

Base Menu Spreadsheet

Portion Values

Sep 1, 2017 thru Sep 29, 2017

Menu Name: Dixon Elementary Lunch

Include Cost: No

Site:

Report Style: Detailed

Friday - 09/01/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990057 Pizza Dippers, The Max, 16g	1 Each	40	300	5.00	780	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	0.75	0.00	0	4.50	1.00	1.00	250	10.0	4.50	0.36
990116 Rotini with Meat Sauce, WG	3/4 Cup	40	267	3.00	702	8.50	0.00	20	32.00	4.00	18.00	*500	*60.0	*9.00	*2.52
990055 Seasoned Green Beans	1/4 Cup	100	60	0.03	148	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	0.00	0.00	0	4.00	1.00	0.00	3000	0.0	0.00	0.00
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990204 Applesauce, Swtnd, West Creek, 23g	1/2 Cup	25	90	0.00	15	0.00	0.00	0	23.00	2.00	0.20	0	0.0	0.00	0.00
990147 Banana, Petite, 160 ct.	Banana	100	110	0.00	0	0.00	0.00	0	29.00	4.00	1.00	0	0.0	9.00	0.00
990036 Salad, Crispy Chicken	Each	5	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	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	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	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	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Sep 1, 2017 thru Sep 29, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	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	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	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			651	5.09	1183	15.47	*0.00	25	105.27	13.64	29.01	*4468	*520.9	*25.01	*3.63
% of Calories				7.04%		21.4%	*0.0%		64.7%		17.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230	<=0									

Tuesday - 09/05/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990145 Nacho Supreme, Arbor A-10g	Each	40	448	3.95	689	26.54	*0.00	37	39.67	3.00	18.77	220	311.4	0.00	1.74
990062 Chicken Nuggets, GoldKist	4 Each	40	258	2.97	347	13.87	0.00	64	14.86	1.98	16.85	99	19.8	107.03	1.43
990032 Corn, Golden Sweet	2 Ounces	100	47	0.00	0	0.33	0.00	0	12.00	1.33	2.00	133	0.0	4.00	0.24
000007 PINTO BEANS: cooked	1/2 CUP	50	122	0.12	1	0.56	0.00	0	22.42	7.70	7.70	0	39.3	0.68	1.79
990151 Mandarin Oranges, Fancy, (DIXON), 20g	1/2 Cup	50	90	0.00	20	0.00	0.00	0	20.00	1.00	1.00	300	20.0	21.00	0.36
990036 Salad, Crispy Chicken	Each	5	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	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	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	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

Sep 1, 2017 thru Sep 29, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	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	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	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	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	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			642	4.69	745	22.83	*0.00	53	81.07	8.70	33.24	1379	483.8	62.92	3.22
% of Calories				6.57%		32.0%	*0.0%		50.5%		20.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230	<=0									

Wednesday - 09/06/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990159 Corn Dog, Turkey, WG, StateFair, 33g	Each	40	240	1.50	670	7.00	0.00	15	33.00	4.00	11.00	0	60.0	15.00	1.80
990031 Cheeseburger on WG Bun, Arbor B-1	1 Each	40	408	8.65	919	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
500005 BAKED BEANS (VEGETARIAN)	SERVINGS	50	159	0.16	532	0.64	*N/A*	0	35.98	6.99	6.77	360	86.0	7.79	0.85
990059 Tomato, Cherry, Packer	1/4 Cup	100	12	0.02	10	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
990047 Juice, 100% Fruit, Ardmore	1/2 Cup	100	60	0.00	10	0.00	0.00	0	20.00	0.00	0.00	0	0.0	3.60	0.00
000042 PICKLES,DILL SPEAR	EACH	30	4	0.03	283	0.10	0.00	0	0.84	0.35	0.18	44	20.0	0.80	0.09

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Sep 1, 2017 thru Sep 29, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990036 Salad, Crispy Chicken	Each	5	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	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	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	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	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	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	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	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	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			618	6.03	1327	17.48	*0.24	44	92.34	8.89	31.02	1531	485.1	22.00	3.68
% of Calories				8.78%		25.5%	*0.3%		59.8%		20.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230	<=0									

