | 10 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000230 MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Each | 25 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 21, 2017

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000231 MILK,Skim | HALF PINT | 25 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 631 | 5.65 | 1066 | *16 | 16.20 | *0.00 | 48 | 99.40 | 10.80 | 26.83 | 2068 | 455.0 | 19.16 | 3.03 |
| % of Calories | | | | 8.06% | | *10.1% | 23.1% | *0.0% | | 63.0% | | 17.0% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Friday - 12/08/2017

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990057 Pizza Dippers, The Max, 16g | 1 Each | 40 | 300 | 5.00 | 780 | *N/A* | 14.00 | 0.00 | 10 | 32.00 | 4.00 | 14.00 | 0 | 300.0 | 0.00 | 1.44 |
| 990058 Marinara Sauce, Red Pack | 1/4 Cup | 40 | 25 | 0.00 | 210 | *N/A* | 0.75 | 0.00 | 0 | 4.50 | 1.00 | 1.00 | 250 | 10.0 | 4.50 | 0.36 |
| 990031 Cheeseburger on WG Bun, Arbor B-1, 30g | 1 Each | 40 | 408 | 8.65 | 919 | *N/A* | 20.61 | 0.59 | 64 | 29.62 | 4.27 | 25.00 | 300 | 200.0 | 0.00 | 2.88 |
| 990046 Peas, Frozen, Simplot Classic | 1/4 Cup | 100 | 30 | 0.00 | 0 | *N/A* | 0.00 | 0.00 | 0 | 5.00 | 2.00 | 2.00 | 200 | 0.0 | 6.00 | 0.54 |
| 990113 Shredded Lettuce (Walking Taco) | tbs | 100 | 10 | 0.00 | 5 | *N/A* | 0.05 | 0.00 | 0 | 1.50 | 0.60 | 0.45 | 250 | 9.0 | 1.41 | 0.21 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000092 PINEAPPLE CHUNKS:canned,lt syr | 1/2 CUP | 100 | 131 | 0.02 | 3 | 32 | 0.30 | 0.00 | 0 | 33.89 | 2.02 | 0.91 | 96 | 35.3 | 18.90 | 0.98 |
| 990036 Salad, Crispy Chicken | Each | 5 | 283 | 1.50 | 631 | *0 | 11.31 | 0.00 | 30 | 30.69 | 4.30 | 19.54 | 8655 | 68.0 | 89.10 | 3.03 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 310 | 5.50 | 990 | *N/A* | 12.50 | 0.00 | 50 | 29.00 | 3.00 | 20.00 | 300 | 210.0 | 0.00 | 1.44 |
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 700 | 7.00 | 570 | *N/A* | 36.00 | 0.00 | 0 | 72.00 | 6.00 | 24.00 | 0 | 40.0 | 0.00 | 2.16 |
| 990343 BARBECUE SAUCE | 2 TBSP | 10 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 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 |
| 000222 KETCHUP: individual | Pkt 6g | 10 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000230 MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Each | 25 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 000231 MILK,Skim | HALF PINT | 25 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 667 | 7.34 | 1066 | *42 | 20.54 | *0.24 | 42 | 91.94 | 9.31 | 31.95 | 1711 | 569.1 | 32.93 | 4.21 |
| % of Calories | | | | 9.90% | | *25.2% | 27.7% | *0.3% | | 55.1% | | 19.2% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Monday - 12/11/2017

