

Base Menu Spreadsheet

Portion Values

Dec 1, 2017 thru Dec 31, 2017

Menu Name: Dixon RMS & Madison Lunch
Site: All Sites

Include Cost: No
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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990107 French Toast Sticks (4 Each), WG | Each | 40 | 300 | 3.00 | 380 | *N/A* | 12.00 | 0.00 | 0 | 42.00 | 2.00 | 6.00 | 0 | 60.0 | 0.00 | 1.80 |
| 990291 Syrup Packet, Madeira, 1 oz. packet | 1 Packet | 40 | 80 | 0.00 | 20 | 14 | 0.00 | 0.00 | 0 | 20.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990155 Turkey Bacon Wrap, Arbor C-4 | Each | 5 | 522 | 13.67 | 2011 | *N/A* | 26.80 | 0.00 | 78 | 44.30 | 5.10 | 25.87 | 9310 | 413.0 | 4.02 | 2.77 |
| 990156 Cajun Chicken Wrap | Each | 5 | 368 | 4.02 | 1377 | *11 | 10.01 | 0.00 | 35 | 50.16 | 6.41 | 19.48 | 9686 | 104.2 | 4.22 | 3.71 |
| 990085 Cheese Pizza, WG, The MAX, 37g | Each | 5 | 280 | 3.00 | 560 | *N/A* | 8.00 | 0.00 | 15 | 37.00 | 4.00 | 16.00 | 400 | 300.0 | 0.00 | 3.60 |
| 990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g | Each | 5 | 310 | 5.00 | 530 | *N/A* | 12.00 | 0.00 | 25 | 34.00 | 4.00 | 16.00 | 0 | 2220.0 | 0.00 | 0.45 |
| 990088 Turkey & Cheese Wrap | Each | 5 | 295 | 5.50 | 945 | *N/A* | 11.05 | 0.00 | 38 | 33.50 | 3.60 | 15.95 | 400 | 144.0 | 1.41 | 2.01 |
| 990146 Hot Ham & Cheese Sandwich, Arbor B-32 | Each | 5 | 312 | 5.75 | 1070 | *N/A* | 12.88 | 0.00 | 48 | 29.50 | 3.00 | 17.75 | 300 | 170.0 | 0.00 | 1.08 |
| 990156 Cajun Chicken Wrap | Each | 1 | 368 | 4.02 | 1377 | *11 | 10.01 | 0.00 | 35 | 50.16 | 6.41 | 19.48 | 9686 | 104.2 | 4.22 | 3.71 |
| 990155 Turkey Bacon Wrap, Arbor C-4 | Each | 1 | 522 | 13.67 | 2011 | *N/A* | 26.80 | 0.00 | 78 | 44.30 | 5.10 | 25.87 | 9310 | 413.0 | 4.02 | 2.77 |
| 990052 Hamburger, WG | Each | 5 | 298 | 3.65 | 519 | *N/A* | 11.61 | 0.59 | 39 | 27.62 | 4.27 | 20.00 | 0 | 50.0 | 0.00 | 2.88 |
| 990031 Cheeseburger on WG Bun, Arbor B-1, 30g | 1 Each | 5 | 408 | 8.65 | 919 | *N/A* | 20.61 | 0.59 | 64 | 29.62 | 4.27 | 25.00 | 300 | 200.0 | 0.00 | 2.88 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Each | 50 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 000230 MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |

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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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 67 | 0.00 | 5 | *3 | 0.04 | *0.00 | 0 | 17.23 | 1.88 | 0.41 | 99 | 11.7 | 11.34 | 0.20 |
| 990038 Fruit & Veggie Bar - Veggies | 1/4 Cup | 100 | 40 | 0.04 | 50 | *0 | 0.47 | 0.00 | 0 | 7.10 | 2.06 | 2.43 | 461 | 20.3 | 11.51 | 0.85 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 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 |
| 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 |
| 990338 BAKED BEANS (VEGETARIAN) | SERVINGS | 20 | 160 | 0.11 | 453 | *18 | 0.66 | *0.00 | 0 | 36.70 | 5.85 | 6.68 | 223 | 66.5 | 2.20 | 2.09 |
| 990059 Tomato, Cherry, Packer | 1/4 Cup | 100 | 12 | 0.02 | 10 | *N/A* | 0.02 | 0.00 | 0 | 3.00 | 0.95 | 0.55 | 250 | 10.5 | 3.00 | 0.72 |
| 000256 BROCCOLI,raw: fresh | 1/4 Cup | 100 | 31 | 0.04 | 30 | 2 | 0.34 | 0.00 | 0 | 6.04 | 2.37 | 2.57 | 567 | 42.8 | 81.17 | 0.66 |
| Weighted Daily Average | | | 592 | 4.74 | 952 | *22 | 13.03 | *0.06 | 27 | 97.61 | 11.11 | 26.10 | 3129 | 610.9 | 108.70 | 4.86 |
| % of Calories | | | | 7.21% | | *14.9% | 19.8% | *0.1% | | 66.0% | | 17.6% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=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) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 |

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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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990085 Cheese Pizza, WG, The MAX, 37g | Each | 5 | 280 | 3.00 | 560 | *N/A* | 8.00 | 0.00 | 15 | 37.00 | 4.00 | 16.00 | 400 | 300.0 | 0.00 | 3.60 |
| 990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g | Each | 5 | 310 | 5.00 | 530 | *N/A* | 12.00 | 0.00 | 25 | 34.00 | 4.00 | 16.00 | 0 | 2220.0 | 0.00 | 0.45 |
| 990088 Turkey & Cheese Wrap | Each | 5 | 295 | 5.50 | 945 | *N/A* | 11.05 | 0.00 | 38 | 33.50 | 3.60 | 15.95 | 400 | 144.0 | 1.41 | 2.01 |
| 990146 Hot Ham & Cheese Sandwich, Arbor B-32 | Each | 5 | 312 | 5.75 | 1070 | *N/A* | 12.88 | 0.00 | 48 | 29.50 | 3.00 | 17.75 | 300 | 170.0 | 0.00 | 1.08 |
| 990156 Cajun Chicken Wrap | Each | 1 | 368 | 4.02 | 1377 | *11 | 10.01 | 0.00 | 35 | 50.16 | 6.41 | 19.48 | 9686 | 104.2 | 4.22 | 3.71 |
| 990155 Turkey Bacon Wrap, Arbor C-4 | Each | 1 | 522 | 13.67 | 2011 | *N/A* | 26.80 | 0.00 | 78 | 44.30 | 5.10 | 25.87 | 9310 | 413.0 | 4.02 | 2.77 |
| 990052 Hamburger, WG | Each | 5 | 298 | 3.65 | 519 | *N/A* | 11.61 | 0.59 | 39 | 27.62 | 4.27 | 20.00 | 0 | 50.0 | 0.00 | 2.88 |
| 990031 Cheeseburger on WG Bun, Arbor B-1, 30g | 1 Each | 5 | 408 | 8.65 | 919 | *N/A* | 20.61 | 0.59 | 64 | 29.62 | 4.27 | 25.00 | 300 | 200.0 | 0.00 | 2.88 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Each | 50 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 000230 MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 67 | 0.00 | 5 | *3 | 0.04 | *0.00 | 0 | 17.23 | 1.88 | 0.41 | 99 | 11.7 | 11.34 | 0.20 |
| 990038 Fruit & Veggie Bar - Veggies | 1/4 Cup | 100 | 40 | 0.04 | 50 | *0 | 0.47 | 0.00 | 0 | 7.10 | 2.06 | 2.43 | 461 | 20.3 | 11.51 | 0.85 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 100 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 100 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 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 |
| 990359 Romaine Salad | 1/2 Cup | 100 | 4 | 0.00 | 3 | *N/A* | 0.00 | 0.00 | 0 | 0.85 | 0.57 | 0.28 | 2410 | 11.3 | 1.02 | 0.31 |
| 990059 Tomato, Cherry, Packer | 1/4 Cup | 75 | 12 | 0.02 | 10 | *N/A* | 0.02 | 0.00 | 0 | 3.00 | 0.95 | 0.55 | 250 | 10.5 | 3.00 | 0.72 |