Thursday - 09/07/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990122 Soft Tacos, Arbor B - 24	2 Tacos	40	232	3.40	344	8.50	0.00	41	20.00	4.00	18.00	700	60.0	6.00	2.70
990192 3 Cheese Grilled Cheese, Arbor B-108	1 Each	30	615	23.58	1560	42.36	0.00	115	33.01	2.00	27.08	1127	452.2	0.00	0.74

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Sep 1, 2017 thru Sep 29, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000256 BROCCOLI,raw: fresh	1/4 Cup	100	31	0.04	30	0.34	0.00	0	6.04	2.37	2.57	567	42.8	81.17	0.66
990054 Romaine Salad	1 Cup	100	9	0.00	6	0.00	0.00	0	1.70	1.13	0.57	4819	22.7	2.04	0.61
990094 Gravy, Beef Mix, Legout, 0g	1 tbsp	40	15	0.00	270	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000437 PEACHES: canned,light syrup	1/2 Cup	100	68	0.00	6	0.04	0.00	0	18.26	1.63	0.56	444	3.8	3.01	0.45
990036 Salad, Crispy Chicken	Each	5	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	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	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	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	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	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	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	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	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			597	10.33	1075	22.54	*0.00	63	69.95	8.36	31.66	7417	550.5	93.89	3.67
% of Calories				15.57%		34.0%	*0.0%		46.9%		21.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230	<=0									

Friday - 09/08/2017

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Sep 1, 2017 thru Sep 29, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990048 Crispy Chicken Sandwich	Each	40	333	1.53	637	10.14	0.00	31	39.22	5.03	21.26	102	40.3	85.45	2.91
990106 Hot Dog, Turkey, WG, Arbor B-6	Each	30	260	3.00	930	11.00	0.00	35	31.00	2.00	12.00	0	80.0	2.40	1.80
990055 Seasoned Green Beans	1/4 Cup	100	60	0.03	148	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	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	0.00	0.00	0	29.00	4.00	1.00	0	0.0	9.00	0.00
990233 Fritos Corn Chips	Bag	20	160	1.50	160	10.00	0.00	0	16.00	2.00	2.00	50	40.0	0.00	0.36
990036 Salad, Crispy Chicken	Each	5	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	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	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	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	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	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	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	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000231 MILK,Skim	HALF PINT	25	83	0.14	103	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			635	3.70	1069	15.52	*0.00	35	100.31	12.56	28.26	4219	421.1	54.51	3.68
% of Calories				5.24%		22.0%	*0.0%		63.2%		17.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230	<=0									

Monday - 09/11/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990062 Chicken Nuggets, GoldKist	4 Each	40	258	2.97	347	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	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	7.00	0.00	15	33.00	4.00	11.00	0	60.0	15.00	1.80
000256 BROCCOLI,raw: fresh	1/4 Cup	100	31	0.04	30	0.34	0.00	0	6.04	2.37	2.57	567	42.8	81.17	0.66
990055 Seasoned Green Beans	1/4 Cup	100	60	0.03	148	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	0.00	0.00	0	23.00	2.00	0.20	0	0.0	0.00	0.00
990036 Salad, Crispy Chicken	Each	5	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	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	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	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	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	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	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	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	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			610	3.71	976	15.25	*0.00	44	92.51	12.10	29.46	1775	455.6	140.59	4.14
% of Calories				5.47%		22.5%	*0.0%		60.7%		19.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230	<=0									

Tuesday - 09/12/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990142 Pepperoni Pizza, Stuffed Crust, The Max, 35g	Slice	40	330	4.50	870	14.00	0.00	20	35.00	4.00	17.00	300	250.0	0.00	0.00
990048 Crispy Chicken Sandwich	Each	40	333	1.53	637	10.14	0.00	31	39.22	5.03	21.26	102	40.3	85.45	2.91
990143 Sweet Potato Mini tater Puffs, Lamb Weston, 23g	3 oz.	40	132	0.00	202	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	0.33	0.00	0	12.00	1.33	2.00	133	0.0	4.00	0.24
000437 PEACHES: canned,light syrup	1/2 Cup	50	68	0.00	6	0.04	0.00	0	18.26	1.63	0.56	444	3.8	3.01	0.45
990036 Salad, Crispy Chicken	Each	5	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	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

