

Base Menu Spreadsheet

Portion Values

Sep 1, 2017 thru Sep 29, 2017

Menu Name: Dixon High School 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)
990234 Hot & Spicy Chicken Tenders	3 tenders	60	260	2.50	870	15.00	0.00	25	16.00	3.00	15.00	100	0.0	30.00	3.96
990042 Roll, WG, Rubschlager, 13g	Each	60	60	0.00	140	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	5	522	13.67	2011	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	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	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 34g	Each	10	310	5.00	530	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990162 Pizza, Sausage, Stffd Crust (Dixon HS)	Slice	10	390	5.00	960	16.00	0.00	20	45.00	*N/A*	18.00	400	300.0	*N/A*	*N/A*
990088 Turkey & Cheese Wrap	Each	10	295	5.50	945	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	10	312	5.75	1070	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990036 Salad, Crispy Chicken	Each	10	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990163 Salad, Grilled Chicken	Each	10	223	1.50	601	8.31	0.00	35	21.69	3.30	18.54	8655	68.0	5.10	2.31
990052 Hamburger, WG	Each	10	298	3.65	519	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1	1 Each	10	408	8.65	919	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	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)
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
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	60	10	0.00	125	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
500014 BARBECUE SAUCE	2 TBSP	60	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000222 KETCHUP: individual	Pkt 6g	60	9	0.00	82	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	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			771	7.18	1988	24.50	*0.12	61	101.54	11.10	40.48	4158	732.6	*54.20	*6.47
% of Calories				8.38%		28.6%	*0.1%		52.7%		21.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420	<=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)
990159 Corn Dog, Turkey, WG, StateFair, 33g	Each	60	240	1.50	670	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	10	522	13.67	2011	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	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	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 34g	Each	10	310	5.00	530	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

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)
990162 Pizza, Sausage, Stffd Crust (Dixon HS)	Slice	10	390	5.00	960	16.00	0.00	20	45.00	*N/A*	18.00	400	300.0	*N/A*	*N/A*
990088 Turkey & Cheese Wrap	Each	10	295	5.50	945	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	10	312	5.75	1070	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990157 Student Chef Salad, Arbor F-22	Each	5	351	2.41	1199	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990036 Salad, Crispy Chicken	Each	5	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990052 Hamburger, WG	Each	5	298	3.65	519	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1	1 Each	5	408	8.65	919	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	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	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	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	100	10	0.00	125	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
500014 BARBECUE SAUCE	2 TBSP	100	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	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	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			730	6.74	1955	18.68	*0.06	56	108.22	10.30	35.29	4270	769.8	*42.33	*4.57
% of Calories				8.31%		23.0%	*0.1%		59.3%		19.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420	<=0									

Base Menu Spreadsheet

Portion Values

Sep 1, 2017 thru Sep 29, 2017

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)
990145 Nacho Supreme, Arbor A-10g	Each	50	448	3.95	689	26.54	*0.00	37	39.67	3.00	18.77	220	311.4	0.00	1.74
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	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	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	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 34g	Each	10	310	5.00	530	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990162 Pizza, Sausage, Stffd Crust (Dixon HS)	Slice	5	390	5.00	960	16.00	0.00	20	45.00	*N/A*	18.00	400	300.0	*N/A*	*N/A*
990088 Turkey & Cheese Wrap	Each	10	295	5.50	945	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	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990157 Student Chef Salad, Arbor F-22	Each	5	351	2.41	1199	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990036 Salad, Crispy Chicken	Each	5	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990052 Hamburger, WG	Each	5	298	3.65	519	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1	1 Each	5	408	8.65	919	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	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	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	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82