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990085 Cheese Pizza, WG, The MAX, 37g | Each | 40 | 280 | 3.00 | 560 | *N/A* | 8.00 | 0.00 | 15 | 37.00 | 4.00 | 16.00 | 400 | 300.0 | 0.00 | 3.60 |
| 990048 Crispy Chicken Sandwich | Each | 40 | 330 | 1.50 | 630 | *0 | 10.00 | 0.00 | 30 | 39.00 | 5.00 | 21.00 | 100 | 40.0 | 84.00 | 2.88 |
| 990055 Seasoned Green Beans, Arbor E-13 | 1/4 Cup | 100 | 60 | 0.03 | 148 | *1 | 0.11 | 0.00 | 0 | 13.08 | 3.51 | 2.12 | 200 | 51.3 | 5.34 | 1.26 |
| 990304 Corn, Sweet Whole, Simplot CI, 12g | 1/4 Cup | 50 | 47 | 0.00 | 0 | 1 | 0.33 | 0.00 | 0 | 12.00 | 1.33 | 2.00 | 133 | 0.0 | 4.00 | 0.24 |
| 000098 STRAWBERRIES: frozen | 1/2 CUP | 50 | 245 | 0.02 | 8 | 61 | 0.33 | 0.00 | 0 | 66.10 | 4.84 | 1.35 | 61 | 28.0 | 105.57 | 1.50 |
| 990036 Salad, Crispy Chicken | Each | 5 | 283 | 1.50 | 631 | *0 | 11.31 | 0.00 | 30 | 30.69 | 4.30 | 19.54 | 8655 | 68.0 | 89.10 | 3.03 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 310 | 5.50 | 990 | *N/A* | 12.50 | 0.00 | 50 | 29.00 | 3.00 | 20.00 | 300 | 210.0 | 0.00 | 1.44 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 21, 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 700 | 7.00 | 570 | *N/A* | 36.00 | 0.00 | 0 | 72.00 | 6.00 | 24.00 | 0 | 40.0 | 0.00 | 2.16 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 10 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 000222 KETCHUP: individual | Pkt 6g | 10 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000230 MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Each | 25 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 000231 MILK,Skim | HALF PINT | 25 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 652 | 3.69 | 922 | *42 | 13.68 | *0.00 | 31 | 107.62 | 11.19 | 31.19 | 1443 | 522.1 | 98.55 | 5.34 |
| % of Calories | | | | 5.09% | | *25.8% | 18.9% | *0.0% | | 66.0% | | 19.1% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Tuesday - 12/12/2017

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990030 Corn Dog, Mini, Turkey, WG, House Rae | 6 Each | 40 | 290 | 3.50 | 380 | *N/A* | 14.00 | 0.00 | 55 | 30.00 | 3.00 | 10.00 | 0 | 100.0 | 0.00 | 1.80 |
| 990090 Popcorn Chicken, GoldKist, 15g | 10 Each | 40 | 280 | 3.00 | 490 | *N/A* | 16.00 | 0.00 | 55 | 15.00 | 2.00 | 18.00 | 0 | 0.0 | 0.00 | 1.08 |
| 000257 BROCCOLI: fresh, boiled | 1/2 Cup | 100 | 27 | 0.06 | 32 | 1 | 0.32 | 0.00 | 0 | 5.60 | 2.57 | 1.86 | 1207 | 31.2 | 50.62 | 0.52 |
| 990148 Glazed Carrots, Arbor E-3 | 1/4 Cup | 100 | 71 | 3.54 | 197 | *N/A* | 5.68 | *0.00 | 15 | 4.08 | 1.00 | 0.06 | 2675 | 23.0 | 0.00 | 0.02 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 21, 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990204 Applesauce, Swtnd, West Creek, 23g | 1/2 Cup | 100 | 90 | 0.00 | 15 | *N/A* | 0.00 | 0.00 | 0 | 23.00 | 2.00 | 0.20 | 0 | 0.0 | 0.00 | 0.00 |
| 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 |
| 990036 Salad, Crispy Chicken | Each | 5 | 283 | 1.50 | 631 | *0 | 11.31 | 0.00 | 30 | 30.69 | 4.30 | 19.54 | 8655 | 68.0 | 89.10 | 3.03 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 310 | 5.50 | 990 | *N/A* | 12.50 | 0.00 | 50 | 29.00 | 3.00 | 20.00 | 300 | 210.0 | 0.00 | 1.44 |
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 700 | 7.00 | 570 | *N/A* | 36.00 | 0.00 | 0 | 72.00 | 6.00 | 24.00 | 0 | 40.0 | 0.00 | 2.16 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 10 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 000222 KETCHUP: individual | Pkt 6g | 10 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000230 MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Each | 25 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 000231 MILK,Skim | HALF PINT | 25 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 621 | 8.07 | 1028 | *11 | 24.09 | *0.00 | 72 | 76.19 | 8.74 | 26.00 | 4850 | 425.0 | 55.85 | 2.35 |
| % of Calories | | | | 11.70% | | *7.1% | 34.9% | *0.0% | | 49.1% | | 16.7% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Wednesday - 12/13/2017