Sep 1, 2017 thru Sep 29, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	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	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
500014 BARBECUE SAUCE	2 TBSP	50	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000223 MUSTARD: individual PC	Pkt 5g	50	3	0.01	55	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	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	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	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	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			633	4.28	1235	17.59	*0.00	33	93.07	7.85	30.92	2825	453.5	48.16	2.58
% of Calories				6.09%		25.0%	*0.0%		58.8%		19.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230	<=0									

Wednesday - 09/13/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990145 Nacho Supreme, Arbor A-10g	Each	40	448	3.95	689	26.54	*0.00	37	39.67	3.00	18.77	220	311.4	0.00	1.74
990095 Salisbury Steak	1 Steak	40	140	4.00	250	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	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	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

Sep 1, 2017 thru Sep 29, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990093 Mashed Potatoes, Pearls, 17g	1/4 Cup	40	90	0.00	410	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	1/2 Cup	100	24	0.00	33	0.00	0.00	0	4.29	1.43	1.67	0	9.5	0.00	0.64
990151 Mandarin Oranges, Fancy, (DIXON), 20g	1/2 Cup	100	90	0.00	20	0.00	0.00	0	20.00	1.00	1.00	300	20.0	21.00	0.36
990036 Salad, Crispy Chicken	Each	5	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	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	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	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	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	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	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	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	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			621	5.04	1077	21.67	*0.00	39	79.40	6.26	28.41	1356	491.7	30.35	3.20
% of Calories				7.30%		31.4%	*0.0%		51.1%		18.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230	<=0									

Thursday - 09/14/2017

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Sep 1, 2017 thru Sep 29, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990081 Pancakes, WG, Aunt Jemima, 14g	2 Pancakes	40	140	0.00	220	4.00	0.00	0	28.00	2.00	4.00	0	0.0	0.00	1.44
000349 SYRUP,PANCAKE	1 TBSP	40	46	0.00	16	0.00	*N/A*	0	12.06	0.00	0.00	0	0.6	0.00	0.01
990084 Turkey Sausage Patty, 1.03 oz, Jennie-O	Each	40	60	1.00	100	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	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990055 Seasoned Green Beans	1/4 Cup	100	60	0.03	148	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	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	0.00	0.00	0	29.00	4.00	1.00	0	0.0	9.00	0.00
990036 Salad, Crispy Chicken	Each	5	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	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	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	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	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	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	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	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

Sep 1, 2017 thru Sep 29, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000231 MILK,Skim	HALF PINT	25	83	0.14	103	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			621	5.65	1089	16.22	*0.00	48	97.17	10.84	26.88	2091	456.1	19.61	3.06
% of Calories				8.19%		23.5%	*0.0%		62.6%		17.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230	<=0									

Monday - 09/18/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990085 Cheese Pizza, WG, The MAX, 37g	Each	40	280	3.00	560	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990048 Crispy Chicken Sandwich	Each	40	333	1.53	637	10.14	0.00	31	39.22	5.03	21.26	102	40.3	85.45	2.91
990055 Seasoned Green Beans	1/4 Cup	100	60	0.03	148	0.11	0.00	0	13.08	3.51	2.12	200	51.3	5.34	1.26
990032 Corn, Golden Sweet	2 Ounces	100	47	0.00	0	0.33	0.00	0	12.00	1.33	2.00	133	0.0	4.00	0.24
000090 PEARS,FRESH	EACH	100	101	0.04	2	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
990036 Salad, Crispy Chicken	Each	5	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	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	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	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	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