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Arbor Management Inc

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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)
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	100	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	100	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000222 KETCHUP: individual	Pkt 6g	100	9	0.00	82	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	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			786	7.29	1919	26.47	*0.06	62	107.01	9.36	36.54	4393	870.1	*33.68	*4.40
% of Calories				8.35%		30.3%	*0.1%		54.5%		18.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420	<=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)
990158 Chicken & Cheese Quesadilla, Arbor B-77	quesadilla	50	575	8.30	940	37.50	0.00	69	17.00	2.00	43.00	475	735.0	1.20	2.50
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	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	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	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 34g	Each	10	310	5.00	530	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990162 Pizza, Sausage, Stffd Crust (Dixon HS)	Slice	5	390	5.00	960	16.00	0.00	20	45.00	*N/A*	18.00	400	300.0	*N/A*	*N/A*
990088 Turkey & Cheese Wrap	Each	10	295	5.50	945	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	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08

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Arbor Management Inc

Portion Values

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)
990157 Student Chef Salad, Arbor F-22	Each	5	351	2.41	1199	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990036 Salad, Crispy Chicken	Each	5	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990052 Hamburger, WG	Each	5	298	3.65	519	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1	1 Each	5	408	8.65	919	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	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	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	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	100	10	0.00	125	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
500014 BARBECUE SAUCE	2 TBSP	100	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000222 KETCHUP: individual	Pkt 6g	100	9	0.00	82	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	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			849	9.47	2045	31.95	*0.06	78	95.67	8.86	48.65	4520	1081.8	*34.28	*4.78
% of Calories				10.04%		33.9%	*0.1%		45.1%		22.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420	<=0									

Friday - 09/08/2017

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)
990235 Grilled Chicken Monte Cristo	1 Each	50	430	6.00	1630	16.00	0.00	110	31.00	3.00	39.00	300	190.0	0.00	1.44
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	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	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	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 34g	Each	10	310	5.00	530	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990162 Pizza, Sausage, Stffd Crust (Dixon HS)	Slice	5	390	5.00	960	16.00	0.00	20	45.00	*N/A*	18.00	400	300.0	*N/A*	*N/A*
990088 Turkey & Cheese Wrap	Each	10	295	5.50	945	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	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990157 Student Chef Salad, Arbor F-22	Each	5	351	2.41	1199	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990036 Salad, Crispy Chicken	Each	5	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990052 Hamburger, WG	Each	5	298	3.65	519	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1	1 Each	5	408	8.65	919	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	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	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	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	100	10	0.00	125	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
500014 BARBECUE SAUCE	2 TBSP	100	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30

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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	100	9	0.00	82	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	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			777	8.32	2390	21.20	*0.06	99	102.67	9.36	46.65	4433	809.3	*33.68	*4.25
% of Calories				9.64%		24.6%	*0.1%		52.9%		24.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420	<=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)
990179 Chicken Bacon Melt, Arbor B-94	Each	50	605	11.59	1624	33.31	0.00	86	41.22	5.03	34.36	402	190.3	85.45	3.28
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	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	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	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 34g	Each	10	310	5.00	530	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	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	10	312	5.75	1070	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990163 Salad, Grilled Chicken	Each	10	223	1.50	601	8.31	0.00	35	21.69	3.30	18.54	8655	68.0	5.10	2.31
990036 Salad, Crispy Chicken	Each	10	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990052 Hamburger, WG	Each	10	298	3.65	519	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88

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)
990031 Cheeseburger on WG Bun, Arbor B-1	1 Each	10	408	8.65	919	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	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	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	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	20	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	20	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	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	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			857	11.84	2026	31.67	*0.12	92	97.81	10.72	47.61	5078	805.4	77.54	5.44
% of Calories				12.43%		33.3%	*0.1%		45.7%		22.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420	<=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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990169 Build your own deli Macaroni (Dixon HS), Arbor-A71	3/4 Cup	60	216	0.73	393	4.65	*N/A*	9	37.54	2.54	5.49	1995	15.0	1.50	1.77
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	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	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