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 21, 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990064 French Toast Stick, WG, Papettis | 3 Each | 40 | 113 | 1.24 | 300 | *N/A* | 4.18 | 0.00 | 119 | 25.21 | 2.71 | 8.70 | 170 | 79.1 | 0.00 | 1.63 |
| 990291 Syrup Packet, Madeira, 1 oz. packet | 1 Packet | 40 | 80 | 0.00 | 20 | 14 | 0.00 | 0.00 | 0 | 20.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990150 Ravioli, Meat Sauce, Chef Boyardi, 15g | 1/2 Cup | 40 | 130 | 1.75 | 300 | *N/A* | 4.00 | 0.00 | 12 | 15.00 | 2.00 | 8.00 | 150 | 20.0 | 0.00 | 1.35 |
| 990253 Garlic Bread, Arbor D-14 | 1/2 Bun | 40 | 145 | 4.72 | 201 | *0 | 8.56 | *0.00 | 21 | 13.56 | 1.57 | 3.40 | 233 | 23.9 | 0.01 | 0.61 |
| 990143 Sweet Potato Mini tater Puffs, Lamb Weston, 23g | 3 oz. | 100 | 132 | 0.00 | 202 | *N/A* | 3.54 | 0.00 | 0 | 23.29 | 2.02 | 1.01 | 3037 | 20.2 | 3.64 | 0.36 |
| 990149 Baked Beans, w/ Pork, (DIXON), 22g | 1/4 Cup | 80 | 60 | 0.25 | 275 | *N/A* | 0.75 | 0.00 | 2 | 11.00 | 2.50 | 3.00 | 0 | 20.0 | 0.00 | 0.90 |
| 990047 Juice, 100% Fruit, Ardmore | 1/2 Cup | 100 | 60 | 0.00 | 10 | *N/A* | 0.00 | 0.00 | 0 | 20.00 | 0.00 | 0.00 | 0 | 0.0 | 3.60 | 0.00 |
| 990036 Salad, Crispy Chicken | Each | 1 | 283 | 1.50 | 631 | *0 | 11.31 | 0.00 | 30 | 30.69 | 4.30 | 19.54 | 8655 | 68.0 | 89.10 | 3.03 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 310 | 5.50 | 990 | *N/A* | 12.50 | 0.00 | 50 | 29.00 | 3.00 | 20.00 | 300 | 210.0 | 0.00 | 1.44 |
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 700 | 7.00 | 570 | *N/A* | 36.00 | 0.00 | 0 | 72.00 | 6.00 | 24.00 | 0 | 40.0 | 0.00 | 2.16 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 10 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 000222 KETCHUP: individual | Pkt 6g | 10 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000230 MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Each | 25 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2017 thru Dec 21, 2017

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000231 MILK,Skim | HALF PINT | 25 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 618 | 5.08 | 1030 | *16 | 16.43 | *0.00 | 74 | 105.46 | 7.36 | 23.26 | 3858 | 403.5 | 8.51 | 3.01 |
| % of Calories | | | | 7.40% | | *10.4% | 23.9% | *0.0% | | 68.3% | | 15.1% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Thursday - 12/14/2017