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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) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990032 Corn, Golden Sweet | 2 Ounces | 50 | 47 | 0.00 | 0 | 1 | 0.33 | 0.00 | 0 | 12.00 | 1.33 | 2.00 | 133 | 0.0 | 4.00 | 0.24 |
| Weighted Daily Average | | | 595 | 5.24 | 1519 | *16 | 14.09 | *0.06 | 42 | 93.09 | 9.49 | 29.79 | 5059 | 585.6 | 31.16 | 4.70 |
| % of Calories | | | | 7.93% | | *10.8% | 21.3% | *0.1% | | 62.6% | | 20.0% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990145 Nacho Supreme, Arbor A-10h | #16 Scoop | 50 | 450 | 3.75 | 536 | *N/A* | 21.92 | 0.00 | 25 | 42.76 | 4.98 | 19.77 | 126 | 288.6 | 0.00 | 0.93 |
| 990155 Turkey Bacon Wrap, Arbor C-4 | Each | 2 | 522 | 13.67 | 2011 | *N/A* | 26.80 | 0.00 | 78 | 44.30 | 5.10 | 25.87 | 9310 | 413.0 | 4.02 | 2.77 |
| 990156 Cajun Chicken Wrap | Each | 2 | 368 | 4.02 | 1377 | *11 | 10.01 | 0.00 | 35 | 50.16 | 6.41 | 19.48 | 9686 | 104.2 | 4.22 | 3.71 |
| 990085 Cheese Pizza, WG, The MAX, 37g | Each | 2 | 280 | 3.00 | 560 | *N/A* | 8.00 | 0.00 | 15 | 37.00 | 4.00 | 16.00 | 400 | 300.0 | 0.00 | 3.60 |
| 990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g | Each | 2 | 310 | 5.00 | 530 | *N/A* | 12.00 | 0.00 | 25 | 34.00 | 4.00 | 16.00 | 0 | 2220.0 | 0.00 | 0.45 |
| 990088 Turkey & Cheese Wrap | Each | 2 | 295 | 5.50 | 945 | *N/A* | 11.05 | 0.00 | 38 | 33.50 | 3.60 | 15.95 | 400 | 144.0 | 1.41 | 2.01 |
| 990146 Hot Ham & Cheese Sandwich, Arbor B-32 | Each | 5 | 312 | 5.75 | 1070 | *N/A* | 12.88 | 0.00 | 48 | 29.50 | 3.00 | 17.75 | 300 | 170.0 | 0.00 | 1.08 |
| 990156 Cajun Chicken Wrap | Each | 1 | 368 | 4.02 | 1377 | *11 | 10.01 | 0.00 | 35 | 50.16 | 6.41 | 19.48 | 9686 | 104.2 | 4.22 | 3.71 |
| 990155 Turkey Bacon Wrap, Arbor C-4 | Each | 1 | 522 | 13.67 | 2011 | *N/A* | 26.80 | 0.00 | 78 | 44.30 | 5.10 | 25.87 | 9310 | 413.0 | 4.02 | 2.77 |
| 990052 Hamburger, WG | Each | 5 | 298 | 3.65 | 519 | *N/A* | 11.61 | 0.59 | 39 | 27.62 | 4.27 | 20.00 | 0 | 50.0 | 0.00 | 2.88 |
| 990031 Cheeseburger on WG Bun, Arbor B-1, 30g | 1 Each | 5 | 408 | 8.65 | 919 | *N/A* | 20.61 | 0.59 | 64 | 29.62 | 4.27 | 25.00 | 300 | 200.0 | 0.00 | 2.88 |

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| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990040 Milk, Chocolate, Skim, Prairie Farms | Each | 50 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 000230 MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 67 | 0.00 | 5 | *3 | 0.04 | *0.00 | 0 | 17.23 | 1.88 | 0.41 | 99 | 11.7 | 11.34 | 0.20 |
| 990038 Fruit & Veggie Bar - Veggies | 1/4 Cup | 100 | 40 | 0.04 | 50 | *0 | 0.47 | 0.00 | 0 | 7.10 | 2.06 | 2.43 | 461 | 20.3 | 11.51 | 0.85 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 60 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 60 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 000222 KETCHUP: individual | Pkt 6g | 60 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000223 MUSTARD: individual PC | Pkt 5g | 60 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 000377 CUCUMBER,RAW | 2 OZ | 100 | 7 | 0.01 | 1 | 1 | 0.09 | 0.00 | 0 | 1.22 | 0.40 | 0.34 | 41 | 7.9 | 1.81 | 0.12 |
| 990033 Carroteenies, Packer | 1.6 Ounce | 100 | 15 | 0.00 | 35 | *N/A* | 0.00 | 0.00 | 0 | 4.00 | 1.00 | 0.00 | 3000 | 0.0 | 0.00 | 0.00 |
| 000256 BROCCOLI,raw: fresh | 1/4 Cup | 100 | 31 | 0.04 | 30 | 2 | 0.34 | 0.00 | 0 | 6.04 | 2.37 | 2.57 | 567 | 42.8 | 81.17 | 0.66 |
| Weighted Daily Average | | | 607 | 4.45 | 992 | *15 | 17.18 | *0.06 | 34 | 87.03 | 11.51 | 29.43 | 5387 | 623.3 | 107.12 | 3.29 |
| % of Calories | | | | 6.60% | | *9.9% | 25.5% | *0.1% | | 57.4% | | 19.4% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=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) |
|----------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990340 MACARONI AND CHEESE | 2/3 CUP | 50 | 321 | 6.89 | 961 | *9 | 12.20 | *0.00 | 33 | 30.52 | 0.80 | 22.95 | 1665 | 615.3 | 0.93 | 0.86 |

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| 990155 Turkey Bacon Wrap, Arbor C-4 | Each | 2 | 522 | 13.67 | 2011 | *N/A* | 26.80 | 0.00 | 78 | 44.30 | 5.10 | 25.87 | 9310 | 413.0 | 4.02 | 2.77 |
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| 990085 Cheese Pizza, WG, The MAX, 37g | Each | 2 | 280 | 3.00 | 560 | *N/A* | 8.00 | 0.00 | 15 | 37.00 | 4.00 | 16.00 | 400 | 300.0 | 0.00 | 3.60 |
| 990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g | Each | 2 | 310 | 5.00 | 530 | *N/A* | 12.00 | 0.00 | 25 | 34.00 | 4.00 | 16.00 | 0 | 2220.0 | 0.00 | 0.45 |
| 990088 Turkey & Cheese Wrap | Each | 2 | 295 | 5.50 | 945 | *N/A* | 11.05 | 0.00 | 38 | 33.50 | 3.60 | 15.95 | 400 | 144.0 | 1.41 | 2.01 |
| 990146 Hot Ham & Cheese Sandwich, Arbor B-32 | Each | 2 | 312 | 5.75 | 1070 | *N/A* | 12.88 | 0.00 | 48 | 29.50 | 3.00 | 17.75 | 300 | 170.0 | 0.00 | 1.08 |
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| 990040 Milk, Chocolate, Skim, Prairie Farms | Each | 50 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 000230 MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 67 | 0.00 | 5 | *3 | 0.04 | *0.00 | 0 | 17.23 | 1.88 | 0.41 | 99 | 11.7 | 11.34 | 0.20 |
| 990038 Fruit & Veggie Bar - Veggies | 1/4 Cup | 100 | 40 | 0.04 | 50 | *0 | 0.47 | 0.00 | 0 | 7.10 | 2.06 | 2.43 | 461 | 20.3 | 11.51 | 0.85 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 100 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 100 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 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 |