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)
990085 Cheese Pizza, WG, The MAX, 37g	Each	15	280	3.00	560	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 34g	Each	10	310	5.00	530	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	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	10	312	5.75	1070	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990157 Student Chef Salad, Arbor F-22	Each	10	351	2.41	1199	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990163 Salad, Grilled Chicken	Each	10	223	1.50	601	8.31	0.00	35	21.69	3.30	18.54	8655	68.0	5.10	2.31
990052 Hamburger, WG	Each	10	298	3.65	519	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1	1 Each	10	408	8.65	919	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	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	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	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	100	10	0.00	125	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
500014 BARBECUE SAUCE	2 TBSP	100	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000222 KETCHUP: individual	Pkt 6g	100	9	0.00	82	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03

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)
000223 MUSTARD: individual PC	Pkt 5g	100	3	0.01	55	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			762	6.75	2004	18.91	*0.12	65	115.98	10.32	35.54	6400	756.0	30.91	5.31
% of Calories				7.97%		22.3%	*0.1%		60.9%		18.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420	<=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)
990062 Chicken Nuggets, GoldKist	4 Each	60	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	60	60	0.00	140	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	5	522	13.67	2011	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	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	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 34g	Each	10	310	5.00	530	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990162 Pizza, Sausage, Stffd Crust (Dixon HS)	Slice	10	390	5.00	960	16.00	0.00	20	45.00	*N/A*	18.00	400	300.0	*N/A*	*N/A*
990088 Turkey & Cheese Wrap	Each	10	295	5.50	945	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	10	312	5.75	1070	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990036 Salad, Crispy Chicken	Each	10	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990163 Salad, Grilled Chicken	Each	10	223	1.50	601	8.31	0.00	35	21.69	3.30	18.54	8655	68.0	5.10	2.31

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)
990052 Hamburger, WG	Each	10	298	3.65	519	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1	1 Each	10	408	8.65	919	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	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	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	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	60	10	0.00	125	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
500014 BARBECUE SAUCE	2 TBSP	60	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000222 KETCHUP: individual	Pkt 6g	60	9	0.00	82	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	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			769	7.46	1674	23.82	*0.12	84	100.86	10.49	41.59	4158	744.5	*100.41	*4.95
% of Calories				8.73%		27.9%	*0.1%		52.5%		21.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420	<=0									

Thursday - 09/14/2017

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)
990165 Pepperoni Pasta Bake, Arbor A-12	2/3 Cup	60	286	4.44	595	11.85	0.00	21	27.41	4.20	17.62	*868	*129.6	*5.38	*3.16
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	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

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)
990156 Cajun Chicken Wrap	Each	10	368	4.02	1377	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	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 34g	Each	10	310	5.00	530	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	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	10	312	5.75	1070	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990163 Salad, Grilled Chicken	Each	10	223	1.50	601	8.31	0.00	35	21.69	3.30	18.54	8655	68.0	5.10	2.31
990036 Salad, Crispy Chicken	Each	10	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990052 Hamburger, WG	Each	10	298	3.65	519	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1	1 Each	10	408	8.65	919	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	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	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	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	100	10	0.00	125	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
500014 BARBECUE SAUCE	2 TBSP	100	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03

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)
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
Weighted Daily Average			773	8.73	1918	22.20	*0.12	62	105.22	11.04	41.36	*5607	*796.0	*41.24	*5.94
% of Calories				10.16%		25.8%	*0.1%		54.4%		21.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420	<=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)
990099 BBQ Rib Sandwich	Each	60	325	3.50	1120	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	10	522	13.67	2011	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	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	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 34g	Each	10	310	5.00	530	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990162 Pizza, Sausage, Stffd Crust (Dixon HS)	Slice	10	390	5.00	960	16.00	0.00	20	45.00	*N/A*	18.00	400	300.0	*N/A*	*N/A*
990088 Turkey & Cheese Wrap	Each	5	295	5.50	945	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	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990163 Salad, Grilled Chicken	Each	5	223	1.50	601	8.31	0.00	35	21.69	3.30	18.54	8655	68.0	5.10	2.31
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
990052 Hamburger, WG	Each	5	298	3.65	519	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88