Sep 1, 2017 thru Sep 29, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	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	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	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	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			660	3.74	948	14.00	*0.00	31	108.72	15.01	32.30	1547	525.1	56.44	5.07
% of Calories				5.10%		19.1%	*0.0%		65.9%		19.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230	<=0									

Tuesday - 09/19/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990030 Corn Dog, Mini, Turkey, WG, House Rae	6 Each	40	290	3.50	380	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	16.00	0.00	55	15.00	2.00	18.00	0	0.0	0.00	1.08
000258 BROCCOLI: frozen, boiled	CUP	100	52	0.03	20	0.22	0.00	0	9.84	5.52	5.70	1860	60.7	73.78	1.12
990148 Glazed Carrots, Arbor E-3	1/4 Cup	100	71	3.54	197	5.68	*0.00	15	4.08	1.00	0.06	2675	23.0	0.00	0.02
990100 Unsweetened Applesauce Cup	Each	100	50	0.00	10	0.00	0.00	0	13.00	2.00	0.00	0	0.0	60.00	0.00
990036 Salad, Crispy Chicken	Each	5	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	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	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Sep 1, 2017 thru Sep 29, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	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	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	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	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	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			607	8.03	895	23.96	*0.00	72	70.97	11.55	29.61	5504	445.3	139.05	2.93
% of Calories				11.91%		35.5%	*0.0%		46.8%		19.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230	<=0									

Wednesday - 09/20/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990064 French Toast Stick, WG, Papettis	3 Each	40	113	1.24	300	4.18	0.00	119	25.21	2.71	8.70	170	79.1	0.00	1.63
990150 Ravioli, Meat Sauce, Chef Boyardi, 15g	1/2 Cup	40	130	1.75	300	4.00	0.00	12	15.00	2.00	8.00	150	20.0	0.00	1.35
990091 Cheesy Garlic Bread, Tonys, 35g	2 Each	20	300	4.00	550	12.00	0.00	15	35.00	4.00	16.00	400	300.0	0.00	2.70
990143 Sweet Potato Mini tater Puffs, Lamb Weston, 23g	3 oz.	100	132	0.00	202	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	1/2 Cup	80	120	0.50	550	1.50	0.00	5	22.00	5.00	6.00	0	40.0	0.00	1.80

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Sep 1, 2017 thru Sep 29, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990047 Juice, 100% Fruit, Ardmore	1/2 Cup	100	60	0.00	10	0.00	0.00	0	20.00	0.00	0.00	0	0.0	3.60	0.00
990036 Salad, Crispy Chicken	Each	1	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	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	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	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	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	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	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	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	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			640	4.20	1297	16.02	*0.00	71	108.78	9.57	27.54	3867	470.8	8.89	4.05
% of Calories				5.91%		22.5%	*0.0%		68.0%		17.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230	<=0									

Thursday - 09/21/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990062 Chicken Nuggets, GoldKist	4 Each	40	258	2.97	347	13.87	0.00	64	14.86	1.98	16.85	99	19.8	107.03	1.43

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Sep 1, 2017 thru Sep 29, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990042 Roll, WG, Rubschlager, 13g	Each	40	60	0.00	140	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	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	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	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
000377 CUCUMBER,RAW	2 OZ	100	7	0.01	1	0.09	0.00	0	1.22	0.40	0.34	41	7.9	1.81	0.12
000438 PEARS: canned,light syrup	1/2 Cup	100	143	0.00	13	0.08	0.00	0	38.08	4.02	0.48	0	12.6	1.76	0.70
990036 Salad, Crispy Chicken	Each	5	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	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	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	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	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	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	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	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

Sep 1, 2017 thru Sep 29, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000231 MILK,Skim	HALF PINT	25	83	0.14	103	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			629	4.26	1172	17.17	*0.00	52	95.69	8.24	26.59	1049	390.0	56.21	3.19
% of Calories				6.10%		24.6%	*0.0%		60.9%		16.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230	<=0									