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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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000042 PICKLES,DILL SPEAR | EACH | 100 | 4 | 0.03 | 283 | 0 | 0.10 | 0.00 | 0 | 0.84 | 0.35 | 0.18 | 44 | 20.0 | 0.80 | 0.09 |
| 000426 GREEN BEANS: frozen,boiled | 1/4 CUP | 100 | 38 | 0.06 | 1 | 3 | 0.23 | 0.00 | 0 | 8.71 | 4.05 | 2.01 | 566 | 56.7 | 5.54 | 0.89 |
| 990044 Fries, 3/8" Regular Cut, McCain | 3 oz. | 50 | 110 | 0.00 | 30 | *N/A* | 3.50 | 0.00 | 0 | 17.99 | 2.00 | 2.00 | 0 | 0.0 | 0.00 | 0.36 |
| Weighted Daily Average | | | 590 | 5.89 | 1534 | *22 | 13.67 | *0.06 | 36 | 90.44 | 11.06 | 30.92 | 3184 | 810.2 | 31.20 | 3.66 |
| % of Calories | | | | 8.98% | | *14.9% | 20.9% | *0.1% | | 61.3% | | 21.0% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | |

Thursday - 12/07/2017

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 | 50 | 258 | 2.97 | 347 | *N/A* | 13.87 | 0.00 | 64 | 14.86 | 1.98 | 16.85 | 99 | 19.8 | 107.03 | 1.43 |
| 990155 Turkey Bacon Wrap, Arbor C-4 | Each | 5 | 522 | 13.67 | 2011 | *N/A* | 26.80 | 0.00 | 78 | 44.30 | 5.10 | 25.87 | 9310 | 413.0 | 4.02 | 2.77 |
| 990156 Cajun Chicken Wrap | Each | 5 | 368 | 4.02 | 1377 | *11 | 10.01 | 0.00 | 35 | 50.16 | 6.41 | 19.48 | 9686 | 104.2 | 4.22 | 3.71 |
| 990085 Cheese Pizza, WG, The MAX, 37g | Each | 5 | 280 | 3.00 | 560 | *N/A* | 8.00 | 0.00 | 15 | 37.00 | 4.00 | 16.00 | 400 | 300.0 | 0.00 | 3.60 |
| 990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g | Each | 5 | 310 | 5.00 | 530 | *N/A* | 12.00 | 0.00 | 25 | 34.00 | 4.00 | 16.00 | 0 | 2220.0 | 0.00 | 0.45 |
| 990088 Turkey & Cheese Wrap | Each | 5 | 295 | 5.50 | 945 | *N/A* | 11.05 | 0.00 | 38 | 33.50 | 3.60 | 15.95 | 400 | 144.0 | 1.41 | 2.01 |
| 990146 Hot Ham & Cheese Sandwich, Arbor B-32 | Each | 5 | 312 | 5.75 | 1070 | *N/A* | 12.88 | 0.00 | 48 | 29.50 | 3.00 | 17.75 | 300 | 170.0 | 0.00 | 1.08 |
| 990156 Cajun Chicken Wrap | Each | 1 | 368 | 4.02 | 1377 | *11 | 10.01 | 0.00 | 35 | 50.16 | 6.41 | 19.48 | 9686 | 104.2 | 4.22 | 3.71 |
| 990155 Turkey Bacon Wrap, Arbor C-4 | Each | 1 | 522 | 13.67 | 2011 | *N/A* | 26.80 | 0.00 | 78 | 44.30 | 5.10 | 25.87 | 9310 | 413.0 | 4.02 | 2.77 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990052 Hamburger, WG | Each | 5 | 298 | 3.65 | 519 | *N/A* | 11.61 | 0.59 | 39 | 27.62 | 4.27 | 20.00 | 0 | 50.0 | 0.00 | 2.88 |
| 990031 Cheeseburger on WG Bun, Arbor B-1, 30g | 1 Each | 5 | 408 | 8.65 | 919 | *N/A* | 20.61 | 0.59 | 64 | 29.62 | 4.27 | 25.00 | 300 | 200.0 | 0.00 | 2.88 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Each | 50 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 000230 MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 67 | 0.00 | 5 | *3 | 0.04 | *0.00 | 0 | 17.23 | 1.88 | 0.41 | 99 | 11.7 | 11.34 | 0.20 |
| 990038 Fruit & Veggie Bar - Veggies | 1/4 Cup | 100 | 40 | 0.04 | 50 | *0 | 0.47 | 0.00 | 0 | 7.10 | 2.06 | 2.43 | 461 | 20.3 | 11.51 | 0.85 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 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 |
| 000222 KETCHUP: individual | Pkt 6g | 10 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 990124 Salsa, Mild | 2 Ounces | 100 | 20 | 0.00 | 140 | *N/A* | 0.00 | 0.00 | 0 | 4.00 | 1.00 | 0.00 | 1000 | 40.0 | 12.00 | 0.72 |
| 990358 INSTANT MASHED POTATOES: FLAKE | 1/2 CUP | 100 | 120 | 0.62 | 233 | *5 | 2.87 | *0.00 | 1 | 19.48 | 1.24 | 4.46 | 125 | 109.2 | 15.62 | 0.25 |
| Weighted Daily Average | | | 634 | 5.57 | 1207 | *16 | 17.55 | *0.06 | 60 | 87.33 | 9.04 | 32.13 | 3442 | 679.5 | 105.22 | 4.03 |
| % of Calories | | | | 7.91% | | *10.1% | 24.9% | *0.1% | | 55.1% | | 20.3% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | |

Friday - 12/08/2017

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) | |
|--------|--|------------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|------|
| 990158 | Chicken & Cheese Quesadilla, Arbor B-77 | quesadilla | 50 | 575 | 8.30 | 940 | *N/A* | 37.50 | 0.00 | 69 | 17.00 | 2.00 | 43.00 | 475 | 735.0 | 1.20 | 2.50 |
| 990124 | Salsa, Mild | 2 Ounces | 20 | 20 | 0.00 | 140 | *N/A* | 0.00 | 0.00 | 0 | 4.00 | 1.00 | 0.00 | 1000 | 40.0 | 12.00 | 0.72 |
| 990155 | Turkey Bacon Wrap, Arbor C-4 | Each | 5 | 522 | 13.67 | 2011 | *N/A* | 26.80 | 0.00 | 78 | 44.30 | 5.10 | 25.87 | 9310 | 413.0 | 4.02 | 2.77 |
| 990156 | Cajun Chicken Wrap | Each | 5 | 368 | 4.02 | 1377 | *11 | 10.01 | 0.00 | 35 | 50.16 | 6.41 | 19.48 | 9686 | 104.2 | 4.22 | 3.71 |
| 990249 | Pizza, Cheese, Stuffed Crst, Max, 36g | 1 Slice | 5 | 330 | 4.50 | 850 | *N/A* | 14.00 | 0.00 | 15 | 36.00 | 3.00 | 15.00 | 0 | 210.0 | 0.00 | 2.00 |
| 990251 | Pizza, Pepperoni, Stuffed Crst, Max, 36g | 1 Slice | 5 | 340 | 4.50 | 890 | *N/A* | 15.00 | 0.00 | 20 | 36.00 | 3.00 | 15.00 | *N/A* | 190.0 | *N/A* | 2.00 |
| 990088 | Turkey & Cheese Wrap | Each | 5 | 295 | 5.50 | 945 | *N/A* | 11.05 | 0.00 | 38 | 33.50 | 3.60 | 15.95 | 400 | 144.0 | 1.41 | 2.01 |
| 990146 | Hot Ham & Cheese Sandwich, Arbor B-32 | Each | 5 | 312 | 5.75 | 1070 | *N/A* | 12.88 | 0.00 | 48 | 29.50 | 3.00 | 17.75 | 300 | 170.0 | 0.00 | 1.08 |
| 990156 | Cajun Chicken Wrap | Each | 1 | 368 | 4.02 | 1377 | *11 | 10.01 | 0.00 | 35 | 50.16 | 6.41 | 19.48 | 9686 | 104.2 | 4.22 | 3.71 |
| 990155 | Turkey Bacon Wrap, Arbor C-4 | Each | 1 | 522 | 13.67 | 2011 | *N/A* | 26.80 | 0.00 | 78 | 44.30 | 5.10 | 25.87 | 9310 | 413.0 | 4.02 | 2.77 |
| 990052 | Hamburger, WG | Each | 5 | 298 | 3.65 | 519 | *N/A* | 11.61 | 0.59 | 39 | 27.62 | 4.27 | 20.00 | 0 | 50.0 | 0.00 | 2.88 |
| 990031 | Cheeseburger on WG Bun, Arbor B-1, 30g | 1 Each | 5 | 408 | 8.65 | 919 | *N/A* | 20.61 | 0.59 | 64 | 29.62 | 4.27 | 25.00 | 300 | 200.0 | 0.00 | 2.88 |
| 990040 | Milk, Chocolate, Skim, Prairie Farms | Each | 50 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 000230 | MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990039 | Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 67 | 0.00 | 5 | *3 | 0.04 | *0.00 | 0 | 17.23 | 1.88 | 0.41 | 99 | 11.7 | 11.34 | 0.20 |
| 990038 | Fruit & Veggie Bar - Veggies | 1/4 Cup | 100 | 40 | 0.04 | 50 | *0 | 0.47 | 0.00 | 0 | 7.10 | 2.06 | 2.43 | 461 | 20.3 | 11.51 | 0.85 |
| 990034 | Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 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) |
|---------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 |
| 990338 BAKED BEANS (VEGETARIAN) | SERVINGS | 20 | 160 | 0.11 | 453 | *18 | 0.66 | *0.00 | 0 | 36.70 | 5.85 | 6.68 | 223 | 66.5 | 2.20 | 2.09 |
| 990059 Tomato, Cherry, Packer | 1/4 Cup | 100 | 12 | 0.02 | 10 | *N/A* | 0.02 | 0.00 | 0 | 3.00 | 0.95 | 0.55 | 250 | 10.5 | 3.00 | 0.72 |
| 000256 BROCCOLI,raw: fresh | 1/4 Cup | 100 | 31 | 0.04 | 30 | 2 | 0.34 | 0.00 | 0 | 6.04 | 2.37 | 2.57 | 567 | 42.8 | 81.17 | 0.66 |
| Weighted Daily Average | | | 736 | 7.74 | 1322 | *16 | 27.43 | *0.06 | 61 | 82.16 | 11.41 | 45.10 | *3547 | 856.4 | *111.70 | 5.54 |
| % of Calories | | | | 9.46% | | *8.7% | 33.5% | *0.1% | | 44.7% | | 24.5% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990122 Soft Tacos, Arbor B - 24 | 2 Tacos | 50 | 468 | 6.86 | 696 | *N/A* | 17.17 | 0.00 | 83 | 40.14 | 8.06 | 36.46 | 1420 | 121.2 | 12.17 | 5.46 |
| 990155 Turkey Bacon Wrap, Arbor C-4 | Each | 5 | 522 | 13.67 | 2011 | *N/A* | 26.80 | 0.00 | 78 | 44.30 | 5.10 | 25.87 | 9310 | 413.0 | 4.02 | 2.77 |
| 990156 Cajun Chicken Wrap | Each | 5 | 368 | 4.02 | 1377 | *11 | 10.01 | 0.00 | 35 | 50.16 | 6.41 | 19.48 | 9686 | 104.2 | 4.22 | 3.71 |
| 990085 Cheese Pizza, WG, The MAX, 37g | Each | 5 | 280 | 3.00 | 560 | *N/A* | 8.00 | 0.00 | 15 | 37.00 | 4.00 | 16.00 | 400 | 300.0 | 0.00 | 3.60 |
| 990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g | Each | 5 | 310 | 5.00 | 530 | *N/A* | 12.00 | 0.00 | 25 | 34.00 | 4.00 | 16.00 | 0 | 2220.0 | 0.00 | 0.45 |
| 990088 Turkey & Cheese Wrap | Each | 5 | 295 | 5.50 | 945 | *N/A* | 11.05 | 0.00 | 38 | 33.50 | 3.60 | 15.95 | 400 | 144.0 | 1.41 | 2.01 |
| 990146 Hot Ham & Cheese Sandwich, Arbor B-32 | Each | 5 | 312 | 5.75 | 1070 | *N/A* | 12.88 | 0.00 | 48 | 29.50 | 3.00 | 17.75 | 300 | 170.0 | 0.00 | 1.08 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990156 Cajun Chicken Wrap | Each | 1 | 368 | 4.02 | 1377 | *11 | 10.01 | 0.00 | 35 | 50.16 | 6.41 | 19.48 | 9686 | 104.2 | 4.22 | 3.71 |
| 990155 Turkey Bacon Wrap, Arbor C-4 | Each | 1 | 522 | 13.67 | 2011 | *N/A* | 26.80 | 0.00 | 78 | 44.30 | 5.10 | 25.87 | 9310 | 413.0 | 4.02 | 2.77 |
| 990052 Hamburger, WG | Each | 5 | 298 | 3.65 | 519 | *N/A* | 11.61 | 0.59 | 39 | 27.62 | 4.27 | 20.00 | 0 | 50.0 | 0.00 | 2.88 |
| 990031 Cheeseburger on WG Bun, Arbor B-1, 30g | 1 Each | 5 | 408 | 8.65 | 919 | *N/A* | 20.61 | 0.59 | 64 | 29.62 | 4.27 | 25.00 | 300 | 200.0 | 0.00 | 2.88 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Each | 50 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 000230 MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 67 | 0.00 | 5 | *3 | 0.04 | *0.00 | 0 | 17.23 | 1.88 | 0.41 | 99 | 11.7 | 11.34 | 0.20 |
| 990038 Fruit & Veggie Bar - Veggies | 1/4 Cup | 100 | 40 | 0.04 | 50 | *0 | 0.47 | 0.00 | 0 | 7.10 | 2.06 | 2.43 | 461 | 20.3 | 11.51 | 0.85 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 100 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 100 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 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 |
| 990359 Romaine Salad | 1/2 Cup | 100 | 4 | 0.00 | 3 | *N/A* | 0.00 | 0.00 | 0 | 0.85 | 0.57 | 0.28 | 2410 | 11.3 | 1.02 | 0.31 |
| 990059 Tomato, Cherry, Packer | 1/4 Cup | 100 | 12 | 0.02 | 10 | *N/A* | 0.02 | 0.00 | 0 | 3.00 | 0.95 | 0.55 | 250 | 10.5 | 3.00 | 0.72 |
| 990032 Corn, Golden Sweet | 2 Ounces | 100 | 47 | 0.00 | 0 | 1 | 0.33 | 0.00 | 0 | 12.00 | 1.33 | 2.00 | 133 | 0.0 | 4.00 | 0.24 |
| Weighted Daily Average | | | 693 | 6.92 | 1310 | *17 | 16.85 | *0.06 | 68 | 99.41 | 12.92 | 40.66 | 5848 | 608.8 | 38.80 | 6.47 |
| % of Calories | | | | 8.99% | | *9.8% | 21.9% | *0.1% | | 57.4% | | 23.5% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | |

Base Menu Spreadsheet

Portion Values

Dec 1, 2017 thru Dec 31, 2017

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990159 Corn Dog, Turkey, WG, StateFair, 33g | Each | 50 | 240 | 1.50 | 670 | *N/A* | 7.00 | 0.00 | 15 | 33.00 | 4.00 | 11.00 | 0 | 60.0 | 15.00 | 1.80 |
| 990155 Turkey Bacon Wrap, Arbor C-4 | Each | 5 | 522 | 13.67 | 2011 | *N/A* | 26.80 | 0.00 | 78 | 44.30 | 5.10 | 25.87 | 9310 | 413.0 | 4.02 | 2.77 |
| 990156 Cajun Chicken Wrap | Each | 5 | 368 | 4.02 | 1377 | *11 | 10.01 | 0.00 | 35 | 50.16 | 6.41 | 19.48 | 9686 | 104.2 | 4.22 | 3.71 |
| 990085 Cheese Pizza, WG, The MAX, 37g | Each | 5 | 280 | 3.00 | 560 | *N/A* | 8.00 | 0.00 | 15 | 37.00 | 4.00 | 16.00 | 400 | 300.0 | 0.00 | 3.60 |
| 990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g | Each | 5 | 310 | 5.00 | 530 | *N/A* | 12.00 | 0.00 | 25 | 34.00 | 4.00 | 16.00 | 0 | 2220.0 | 0.00 | 0.45 |
| 990088 Turkey & Cheese Wrap | Each | 5 | 295 | 5.50 | 945 | *N/A* | 11.05 | 0.00 | 38 | 33.50 | 3.60 | 15.95 | 400 | 144.0 | 1.41 | 2.01 |
| 990146 Hot Ham & Cheese Sandwich, Arbor B-32 | Each | 5 | 312 | 5.75 | 1070 | *N/A* | 12.88 | 0.00 | 48 | 29.50 | 3.00 | 17.75 | 300 | 170.0 | 0.00 | 1.08 |
| 990156 Cajun Chicken Wrap | Each | 1 | 368 | 4.02 | 1377 | *11 | 10.01 | 0.00 | 35 | 50.16 | 6.41 | 19.48 | 9686 | 104.2 | 4.22 | 3.71 |
| 990155 Turkey Bacon Wrap, Arbor C-4 | Each | 1 | 522 | 13.67 | 2011 | *N/A* | 26.80 | 0.00 | 78 | 44.30 | 5.10 | 25.87 | 9310 | 413.0 | 4.02 | 2.77 |
| 990052 Hamburger, WG | Each | 5 | 298 | 3.65 | 519 | *N/A* | 11.61 | 0.59 | 39 | 27.62 | 4.27 | 20.00 | 0 | 50.0 | 0.00 | 2.88 |
| 990031 Cheeseburger on WG Bun, Arbor B-1, 30g | 1 Each | 5 | 408 | 8.65 | 919 | *N/A* | 20.61 | 0.59 | 64 | 29.62 | 4.27 | 25.00 | 300 | 200.0 | 0.00 | 2.88 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Each | 60 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 000230 MILK,1% Lowfat | HALF PINT | 60 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 67 | 0.00 | 5 | *3 | 0.04 | *0.00 | 0 | 17.23 | 1.88 | 0.41 | 99 | 11.7 | 11.34 | 0.20 |
| 990038 Fruit & Veggie Bar - Veggies | 1/4 Cup | 100 | 40 | 0.04 | 50 | *0 | 0.47 | 0.00 | 0 | 7.10 | 2.06 | 2.43 | 461 | 20.3 | 11.51 | 0.85 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 100 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |

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) |
|-------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990343 BARBECUE SAUCE | 2 TBSP | 100 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 000222 KETCHUP: individual | Pkt 6g | 100 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000223 MUSTARD: individual PC | Pkt 5g | 100 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 000377 CUCUMBER,RAW | 2 OZ | 100 | 7 | 0.01 | 1 | 1 | 0.09 | 0.00 | 0 | 1.22 | 0.40 | 0.34 | 41 | 7.9 | 1.81 | 0.12 |
| 990033 Carroteenies, Packer | 1.6 Ounce | 100 | 15 | 0.00 | 35 | *N/A* | 0.00 | 0.00 | 0 | 4.00 | 1.00 | 0.00 | 3000 | 0.0 | 0.00 | 0.00 |
| 000256 BROCCOLI,raw: fresh | 1/4 Cup | 100 | 31 | 0.04 | 30 | 2 | 0.34 | 0.00 | 0 | 6.04 | 2.37 | 2.57 | 567 | 42.8 | 81.17 | 0.66 |
| Weighted Daily Average | | | 590 | 4.42 | 1379 | *19 | 12.07 | *0.06 | 36 | 94.47 | 11.81 | 29.61 | 6051 | 667.6 | 115.29 | 4.21 |
| % of Calories | | | | 6.74% | | *12.9% | 18.4% | *0.1% | | 64.0% | | 20.1% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | |

Wednesday - 12/13/2017

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | 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, 4x6, 34g | Each | 5 | 310 | 5.00 | 530 | *N/A* | 12.00 | 0.00 | 25 | 34.00 | 4.00 | 16.00 | 0 | 2220.0 | 0.00 | 0.45 |

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990088 Turkey & Cheese Wrap | Each | 5 | 295 | 5.50 | 945 | *N/A* | 11.05 | 0.00 | 38 | 33.50 | 3.60 | 15.95 | 400 | 144.0 | 1.41 | 2.01 |
| 990146 Hot Ham & Cheese Sandwich, Arbor B-32 | Each | 5 | 312 | 5.75 | 1070 | *N/A* | 12.88 | 0.00 | 48 | 29.50 | 3.00 | 17.75 | 300 | 170.0 | 0.00 | 1.08 |
| 990156 Cajun Chicken Wrap | Each | 1 | 368 | 4.02 | 1377 | *11 | 10.01 | 0.00 | 35 | 50.16 | 6.41 | 19.48 | 9686 | 104.2 | 4.22 | 3.71 |
| 990155 Turkey Bacon Wrap, Arbor C-4 | Each | 1 | 522 | 13.67 | 2011 | *N/A* | 26.80 | 0.00 | 78 | 44.30 | 5.10 | 25.87 | 9310 | 413.0 | 4.02 | 2.77 |
| 990052 Hamburger, WG | Each | 10 | 298 | 3.65 | 519 | *N/A* | 11.61 | 0.59 | 39 | 27.62 | 4.27 | 20.00 | 0 | 50.0 | 0.00 | 2.88 |
| 990031 Cheeseburger on WG Bun, Arbor B-1, 30g | 1 Each | 10 | 408 | 8.65 | 919 | *N/A* | 20.61 | 0.59 | 64 | 29.62 | 4.27 | 25.00 | 300 | 200.0 | 0.00 | 2.88 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Each | 50 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 000230 MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 67 | 0.00 | 5 | *3 | 0.04 | *0.00 | 0 | 17.23 | 1.88 | 0.41 | 99 | 11.7 | 11.34 | 0.20 |
| 990038 Fruit & Veggie Bar - Veggies | 1/4 Cup | 100 | 40 | 0.04 | 50 | *0 | 0.47 | 0.00 | 0 | 7.10 | 2.06 | 2.43 | 461 | 20.3 | 11.51 | 0.85 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 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 |
| 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 |
| 000042 PICKLES,DILL SPEAR | EACH | 50 | 4 | 0.03 | 283 | 0 | 0.10 | 0.00 | 0 | 0.84 | 0.35 | 0.18 | 44 | 20.0 | 0.80 | 0.09 |
| 000426 GREEN BEANS: frozen,boiled | 1/4 CUP | 50 | 38 | 0.06 | 1 | 3 | 0.23 | 0.00 | 0 | 8.71 | 4.05 | 2.01 | 566 | 56.7 | 5.54 | 0.89 |

Base Menu Spreadsheet

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990044 Fries, 3/8" Regular Cut, McCain | 3 oz. | 20 | 110 | 0.00 | 30 | *N/A* | 3.50 | 0.00 | 0 | 17.99 | 2.00 | 2.00 | 0 | 0.0 | 0.00 | 0.36 |
| Weighted Daily Average | | | 618 | 7.00 | 1315 | *14 | 18.05 | *0.12 | 53 | 86.88 | 11.92 | 32.26 | 3537 | 627.1 | 28.27 | 4.78 |
| % of Calories | | | | 10.19% | | *9.1% | 26.3% | *0.2% | | 56.2% | | 20.9% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990146 Hot Ham & Cheese Sandwich, Arbor B-32 | Each | 40 | 312 | 5.75 | 1070 | *N/A* | 12.88 | 0.00 | 48 | 29.50 | 3.00 | 17.75 | 300 | 170.0 | 0.00 | 1.08 |
| 990155 Turkey Bacon Wrap, Arbor C-4 | Each | 10 | 522 | 13.67 | 2011 | *N/A* | 26.80 | 0.00 | 78 | 44.30 | 5.10 | 25.87 | 9310 | 413.0 | 4.02 | 2.77 |
| 990156 Cajun Chicken Wrap | Each | 10 | 368 | 4.02 | 1377 | *11 | 10.01 | 0.00 | 35 | 50.16 | 6.41 | 19.48 | 9686 | 104.2 | 4.22 | 3.71 |
| 990085 Cheese Pizza, WG, The MAX, 37g | Each | 10 | 280 | 3.00 | 560 | *N/A* | 8.00 | 0.00 | 15 | 37.00 | 4.00 | 16.00 | 400 | 300.0 | 0.00 | 3.60 |
| 990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g | Each | 10 | 310 | 5.00 | 530 | *N/A* | 12.00 | 0.00 | 25 | 34.00 | 4.00 | 16.00 | 0 | 2220.0 | 0.00 | 0.45 |
| 990088 Turkey & Cheese Wrap | Each | 10 | 295 | 5.50 | 945 | *N/A* | 11.05 | 0.00 | 38 | 33.50 | 3.60 | 15.95 | 400 | 144.0 | 1.41 | 2.01 |
| 990156 Cajun Chicken Wrap | Each | 1 | 368 | 4.02 | 1377 | *11 | 10.01 | 0.00 | 35 | 50.16 | 6.41 | 19.48 | 9686 | 104.2 | 4.22 | 3.71 |
| 990155 Turkey Bacon Wrap, Arbor C-4 | Each | 1 | 522 | 13.67 | 2011 | *N/A* | 26.80 | 0.00 | 78 | 44.30 | 5.10 | 25.87 | 9310 | 413.0 | 4.02 | 2.77 |
| 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 |
| 990342 TOASTED TURKEY HAM & CHEESE | SERVINGS | 1 | 308 | 4.56 | 1180 | *4 | 10.67 | *0.02 | 47 | 32.24 | 1.57 | 20.30 | 899 | 288.0 | 0.01 | 2.59 |
| 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 |