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)
990031 Cheeseburger on WG Bun, Arbor B-1	1 Each	5	408	8.65	919	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	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	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	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	100	10	0.00	125	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
500014 BARBECUE SAUCE	2 TBSP	100	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000222 KETCHUP: individual	Pkt 6g	100	9	0.00	82	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	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			755	7.34	2218	20.25	*0.06	57	111.72	9.59	37.19	4318	765.2	*34.95	*4.95
% of Calories				8.75%		24.1%	*0.1%		59.2%		19.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420	<=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)
990045 Flatbread, Cheesy Garlic, Tony's	Each	60	300	4.00	550	12.00	0.00	15	35.00	4.00	16.00	400	300.0	0.00	2.70
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	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	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

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)
990085 Cheese Pizza, WG, The MAX, 37g	Each	10	280	3.00	560	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 34g	Each	10	310	5.00	530	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990162 Pizza, Sausage, Stffd Crust (Dixon HS)	Slice	10	390	5.00	960	16.00	0.00	20	45.00	*N/A*	18.00	400	300.0	*N/A*	*N/A*
990088 Turkey & Cheese Wrap	Each	5	295	5.50	945	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	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990163 Salad, Grilled Chicken	Each	5	223	1.50	601	8.31	0.00	35	21.69	3.30	18.54	8655	68.0	5.10	2.31
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
990052 Hamburger, WG	Each	5	298	3.65	519	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1	1 Each	5	408	8.65	919	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	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	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	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	100	10	0.00	125	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
500014 BARBECUE SAUCE	2 TBSP	100	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000222 KETCHUP: individual	Pkt 6g	100	9	0.00	82	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)
000223 MUSTARD: individual PC	Pkt 5g	100	3	0.01	55	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			761	7.80	1904	20.49	*0.06	49	111.33	10.19	38.21	4596	957.7	*33.63	*5.10
% of Calories				9.22%		24.2%	*0.1%		58.5%		20.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420	<=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)
990164 Ranch Chicken Wrap, Arbor C-12	Each	60	398	4.03	925	12.94	0.00	31	51.52	7.13	20.46	8812	113.3	89.47	4.24
500094 CREAMY COLE SLAW	1/4 CUP	30	33	0.26	77	1.63	*N/A*	3	4.52	1.00	0.60	1005	19.0	11.10	0.30
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	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	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	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 34g	Each	10	310	5.00	530	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990162 Pizza, Sausage, Stffd Crust (Dixon HS)	Slice	10	390	5.00	960	16.00	0.00	20	45.00	*N/A*	18.00	400	300.0	*N/A*	*N/A*
990088 Turkey & Cheese Wrap	Each	10	295	5.50	945	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	10	312	5.75	1070	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990157 Student Chef Salad, Arbor F-22	Each	5	351	2.41	1199	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990163 Salad, Grilled Chicken	Each	5	223	1.50	601	8.31	0.00	35	21.69	3.30	18.54	8655	68.0	5.10	2.31

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)
990052 Hamburger, WG	Each	10	298	3.65	519	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1	1 Each	10	408	8.65	919	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	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	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	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	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
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
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
Weighted Daily Average			815	8.93	1810	24.10	*0.12	72	110.06	12.50	42.92	9639	811.0	*82.47	*6.10
% of Calories				9.86%		26.6%	*0.1%		54.0%		21.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420	<=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)
990160 Chili Cheese Hot Dog, Arbor B-8	Each	50	328	5.25	1263	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	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

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)
990156 Cajun Chicken Wrap	Each	10	368	4.02	1377	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	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 34g	Each	10	310	5.00	530	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990162 Pizza, Sausage, Stffd Crust (Dixon HS)	Slice	5	390	5.00	960	16.00	0.00	20	45.00	*N/A*	18.00	400	300.0	*N/A*	*N/A*
990162 Pizza, Sausage, Stffd Crust (Dixon HS)	Slice	10	390	5.00	960	16.00	0.00	20	45.00	*N/A*	18.00	400	300.0	*N/A*	*N/A*
990088 Turkey & Cheese Wrap	Each	10	295	5.50	945	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990163 Salad, Grilled Chicken	Each	10	223	1.50	601	8.31	0.00	35	21.69	3.30	18.54	8655	68.0	5.10	2.31
990036 Salad, Crispy Chicken	Each	10	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990052 Hamburger, WG	Each	10	298	3.65	519	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1	1 Each	10	408	8.65	919	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	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	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	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	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
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