Friday - 09/22/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990145 Nacho Supreme, Arbor A-10g	Each	40	448	3.95	689	26.54	*0.00	37	39.67	3.00	18.77	220	311.4	0.00	1.74
990079 Chicken Strips, WG, Tyson, 17g	8 Strips	40	260	2.50	390	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	1/2 Cup	50	24	0.00	33	0.00	0.00	0	4.29	1.43	1.67	0	9.5	0.00	0.64
990033 Carroteenies, Packer	1.6 Ounce	100	15	0.00	35	0.00	0.00	0	4.00	1.00	0.00	3000	0.0	0.00	0.00
000255 BLUEBERRIES,Fresh	1/2 CUP	100	84	0.04	1	0.49	0.00	0	21.45	3.55	1.10	80	8.9	14.36	0.41
990036 Salad, Crispy Chicken	Each	5	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	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	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	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	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

Sep 1, 2017 thru Sep 29, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	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	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	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	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			601	4.48	805	23.16	*0.00	37	76.30	8.70	28.08	4176	475.8	19.62	3.15
% of Calories				6.71%		34.7%	*0.0%		50.8%		18.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230	<=0									

Monday - 09/25/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990031 Cheeseburger on WG Bun, Arbor B-1	1 Each	40	408	8.65	919	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	9.00	0.00	30	21.00	2.00	13.00	0	40.0	0.00	1.44
990153 Goldfish Cracker, Cheddar, Pep Farm, 14g	Each	40	100	1.00	170	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	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	0.00	0.00	0	5.00	2.00	2.00	200	0.0	6.00	0.54
990100 Unsweetened Applesauce Cup	Each	100	50	0.00	10	0.00	0.00	0	13.00	2.00	0.00	0	0.0	60.00	0.00
990036 Salad, Crispy Chicken	Each	5	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	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

Sep 1, 2017 thru Sep 29, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990141 Peanut Butter & Jelly, WW, Arbor B-36b	Sandwich	10	700	7.00	570	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	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	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	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	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	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	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	6.07	0.00	16	33.51	2.82	2.99	50	19.4	0.00	1.19
Weighted Daily Average			651	9.88	1268	25.04	*0.24	68	74.30	8.97	31.13	3964	448.8	71.27	3.08
% of Calories				13.66%		34.6%	*0.3%		45.7%		19.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230	<=0									

Tuesday - 09/26/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990062 Chicken Nuggets, GoldKist	4 Each	40	258	2.97	347	13.87	0.00	64	14.86	1.98	16.85	99	19.8	107.03	1.43
500116 MACARONI AND CHEESE	2/3 CUP	40	296	6.82	896	12.18	*N/A*	31	27.44	0.89	19.64	684	482.0	0.38	1.02
990153 Goldfish Cracker, Cheddar, Pep Farm, 14g	Each	40	100	1.00	170	3.50	0.00	5	14.00	1.00	3.00	0	20.0	0.00	0.36

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Sep 1, 2017 thru Sep 29, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	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	0.34	0.00	0	6.04	2.37	2.57	567	42.8	81.17	0.66
990059 Tomato, Cherry, Packer	1/4 Cup	100	12	0.02	10	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
000438 PEARS: canned,light syrup	1/2 Cup	100	143	0.00	13	0.08	0.00	0	38.08	4.02	0.48	0	12.6	1.76	0.70
990036 Salad, Crispy Chicken	Each	5	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	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	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	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	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	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	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	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	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			654	6.24	938	18.32	*0.00	53	95.69	9.91	32.02	2098	596.1	134.16	3.84
% of Calories				8.59%		25.2%	*0.0%		58.5%		19.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230	<=0									