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000230 MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 67 | 0.00 | 5 | *3 | 0.04 | *0.00 | 0 | 17.23 | 1.88 | 0.41 | 99 | 11.7 | 11.34 | 0.20 |
| 990038 Fruit & Veggie Bar - Veggies | 1/4 Cup | 100 | 40 | 0.04 | 50 | *0 | 0.47 | 0.00 | 0 | 7.10 | 2.06 | 2.43 | 461 | 20.3 | 11.51 | 0.85 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 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 |
| 000222 KETCHUP: individual | Pkt 6g | 10 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 990124 Salsa, Mild | 2 Ounces | 50 | 20 | 0.00 | 140 | *N/A* | 0.00 | 0.00 | 0 | 4.00 | 1.00 | 0.00 | 1000 | 40.0 | 12.00 | 0.72 |
| 990358 INSTANT MASHED POTATOES: FLAKE | 1/2 CUP | 20 | 120 | 0.62 | 233 | *5 | 2.87 | *0.00 | 1 | 19.48 | 1.24 | 4.46 | 125 | 109.2 | 15.62 | 0.25 |
| Weighted Daily Average | | | 595 | 6.95 | 1415 | *13 | 15.87 | *0.06 | 52 | 82.82 | 8.79 | 30.97 | 3881 | 776.2 | 33.69 | 3.78 |
| % of Calories | | | | 10.51% | | *8.7% | 24.0% | *0.1% | | 55.7% | | 20.8% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=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) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990099 BBQ Rib Sandwich | Each | 50 | 325 | 3.50 | 1120 | *N/A* | 12.00 | 0.00 | 30 | 41.00 | 3.00 | 17.00 | 100 | 80.0 | 2.40 | 2.52 |
| 990155 Turkey Bacon Wrap, Arbor C-4 | Each | 2 | 522 | 13.67 | 2011 | *N/A* | 26.80 | 0.00 | 78 | 44.30 | 5.10 | 25.87 | 9310 | 413.0 | 4.02 | 2.77 |
| 990156 Cajun Chicken Wrap | Each | 2 | 368 | 4.02 | 1377 | *11 | 10.01 | 0.00 | 35 | 50.16 | 6.41 | 19.48 | 9686 | 104.2 | 4.22 | 3.71 |

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990085 Cheese Pizza, WG, The MAX, 37g | Each | 2 | 280 | 3.00 | 560 | *N/A* | 8.00 | 0.00 | 15 | 37.00 | 4.00 | 16.00 | 400 | 300.0 | 0.00 | 3.60 |
| 990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g | Each | 2 | 310 | 5.00 | 530 | *N/A* | 12.00 | 0.00 | 25 | 34.00 | 4.00 | 16.00 | 0 | 2220.0 | 0.00 | 0.45 |
| 990088 Turkey & Cheese Wrap | Each | 2 | 295 | 5.50 | 945 | *N/A* | 11.05 | 0.00 | 38 | 33.50 | 3.60 | 15.95 | 400 | 144.0 | 1.41 | 2.01 |
| 990146 Hot Ham & Cheese Sandwich, Arbor B-32 | Each | 5 | 312 | 5.75 | 1070 | *N/A* | 12.88 | 0.00 | 48 | 29.50 | 3.00 | 17.75 | 300 | 170.0 | 0.00 | 1.08 |
| 990156 Cajun Chicken Wrap | Each | 1 | 368 | 4.02 | 1377 | *11 | 10.01 | 0.00 | 35 | 50.16 | 6.41 | 19.48 | 9686 | 104.2 | 4.22 | 3.71 |
| 990155 Turkey Bacon Wrap, Arbor C-4 | Each | 1 | 522 | 13.67 | 2011 | *N/A* | 26.80 | 0.00 | 78 | 44.30 | 5.10 | 25.87 | 9310 | 413.0 | 4.02 | 2.77 |
| 990052 Hamburger, WG | Each | 5 | 298 | 3.65 | 519 | *N/A* | 11.61 | 0.59 | 39 | 27.62 | 4.27 | 20.00 | 0 | 50.0 | 0.00 | 2.88 |
| 990031 Cheeseburger on WG Bun, Arbor B-1, 30g | 1 Each | 5 | 408 | 8.65 | 919 | *N/A* | 20.61 | 0.59 | 64 | 29.62 | 4.27 | 25.00 | 300 | 200.0 | 0.00 | 2.88 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Each | 50 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 000230 MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 67 | 0.00 | 5 | *3 | 0.04 | *0.00 | 0 | 17.23 | 1.88 | 0.41 | 99 | 11.7 | 11.34 | 0.20 |
| 990038 Fruit & Veggie Bar - Veggies | 1/4 Cup | 100 | 40 | 0.04 | 50 | *0 | 0.47 | 0.00 | 0 | 7.10 | 2.06 | 2.43 | 461 | 20.3 | 11.51 | 0.85 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 100 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 100 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 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 |
| 990338 BAKED BEANS (VEGETARIAN) | SERVINGS | 20 | 160 | 0.11 | 453 | *18 | 0.66 | *0.00 | 0 | 36.70 | 5.85 | 6.68 | 223 | 66.5 | 2.20 | 2.09 |
| 990059 Tomato, Cherry, Packer | 1/4 Cup | 100 | 12 | 0.02 | 10 | *N/A* | 0.02 | 0.00 | 0 | 3.00 | 0.95 | 0.55 | 250 | 10.5 | 3.00 | 0.72 |