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990062 Chicken Nuggets, GoldKist | 4 Each | 40 | 258 | 2.97 | 347 | *N/A* | 13.87 | 0.00 | 64 | 14.86 | 1.98 | 16.85 | 99 | 19.8 | 107.03 | 1.43 |
| 990042 Roll, WG, Rubschlager, 13g | Each | 40 | 60 | 0.00 | 140 | *N/A* | 1.00 | 0.00 | 0 | 13.00 | 2.00 | 2.00 | 0 | 20.0 | 0.00 | 0.72 |
| 990106 Hot Dog, Turkey, WG, Arbor B-6 | Each | 40 | 260 | 3.00 | 930 | *N/A* | 11.00 | 0.00 | 35 | 31.00 | 2.00 | 12.00 | 0 | 80.0 | 2.40 | 1.80 |
| 990093 Mashed Potatoes, Pearls, 17g | 1/4 Cup | 40 | 90 | 0.00 | 410 | *N/A* | 1.50 | 0.00 | 0 | 17.00 | 1.00 | 2.00 | 0 | 0.0 | 9.00 | 0.36 |
| 990094 Gravy, Beef Mix, Legout, 0g | 1 tbsp | 40 | 15 | 0.00 | 270 | *N/A* | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990260 Cucumbers, Sliced, PEAK, .94g | 1/4 Cup | 100 | 4 | 0.00 | 0 | *N/A* | 0.00 | 0.00 | 0 | 0.94 | 0.15 | 0.17 | 0 | 0.0 | 0.00 | 0.00 |
| 990274 Pears, Bartlett, Diced in Juice, 14g | 1/2 Cup | 100 | 60 | 0.00 | 5 | *N/A* | 0.00 | 0.00 | 0 | 14.00 | 2.00 | 0.00 | 0 | 0.0 | 1.20 | 0.36 |
| 990036 Salad, Crispy Chicken | Each | 5 | 283 | 1.50 | 631 | *0 | 11.31 | 0.00 | 30 | 30.69 | 4.30 | 19.54 | 8655 | 68.0 | 89.10 | 3.03 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 310 | 5.50 | 990 | *N/A* | 12.50 | 0.00 | 50 | 29.00 | 3.00 | 20.00 | 300 | 210.0 | 0.00 | 1.44 |
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 700 | 7.00 | 570 | *N/A* | 36.00 | 0.00 | 0 | 72.00 | 6.00 | 24.00 | 0 | 40.0 | 0.00 | 2.16 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2017 thru Dec 21, 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990343 BARBECUE SAUCE | 2 TBSP | 10 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 000222 KETCHUP: individual | Pkt 6g | 10 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000230 MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Each | 25 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 000231 MILK,Skim | HALF PINT | 25 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 540 | 4.25 | 1139 | *10 | 16.99 | *0.00 | 52 | 70.39 | 5.93 | 25.90 | 985 | 368.7 | 53.39 | 2.69 |
| % of Calories | | | | 7.08% | | *7.4% | 28.3% | *0.0% | | 52.1% | | 19.2% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Friday - 12/15/2017

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-10h | #16 Scoop | 40 | 450 | 3.75 | 536 | *N/A* | 21.92 | 0.00 | 25 | 42.76 | 4.98 | 19.77 | 126 | 288.6 | 0.00 | 0.93 |
| 990079 Chicken Strips, WG, Tyson, 17g | 8 Strips | 40 | 260 | 2.50 | 390 | *N/A* | 15.00 | 0.00 | 25 | 17.00 | 3.00 | 15.00 | 100 | 40.0 | 0.00 | 2.70 |
| 990144 Black Beans, LS, Mothers Maid, 18g | 1/4 Cup | 50 | 50 | 0.00 | 70 | *N/A* | 0.00 | 0.00 | 0 | 9.00 | 3.00 | 3.50 | 0 | 20.0 | 0.00 | 1.35 |
| 990033 Carroteenies, Packer | 1.6 Ounce | 100 | 15 | 0.00 | 35 | *N/A* | 0.00 | 0.00 | 0 | 4.00 | 1.00 | 0.00 | 3000 | 0.0 | 0.00 | 0.00 |
| 990263 Peaches, Packer, 13g | 1/2 Cup | 100 | 50 | 0.00 | 10 | *N/A* | 0.00 | 0.00 | 0 | 13.00 | 1.00 | 1.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000255 BLUEBERRIES,Fresh | 1/2 CUP | 100 | 84 | 0.04 | 1 | 15 | 0.49 | 0.00 | 0 | 21.45 | 3.55 | 1.10 | 80 | 8.9 | 14.36 | 0.41 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 21, 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 | 283 | 1.50 | 631 | *0 | 11.31 | 0.00 | 30 | 30.69 | 4.30 | 19.54 | 8655 | 68.0 | 89.10 | 3.03 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 310 | 5.50 | 990 | *N/A* | 12.50 | 0.00 | 50 | 29.00 | 3.00 | 20.00 | 300 | 210.0 | 0.00 | 1.44 |
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 700 | 7.00 | 570 | *N/A* | 36.00 | 0.00 | 0 | 72.00 | 6.00 | 24.00 | 0 | 40.0 | 0.00 | 2.16 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 10 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 000222 KETCHUP: individual | Pkt 6g | 10 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000230 MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Each | 25 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 000231 MILK,Skim | HALF PINT | 25 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 661 | 4.40 | 746 | *25 | 21.30 | *0.00 | 33 | 91.94 | 11.24 | 30.34 | 4116 | 471.1 | 19.18 | 3.15 |
| % of Calories | | | | 5.99% | | *15.1% | 29.0% | *0.0% | | 55.6% | | 18.4% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Monday - 12/18/2017