Wednesday - 09/27/2017

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Sep 1, 2017 thru Sep 29, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990048 Crispy Chicken Sandwich	Each	40	333	1.53	637	10.14	0.00	31	39.22	5.03	21.26	102	40.3	85.45	2.91
990030 Corn Dog, Mini, Turkey, WG, House Rae	6 Each	40	290	3.50	380	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	1/2 Cup	40	120	0.50	550	1.50	0.00	5	22.00	5.00	6.00	0	40.0	0.00	1.80
990154 Tri Tater, Potato, 2 oz.	Each	50	100	1.50	230	45.00	0.00	0	12.00	1.00	1.00	0	0.0	1.20	0.36
000255 BLUEBERRIES,Fresh	1/2 CUP	100	84	0.04	1	0.49	0.00	0	21.45	3.55	1.10	80	8.9	14.36	0.41
990036 Salad, Crispy Chicken	Each	5	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	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	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	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	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	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	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	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	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			638	4.86	1063	39.30	*0.00	49	89.98	10.29	29.14	1089	402.6	54.40	3.84
% of Calories				6.86%		55.4%	*0.0%		56.4%		18.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230	<=0									

Base Menu Spreadsheet

Portion Values

Sep 1, 2017 thru Sep 29, 2017

Thursday - 09/28/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990208 Waffle, Mini, Cinn Toast, 35g (East Maine)	Pouch	40	200	1.50	270	5.50	0.00	0	35.00	4.00	5.00	500	100.0	0.00	2.70
990084 Turkey Sausage Patty, 1.03 oz, Jennie-O	Each	40	60	1.00	100	4.00	0.00	30	0.00	0.00	6.00	0	20.0	0.00	0.36
000349 SYRUP,PANCAKE	1 TBSP	50	46	0.00	16	0.00	*N/A*	0	12.06	0.00	0.00	0	0.6	0.00	0.01
990112 Walking Taco Frito Bowl	Bag	40	342	8.46	466	22.04	0.00	51	19.54	4.01	17.12	655	260.3	3.04	1.54
990032 Corn, Golden Sweet	2 Ounces	100	47	0.00	0	0.33	0.00	0	12.00	1.33	2.00	133	0.0	4.00	0.24
990113 Shredded Lettuce (Walking Taco)	tbs	40	10	0.00	5	0.05	0.00	0	1.50	0.60	0.45	250	9.0	1.41	0.21
000090 PEARS,FRESH	EACH	100	101	0.04	2	0.25	0.00	0	27.11	5.52	0.64	44	16.0	7.65	0.32
990036 Salad, Crispy Chicken	Each	5	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	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	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	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	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	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	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	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

Sep 1, 2017 thru Sep 29, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000231 MILK,Skim	HALF PINT	25	83	0.14	103	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			622	6.29	666	19.28	*0.00	45	93.60	11.33	26.71	1708	493.6	18.70	3.12
% of Calories				9.10%		27.9%	*0.0%		60.2%		17.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230	<=0									

Friday - 09/29/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990057 Pizza Dippers, The Max, 16g	1 Each	40	300	5.00	780	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	0.75	0.00	0	4.50	1.00	1.00	250	10.0	4.50	0.36
990116 Rotini with Meat Sauce, WG	3/4 Cup	40	267	3.00	702	8.50	0.00	20	32.00	4.00	18.00	*500	*60.0	*9.00	*2.52
990042 Roll, WG, Rubschlager, 13g	Each	100	60	0.00	140	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990055 Seasoned Green Beans	1/4 Cup	100	60	0.03	148	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	0.00	0.00	0	4.00	1.00	0.00	3000	0.0	0.00	0.00
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990204 Applesauce, Swtnd, West Creek, 23g	1/2 Cup	50	90	0.00	15	0.00	0.00	0	23.00	2.00	0.20	0	0.0	0.00	0.00
990036 Salad, Crispy Chicken	Each	5	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	310	5.50	990	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	36.00	0.00	0	72.00	6.00	24.00	0	40.0	0.00	2.16

Base Menu Spreadsheet

Portion Values

Sep 1, 2017 thru Sep 29, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
500014 BARBECUE SAUCE	2 TBSP	10	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000223 MUSTARD: individual PC	Pkt 5g	10	3	0.01	55	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	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	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	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	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			623	5.09	1327	16.47	*0.00	25	95.02	12.14	30.06	*4468	*540.9	*16.01	*4.35
% of Calories				7.35%		23.8%	*0.0%		61.0%		19.3%				
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.