Base Menu Spreadsheet

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) |
|----------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000256 BROCCOLI,raw: fresh | 1/4 Cup | 100 | 31 | 0.04 | 30 | 2 | 0.34 | 0.00 | 0 | 6.04 | 2.37 | 2.57 | 567 | 42.8 | 81.17 | 0.66 |
| Weighted Daily Average | | | 580 | 4.37 | 1477 | *20 | 12.36 | *0.06 | 36 | 94.40 | 11.34 | 29.74 | 2663 | 537.5 | 110.21 | 5.16 |
| % of Calories | | | | 6.78% | | *13.8% | 19.2% | *0.1% | | 65.1% | | 20.5% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990160 Chili Cheese Hot Dog, Arbor B-8 | Each | 50 | 328 | 5.25 | 1263 | *N/A* | 15.00 | 0.00 | 47 | 35.82 | 3.00 | 15.66 | 167 | 197.6 | 2.40 | 2.30 |
| 990155 Turkey Bacon Wrap, Arbor C-4 | Each | 10 | 522 | 13.67 | 2011 | *N/A* | 26.80 | 0.00 | 78 | 44.30 | 5.10 | 25.87 | 9310 | 413.0 | 4.02 | 2.77 |
| 990156 Cajun Chicken Wrap | Each | 10 | 368 | 4.02 | 1377 | *11 | 10.01 | 0.00 | 35 | 50.16 | 6.41 | 19.48 | 9686 | 104.2 | 4.22 | 3.71 |
| 990085 Cheese Pizza, WG, The MAX, 37g | Each | 10 | 280 | 3.00 | 560 | *N/A* | 8.00 | 0.00 | 15 | 37.00 | 4.00 | 16.00 | 400 | 300.0 | 0.00 | 3.60 |
| 990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g | Each | 5 | 310 | 5.00 | 530 | *N/A* | 12.00 | 0.00 | 25 | 34.00 | 4.00 | 16.00 | 0 | 2220.0 | 0.00 | 0.45 |
| 990088 Turkey & Cheese Wrap | Each | 5 | 295 | 5.50 | 945 | *N/A* | 11.05 | 0.00 | 38 | 33.50 | 3.60 | 15.95 | 400 | 144.0 | 1.41 | 2.01 |
| 990146 Hot Ham & Cheese Sandwich, Arbor B-32 | Each | 5 | 312 | 5.75 | 1070 | *N/A* | 12.88 | 0.00 | 48 | 29.50 | 3.00 | 17.75 | 300 | 170.0 | 0.00 | 1.08 |
| 990156 Cajun Chicken Wrap | Each | 1 | 368 | 4.02 | 1377 | *11 | 10.01 | 0.00 | 35 | 50.16 | 6.41 | 19.48 | 9686 | 104.2 | 4.22 | 3.71 |
| 990155 Turkey Bacon Wrap, Arbor C-4 | Each | 1 | 522 | 13.67 | 2011 | *N/A* | 26.80 | 0.00 | 78 | 44.30 | 5.10 | 25.87 | 9310 | 413.0 | 4.02 | 2.77 |
| 990052 Hamburger, WG | Each | 5 | 298 | 3.65 | 519 | *N/A* | 11.61 | 0.59 | 39 | 27.62 | 4.27 | 20.00 | 0 | 50.0 | 0.00 | 2.88 |
| 990031 Cheeseburger on WG Bun, Arbor B-1, 30g | 1 Each | 5 | 408 | 8.65 | 919 | *N/A* | 20.61 | 0.59 | 64 | 29.62 | 4.27 | 25.00 | 300 | 200.0 | 0.00 | 2.88 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990040 Milk, Chocolate, Skim, Prairie Farms | Each | 50 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 000230 MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 67 | 0.00 | 5 | *3 | 0.04 | *0.00 | 0 | 17.23 | 1.88 | 0.41 | 99 | 11.7 | 11.34 | 0.20 |
| 990038 Fruit & Veggie Bar - Veggies | 1/4 Cup | 100 | 40 | 0.04 | 50 | *0 | 0.47 | 0.00 | 0 | 7.10 | 2.06 | 2.43 | 461 | 20.3 | 11.51 | 0.85 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 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 |
| 000222 KETCHUP: individual | Pkt 6g | 10 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 990054 Romaine Salad | 1 Cup | 100 | 9 | 0.00 | 6 | *N/A* | 0.00 | 0.00 | 0 | 1.70 | 1.13 | 0.57 | 4819 | 22.7 | 2.04 | 0.61 |
| 990059 Tomato, Cherry, Packer | 1/4 Cup | 100 | 12 | 0.02 | 10 | *N/A* | 0.02 | 0.00 | 0 | 3.00 | 0.95 | 0.55 | 250 | 10.5 | 3.00 | 0.72 |
| 990032 Corn, Golden Sweet | 2 Ounces | 50 | 47 | 0.00 | 0 | 1 | 0.33 | 0.00 | 0 | 12.00 | 1.33 | 2.00 | 133 | 0.0 | 4.00 | 0.24 |
| Weighted Daily Average | | | 631 | 7.14 | 1505 | *12 | 17.67 | *0.06 | 57 | 91.61 | 10.84 | 32.27 | 8457 | 693.2 | 32.74 | 5.45 |
| % of Calories | | | | 10.18% | | *7.6% | 25.2% | *0.1% | | 58.1% | | 20.5% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | |

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 ^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 |

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990155 Turkey Bacon Wrap, Arbor C-4 | Each | 10 | 522 | 13.67 | 2011 | *N/A* | 26.80 | 0.00 | 78 | 44.30 | 5.10 | 25.87 | 9310 | 413.0 | 4.02 | 2.77 |
| 990156 Cajun Chicken Wrap | Each | 10 | 368 | 4.02 | 1377 | *11 | 10.01 | 0.00 | 35 | 50.16 | 6.41 | 19.48 | 9686 | 104.2 | 4.22 | 3.71 |
| 990085 Cheese Pizza, WG, The MAX, 37g | Each | 10 | 280 | 3.00 | 560 | *N/A* | 8.00 | 0.00 | 15 | 37.00 | 4.00 | 16.00 | 400 | 300.0 | 0.00 | 3.60 |
| 990086 Pepperoni Pizza, Tonys SMART pizza, 4x6, 34g | Each | 10 | 310 | 5.00 | 530 | *N/A* | 12.00 | 0.00 | 25 | 34.00 | 4.00 | 16.00 | 0 | 2220.0 | 0.00 | 0.45 |
| 990088 Turkey & Cheese Wrap | Each | 2 | 295 | 5.50 | 945 | *N/A* | 11.05 | 0.00 | 38 | 33.50 | 3.60 | 15.95 | 400 | 144.0 | 1.41 | 2.01 |
| 990146 Hot Ham & Cheese Sandwich, Arbor B-32 | Each | 5 | 312 | 5.75 | 1070 | *N/A* | 12.88 | 0.00 | 48 | 29.50 | 3.00 | 17.75 | 300 | 170.0 | 0.00 | 1.08 |
| 990156 Cajun Chicken Wrap | Each | 1 | 368 | 4.02 | 1377 | *11 | 10.01 | 0.00 | 35 | 50.16 | 6.41 | 19.48 | 9686 | 104.2 | 4.22 | 3.71 |
| 990155 Turkey Bacon Wrap, Arbor C-4 | Each | 1 | 522 | 13.67 | 2011 | *N/A* | 26.80 | 0.00 | 78 | 44.30 | 5.10 | 25.87 | 9310 | 413.0 | 4.02 | 2.77 |
| 990052 Hamburger, WG | Each | 5 | 298 | 3.65 | 519 | *N/A* | 11.61 | 0.59 | 39 | 27.62 | 4.27 | 20.00 | 0 | 50.0 | 0.00 | 2.88 |
| 990031 Cheeseburger on WG Bun, Arbor B-1, 30g | 1 Each | 5 | 408 | 8.65 | 919 | *N/A* | 20.61 | 0.59 | 64 | 29.62 | 4.27 | 25.00 | 300 | 200.0 | 0.00 | 2.88 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Each | 50 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 000230 MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 67 | 0.00 | 5 | *3 | 0.04 | *0.00 | 0 | 17.23 | 1.88 | 0.41 | 99 | 11.7 | 11.34 | 0.20 |
| 990038 Fruit & Veggie Bar - Veggies | 1/4 Cup | 100 | 40 | 0.04 | 50 | *0 | 0.47 | 0.00 | 0 | 7.10 | 2.06 | 2.43 | 461 | 20.3 | 11.51 | 0.85 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 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 |
| 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 |