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990031 Cheeseburger on WG Bun, Arbor B-1, 30g | 1 Each | 40 | 408 | 8.65 | 919 | *N/A* | 20.61 | 0.59 | 64 | 29.62 | 4.27 | 25.00 | 300 | 200.0 | 0.00 | 2.88 |
| 990152 Fish Nuggets, Samband, 21g | 4 Each | 40 | 220 | 1.50 | 760 | *N/A* | 9.00 | 0.00 | 30 | 21.00 | 2.00 | 13.00 | 0 | 40.0 | 0.00 | 1.44 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2017 thru Dec 21, 2017

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990153 Goldfish Cracker, Cheddar, Pep Farm, 14g | Each | 40 | 100 | 1.00 | 170 | *N/A* | 3.50 | 0.00 | 5 | 14.00 | 1.00 | 3.00 | 0 | 20.0 | 0.00 | 0.36 |
| 990148 Glazed Carrots, Arbor E-3 | 1/4 Cup | 100 | 71 | 3.54 | 197 | *N/A* | 5.68 | *0.00 | 15 | 4.08 | 1.00 | 0.06 | 2675 | 23.0 | 0.00 | 0.02 |
| 990046 Peas, Frozen, Simplot Classic | 1/4 Cup | 100 | 30 | 0.00 | 0 | *N/A* | 0.00 | 0.00 | 0 | 5.00 | 2.00 | 2.00 | 200 | 0.0 | 6.00 | 0.54 |
| 990204 Applesauce, Swtnd, West Creek, 23g | 1/2 Cup | 100 | 90 | 0.00 | 15 | *N/A* | 0.00 | 0.00 | 0 | 23.00 | 2.00 | 0.20 | 0 | 0.0 | 0.00 | 0.00 |
| 990036 Salad, Crispy Chicken | Each | 5 | 283 | 1.50 | 631 | *0 | 11.31 | 0.00 | 30 | 30.69 | 4.30 | 19.54 | 8655 | 68.0 | 89.10 | 3.03 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 310 | 5.50 | 990 | *N/A* | 12.50 | 0.00 | 50 | 29.00 | 3.00 | 20.00 | 300 | 210.0 | 0.00 | 1.44 |
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 700 | 7.00 | 570 | *N/A* | 36.00 | 0.00 | 0 | 72.00 | 6.00 | 24.00 | 0 | 40.0 | 0.00 | 2.16 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 10 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 000222 KETCHUP: individual | Pkt 6g | 10 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000230 MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Each | 25 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 000231 MILK,Skim | HALF PINT | 25 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| 990041 Cookie, Chocolate Chip, WG, Readi Bk | Each | 1 | 194 | 2.16 | 170 | 17 | 6.07 | 0.00 | 16 | 33.51 | 2.82 | 2.99 | 50 | 19.4 | 0.00 | 1.19 |
| Weighted Daily Average | | | 687 | 9.87 | 1247 | *10 | 25.02 | *0.24 | 68 | 83.35 | 8.93 | 31.29 | 3941 | 448.0 | 10.82 | 3.06 |
| % of Calories | | | | 12.93% | | *5.8% | 32.8% | *0.3% | | 48.5% | | 18.2% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Base Menu Spreadsheet