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)
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
Weighted Daily Average			740	8.85	1839	23.61	*0.12	71	97.46	9.66	39.14	4965	836.0	*35.62	*4.82
% of Calories				10.76%		28.7%	*0.1%		52.7%		21.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420	<=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	50	448	3.95	689	26.54	*0.00	37	39.67	3.00	18.77	220	311.4	0.00	1.74
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	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	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	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 34g	Each	10	310	5.00	530	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990162 Pizza, Sausage, Stffd Crust (Dixon HS)	Slice	5	390	5.00	960	16.00	0.00	20	45.00	*N/A*	18.00	400	300.0	*N/A*	*N/A*
990088 Turkey & Cheese Wrap	Each	10	295	5.50	945	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	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990157 Student Chef Salad, Arbor F-22	Each	5	351	2.41	1199	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990036 Salad, Crispy Chicken	Each	5	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990052 Hamburger, WG	Each	5	298	3.65	519	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88

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)
990031 Cheeseburger on WG Bun, Arbor B-1	1 Each	5	408	8.65	919	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	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	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	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	100	10	0.00	125	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
500014 BARBECUE SAUCE	2 TBSP	100	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000222 KETCHUP: individual	Pkt 6g	100	9	0.00	82	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	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			786	7.29	1919	26.47	*0.06	62	107.01	9.36	36.54	4393	870.1	*33.68	*4.40
% of Calories				8.35%		30.3%	*0.1%		54.5%		18.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420	<=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)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990166 Chicken Fajitas W/ Peppers & Onions, Arbor B-27	2 Each	50	277	3.04	623	7.38	0.00	44	35.24	5.77	17.55	113	43.8	24.62	2.52
990167 Spanish Rice (Dixon HS)	3 oz.	50	90	0.00	360	6.00	0.00	0	20.00	0.00	2.00	0	0.0	1.20	0.36
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	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

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)
990156 Cajun Chicken Wrap	Each	10	368	4.02	1377	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	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 34g	Each	10	310	5.00	530	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990162 Pizza, Sausage, Stffd Crust (Dixon HS)	Slice	10	390	5.00	960	16.00	0.00	20	45.00	*N/A*	18.00	400	300.0	*N/A*	*N/A*
990088 Turkey & Cheese Wrap	Each	10	295	5.50	945	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	10	312	5.75	1070	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990163 Salad, Grilled Chicken	Each	10	223	1.50	601	8.31	0.00	35	21.69	3.30	18.54	8655	68.0	5.10	2.31
990036 Salad, Crispy Chicken	Each	10	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990052 Hamburger, WG	Each	10	298	3.65	519	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1	1 Each	10	408	8.65	919	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	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	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	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	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
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)
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
Weighted Daily Average			771	8.07	1758	23.29	*0.12	73	107.87	11.25	41.96	4948	761.1	*47.33	*5.22
% of Calories				9.42%		27.2%	*0.1%		56.0%		21.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420	<=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)
990190 Bosco Stick	2 Sticks	80	220	2.00	300	6.00	0.00	5	30.00	3.00	6.00	14	20.0	0.00	10.00
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	26.80	0.00	78	44.30	5.10	25.87	9310	413.0	4.02	2.77
990156 Cajun Chicken Wrap	Each	15	368	4.02	1377	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	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 34g	Each	10	310	5.00	530	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	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	10	312	5.75	1070	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990163 Salad, Grilled Chicken	Each	10	223	1.50	601	8.31	0.00	35	21.69	3.30	18.54	8655	68.0	5.10	2.31
990036 Salad, Crispy Chicken	Each	10	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06
990052 Hamburger, WG	Each	10	298	3.65	519	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1	1 Each	10	408	8.65	919	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