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) |
|-----------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000377 CUCUMBER,RAW | 2 OZ | 100 | 7 | 0.01 | 1 | 1 | 0.09 | 0.00 | 0 | 1.22 | 0.40 | 0.34 | 41 | 7.9 | 1.81 | 0.12 |
| 990033 Carroteenies, Packer | 1.6 Ounce | 100 | 15 | 0.00 | 35 | *N/A* | 0.00 | 0.00 | 0 | 4.00 | 1.00 | 0.00 | 3000 | 0.0 | 0.00 | 0.00 |
| 000256 BROCCOLI,raw: fresh | 1/4 Cup | 50 | 31 | 0.04 | 30 | 2 | 0.34 | 0.00 | 0 | 6.04 | 2.37 | 2.57 | 567 | 42.8 | 81.17 | 0.66 |
| Weighted Daily Average | | | 617 | 7.10 | 1297 | *13 | 17.50 | *0.06 | 38 | 87.94 | 11.27 | 31.26 | 6550 | 847.2 | 66.85 | 3.99 |
| % of Calories | | | | 10.36% | | *8.4% | 25.5% | *0.1% | | 57.0% | | 20.3% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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* |
| 990058 Marinara Sauce, Red Pack | 1/4 Cup | 50 | 25 | 0.00 | 210 | *N/A* | 0.75 | 0.00 | 0 | 4.50 | 1.00 | 1.00 | 250 | 10.0 | 4.50 | 0.36 |
| 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 |
| 990249 Pizza, Cheese, Stuffed Crst, Max, 36g | 1 Slice | 5 | 330 | 4.50 | 850 | *N/A* | 14.00 | 0.00 | 15 | 36.00 | 3.00 | 15.00 | 0 | 210.0 | 0.00 | 2.00 |
| 990251 Pizza, Pepperoni, Stuffed Crst, Max, 36g | 1 Slice | 5 | 340 | 4.50 | 890 | *N/A* | 15.00 | 0.00 | 20 | 36.00 | 3.00 | 15.00 | *N/A* | 190.0 | *N/A* | 2.00 |
| 990088 Turkey & Cheese Wrap | Each | 2 | 295 | 5.50 | 945 | *N/A* | 11.05 | 0.00 | 38 | 33.50 | 3.60 | 15.95 | 400 | 144.0 | 1.41 | 2.01 |
| 990146 Hot Ham & Cheese Sandwich, Arbor B-32 | Each | 2 | 312 | 5.75 | 1070 | *N/A* | 12.88 | 0.00 | 48 | 29.50 | 3.00 | 17.75 | 300 | 170.0 | 0.00 | 1.08 |
| 990156 Cajun Chicken Wrap | Each | 2 | 368 | 4.02 | 1377 | *11 | 10.01 | 0.00 | 35 | 50.16 | 6.41 | 19.48 | 9686 | 104.2 | 4.22 | 3.71 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990155 Turkey Bacon Wrap, Arbor C-4 | Each | 2 | 522 | 13.67 | 2011 | *N/A* | 26.80 | 0.00 | 78 | 44.30 | 5.10 | 25.87 | 9310 | 413.0 | 4.02 | 2.77 |
| 990052 Hamburger, WG | Each | 5 | 298 | 3.65 | 519 | *N/A* | 11.61 | 0.59 | 39 | 27.62 | 4.27 | 20.00 | 0 | 50.0 | 0.00 | 2.88 |
| 990031 Cheeseburger on WG Bun, Arbor B-1, 30g | 1 Each | 5 | 408 | 8.65 | 919 | *N/A* | 20.61 | 0.59 | 64 | 29.62 | 4.27 | 25.00 | 300 | 200.0 | 0.00 | 2.88 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Each | 50 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 000230 MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 67 | 0.00 | 5 | *3 | 0.04 | *0.00 | 0 | 17.23 | 1.88 | 0.41 | 99 | 11.7 | 11.34 | 0.20 |
| 990038 Fruit & Veggie Bar - Veggies | 1/4 Cup | 100 | 40 | 0.04 | 50 | *0 | 0.47 | 0.00 | 0 | 7.10 | 2.06 | 2.43 | 461 | 20.3 | 11.51 | 0.85 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 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 |
| 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 |
| 000042 PICKLES,DILL SPEAR | EACH | 100 | 4 | 0.03 | 283 | 0 | 0.10 | 0.00 | 0 | 0.84 | 0.35 | 0.18 | 44 | 20.0 | 0.80 | 0.09 |
| 000426 GREEN BEANS: frozen,boiled | 1/4 CUP | 50 | 38 | 0.06 | 1 | 3 | 0.23 | 0.00 | 0 | 8.71 | 4.05 | 2.01 | 566 | 56.7 | 5.54 | 0.89 |
| 990044 Fries, 3/8" Regular Cut, McCain | 3 oz. | 50 | 110 | 0.00 | 30 | *N/A* | 3.50 | 0.00 | 0 | 17.99 | 2.00 | 2.00 | 0 | 0.0 | 0.00 | 0.36 |
| Weighted Daily Average | | | 660 | 6.54 | 1680 | *13 | 19.02 | *0.06 | 41 | 94.70 | 11.09 | 31.54 | *3968 | 614.3 | *30.36 | *3.53 |
| % of Calories | | | | 8.92% | | *7.9% | 25.9% | *0.1% | | 57.4% | | 19.1% | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | |

Thursday - 12/21/2017

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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 |
| 990042 Roll, WG, Rubschlager, 13g | Each | 50 | 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 |
| 990249 Pizza, Cheese, Stuffed Crst, Max, 36g | 1 Slice | 5 | 330 | 4.50 | 850 | *N/A* | 14.00 | 0.00 | 15 | 36.00 | 3.00 | 15.00 | 0 | 210.0 | 0.00 | 2.00 |
| 990251 Pizza, Pepperoni, Stuffed Crst, Max, 36g | 1 Slice | 5 | 340 | 4.50 | 890 | *N/A* | 15.00 | 0.00 | 20 | 36.00 | 3.00 | 15.00 | *N/A* | 190.0 | *N/A* | 2.00 |
| 990088 Turkey & Cheese Wrap | Each | 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 |
| 990156 Cajun Chicken Wrap | Each | 2 | 368 | 4.02 | 1377 | *11 | 10.01 | 0.00 | 35 | 50.16 | 6.41 | 19.48 | 9686 | 104.2 | 4.22 | 3.71 |
| 990155 Turkey Bacon Wrap, Arbor C-4 | Each | 2 | 522 | 13.67 | 2011 | *N/A* | 26.80 | 0.00 | 78 | 44.30 | 5.10 | 25.87 | 9310 | 413.0 | 4.02 | 2.77 |
| 990052 Hamburger, WG | Each | 5 | 298 | 3.65 | 519 | *N/A* | 11.61 | 0.59 | 39 | 27.62 | 4.27 | 20.00 | 0 | 50.0 | 0.00 | 2.88 |
| 990031 Cheeseburger on WG Bun, Arbor B-1, 30g | 1 Each | 5 | 408 | 8.65 | 919 | *N/A* | 20.61 | 0.59 | 64 | 29.62 | 4.27 | 25.00 | 300 | 200.0 | 0.00 | 2.88 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Each | 50 | 110 | 0.00 | 180 | *N/A* | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 000230 MILK,1% Lowfat | HALF PINT | 50 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 67 | 0.00 | 5 | *3 | 0.04 | *0.00 | 0 | 17.23 | 1.88 | 0.41 | 99 | 11.7 | 11.34 | 0.20 |
| 990038 Fruit & Veggie Bar - Veggies | 1/4 Cup | 100 | 40 | 0.04 | 50 | *0 | 0.47 | 0.00 | 0 | 7.10 | 2.06 | 2.43 | 461 | 20.3 | 11.51 | 0.85 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | *N/A* | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 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) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000222 KETCHUP: individual | Pkt 6g | 10 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 990124 Salsa, Mild | 2 Ounces | 50 | 20 | 0.00 | 140 | *N/A* | 0.00 | 0.00 | 0 | 4.00 | 1.00 | 0.00 | 1000 | 40.0 | 12.00 | 0.72 |
| 990358 INSTANT MASHED POTATOES: FLAKE | 1/2 CUP | 20 | 120 | 0.62 | 233 | *5 | 2.87 | *0.00 | 1 | 19.48 | 1.24 | 4.46 | 125 | 109.2 | 15.62 | 0.25 |
| Weighted Daily Average | | | 641 | 6.47 | 1375 | *13 | 20.02 | *0.06 | 63 | 83.71 | 9.34 | 33.56 | *3932 | 504.4 | *33.77 | 4.14 |
| % of Calories | | | | 9.08% | | *8.1% | 28.1% | *0.1% | | 52.2% | | 20.9% | | | | |
| 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.