Portion Values

Dec 1, 2017 thru Dec 31, 2017

Tuesday - 12/19/2017

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|-----------|------------|-----------|
| 990062 Chicken Nuggets, GoldKist | 4 Each | 40 | 258 | 2.97 | 347 | *N/A* | 13.87 | 0.00 | 64 | 14.86 | 1.98 | 16.85 | 99 | 19.8 | 107.03 | 1.43 |
| 990340 MACARONI AND CHEESE | 2/3 CUP | 40 | 321 | 6.89 | 961 | *9 | 12.20 | *0.00 | 33 | 30.52 | 0.80 | 22.95 | 1665 | 615.3 | 0.93 | 0.86 |
| 990153 Goldfish Cracker, Cheddar, Pep Farm, 14g | Each | 40 | 100 | 1.00 | 170 | *N/A* | 3.50 | 0.00 | 5 | 14.00 | 1.00 | 3.00 | 0 | 20.0 | 0.00 | 0.36 |
| 000257 BROCCOLI: fresh, boiled | 1/2 Cup | 100 | 27 | 0.06 | 32 | 1 | 0.32 | 0.00 | 0 | 5.60 | 2.57 | 1.86 | 1207 | 31.2 | 50.62 | 0.52 |
| 990059 Tomato, Cherry, Packer | 1/4 Cup | 100 | 12 | 0.02 | 10 | *N/A* | 0.02 | 0.00 | 0 | 3.00 | 0.95 | 0.55 | 250 | 10.5 | 3.00 | 0.72 |
| 990274 Pears, Bartlett, Diced in Juice, 14g | 1/2 Cup | 100 | 60 | 0.00 | 5 | *N/A* | 0.00 | 0.00 | 0 | 14.00 | 2.00 | 0.00 | 0 | 0.0 | 1.20 | 0.36 |
| 990036 Salad, Crispy Chicken | Each | 5 | 283 | 1.50 | 631 | *0 | 11.31 | 0.00 | 30 | 30.69 | 4.30 | 19.54 | 8655 | 68.0 | 89.10 | 3.03 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 310 | 5.50 | 990 | *N/A* | 12.50 | 0.00 | 50 | 29.00 | 3.00 | 20.00 | 300 | 210.0 | 0.00 | 1.44 |
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 700 | 7.00 | 570 | *N/A* | 36.00 | 0.00 | 0 | 72.00 | 6.00 | 24.00 | 0 | 40.0 | 0.00 | 2.16 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 10 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 000222 KETCHUP: individual | Pkt 6g | 10 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000230 MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Each | 25 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 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 | 25 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 573 | 6.29 | 933 | *15 | 18.21 | *0.00 | 54 | 71.45 | 8.03 | 32.11 | 3109 | 624.6 | 102.83 | 3.27 |
| % of Calories | | | | 9.88% | | *10.5% | 28.6% | *0.0% | | 49.9% | | 22.4% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Wednesday - 12/20/2017

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990048 Crispy Chicken Sandwich | Each | 40 | 330 | 1.50 | 630 | *0 | 10.00 | 0.00 | 30 | 39.00 | 5.00 | 21.00 | 100 | 40.0 | 84.00 | 2.88 |
| 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 |
| 990149 Baked Beans, w/ Pork, (DIXON), 22g | 1/4 Cup | 40 | 60 | 0.25 | 275 | *N/A* | 0.75 | 0.00 | 2 | 11.00 | 2.50 | 3.00 | 0 | 20.0 | 0.00 | 0.90 |
| 990254 Potato Wedges, Lamb Weston, 20g | 3 oz. | 40 | 110 | 1.00 | 25 | *N/A* | 3.00 | 0.00 | 0 | 20.00 | 2.00 | 2.00 | 0 | 0.0 | 4.80 | 0.72 |
| 990263 Peaches, Packer, 13g | 1/2 Cup | 100 | 50 | 0.00 | 10 | *N/A* | 0.00 | 0.00 | 0 | 13.00 | 1.00 | 1.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990036 Salad, Crispy Chicken | Each | 5 | 283 | 1.50 | 631 | *0 | 11.31 | 0.00 | 30 | 30.69 | 4.30 | 19.54 | 8655 | 68.0 | 89.10 | 3.03 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 310 | 5.50 | 990 | *N/A* | 12.50 | 0.00 | 50 | 29.00 | 3.00 | 20.00 | 300 | 210.0 | 0.00 | 1.44 |
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 700 | 7.00 | 570 | *N/A* | 36.00 | 0.00 | 0 | 72.00 | 6.00 | 24.00 | 0 | 40.0 | 0.00 | 2.16 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 10 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 21, 2017