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)
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	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	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	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	100	10	0.00	125	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
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
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
Weighted Daily Average			753	7.85	1592	20.30	*0.12	55	104.06	10.88	36.16	5346	730.4	34.63	11.96
% of Calories				9.38%		24.3%	*0.1%		55.3%		19.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420	<=0									

Wednesday - 09/27/2017

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)
500116 MACARONI AND CHEESE	2/3 CUP	60	296	6.82	896	12.18	*N/A*	31	27.44	0.89	19.64	684	482.0	0.38	1.02
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	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	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	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

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)
990086 Pepperoni Pizza, Tonys SMART pizza, 34g	Each	10	310	5.00	530	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	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	10	312	5.75	1070	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990157 Student Chef Salad, Arbor F-22	Each	10	351	2.41	1199	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990163 Salad, Grilled Chicken	Each	5	223	1.50	601	8.31	0.00	35	21.69	3.30	18.54	8655	68.0	5.10	2.31
990052 Hamburger, WG	Each	10	298	3.65	519	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1	1 Each	10	408	8.65	919	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	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	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	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	100	10	0.00	125	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
500014 BARBECUE SAUCE	2 TBSP	100	48	0.02	309	0.10	*N/A*	0	12.48	0.40	0.45	261	10.0	4.00	0.30
000222 KETCHUP: individual	Pkt 6g	10	9	0.00	82	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	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			774	10.17	2125	22.45	*0.12	75	104.50	8.76	42.05	5113	1013.8	29.64	4.46
% of Calories				11.83%		26.1%	*0.1%		54.0%		21.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420	<=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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990168 Homestyle Popcorn Chicken Bowl, Arbor A-43	Bowl	60	493	2.85	1335	17.57	0.00	46	65.28	5.58	21.71	200	0.0	24.00	1.93
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	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	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	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 34g	Each	10	310	5.00	530	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	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	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990163 Salad, Grilled Chicken	Each	5	223	1.50	601	8.31	0.00	35	21.69	3.30	18.54	8655	68.0	5.10	2.31
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
990052 Hamburger, WG	Each	5	298	3.65	519	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1	1 Each	5	408	8.65	919	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	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	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	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	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
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
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
Weighted Daily Average			768	6.70	1784	22.30	*0.06	66	107.95	10.55	38.35	4076	681.4	44.04	4.33
% of Calories				7.85%		26.1%	*0.1%		56.2%		20.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420	<=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)
990234 Hot & Spicy Chicken Tenders	3 tenders	80	260	2.50	870	15.00	0.00	25	16.00	3.00	15.00	100	0.0	30.00	3.96
990042 Roll, WG, Rubschlager, 13g	Each	80	60	0.00	140	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	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	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	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60
990086 Pepperoni Pizza, Tonys SMART pizza, 34g	Each	10	310	5.00	530	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	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	12.88	0.00	48	29.50	3.00	17.75	300	170.0	0.00	1.08
990163 Salad, Grilled Chicken	Each	5	223	1.50	601	8.31	0.00	35	21.69	3.30	18.54	8655	68.0	5.10	2.31

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)
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
990052 Hamburger, WG	Each	5	298	3.65	519	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990031 Cheeseburger on WG Bun, Arbor B-1	1 Each	5	408	8.65	919	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	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	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	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	39	0.04	48	0.47	0.00	0	6.88	1.99	2.35	461	19.8	11.51	0.82
990034 Dressing, Buttermilk Ranch, FF, Packets	1 Each	10	10	0.00	125	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
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
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
Weighted Daily Average			729	6.99	1791	24.56	*0.06	58	91.98	11.20	38.93	4036	697.4	53.64	6.91
% of Calories				8.63%		30.3%	*0.1%		50.5%		21.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420	<=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.