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000222 KETCHUP: individual | Pkt 6g | 10 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000230 MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Each | 25 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 000231 MILK,Skim | HALF PINT | 25 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 569 | 4.36 | 828 | *10 | 17.14 | *0.00 | 48 | 78.10 | 6.99 | 27.99 | 985 | 384.8 | 40.34 | 3.13 |
| % of Calories | | | | 6.90% | | *7.0% | 27.1% | *0.0% | | 54.9% | | 19.7% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Thursday - 12/21/2017

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990255 Waffle, Echo Lake, 25g | 2 Each | 40 | 140 | 0.50 | 360 | *N/A* | 3.50 | 0.00 | 5 | 25.00 | 1.00 | 3.00 | 0 | 40.0 | 0.00 | 1.44 |
| 990084 Turkey Sausage Patty, 1.03 oz, Jennie-O | Each | 40 | 60 | 1.00 | 100 | *N/A* | 4.00 | 0.00 | 30 | 0.00 | 0.00 | 6.00 | 0 | 20.0 | 0.00 | 0.36 |
| 990291 Syrup Packet, Madeira, 1 oz. packet | 1 Packet | 10 | 80 | 0.00 | 20 | 14 | 0.00 | 0.00 | 0 | 20.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990112 Walking Taco Frito Bowl | Bag | 40 | 342 | 8.46 | 466 | *N/A* | 22.04 | 0.00 | 51 | 19.54 | 4.01 | 17.12 | 655 | 260.3 | 3.04 | 1.54 |
| 990296 Corn, Golden Sweet | 1/2 Cup | 100 | 70 | 0.00 | 0 | 2 | 0.50 | 0.00 | 0 | 18.00 | 2.00 | 3.00 | 200 | 0.0 | 6.00 | 0.36 |
| 990113 Shredded Lettuce (Walking Taco) | tbs | 40 | 10 | 0.00 | 5 | *N/A* | 0.05 | 0.00 | 0 | 1.50 | 0.60 | 0.45 | 250 | 9.0 | 1.41 | 0.21 |
| 990274 Pears, Bartlett, Diced in Juice, 14g | 1/2 Cup | 100 | 60 | 0.00 | 5 | *N/A* | 0.00 | 0.00 | 0 | 14.00 | 2.00 | 0.00 | 0 | 0.0 | 1.20 | 0.36 |
| 990036 Salad, Crispy Chicken | Each | 5 | 283 | 1.50 | 631 | *0 | 11.31 | 0.00 | 30 | 30.69 | 4.30 | 19.54 | 8655 | 68.0 | 89.10 | 3.03 |

Base Menu Spreadsheet

Portion Values

Dec 1, 2017 thru Dec 21, 2017

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 310 | 5.50 | 990 | *N/A* | 12.50 | 0.00 | 50 | 29.00 | 3.00 | 20.00 | 300 | 210.0 | 0.00 | 1.44 |
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 700 | 7.00 | 570 | *N/A* | 36.00 | 0.00 | 0 | 72.00 | 6.00 | 24.00 | 0 | 40.0 | 0.00 | 2.16 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 10 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 000222 KETCHUP: individual | Pkt 6g | 10 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000230 MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Each | 25 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 000231 MILK,Skim | HALF PINT | 25 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 561 | 5.84 | 674 | *13 | 18.38 | *0.00 | 47 | 77.51 | 7.24 | 26.22 | 1507 | 452.5 | 13.80 | 2.75 |
| % of Calories | | | | 9.37% | | *9.3% | 29.5% | *0.0% | | 55.3% | | 18.7% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=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.