

Base Menu Spreadsheet

Portion Values

Sep 1, 2017 thru Sep 29, 2017

Menu Name: Dixon RMS & Madison 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)
990145 Nacho Supreme, Arbor A-10g	Each	53	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	2	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	2	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	2	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	2	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	2	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	2	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	2	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	2	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	2	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	25	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	25	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

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)
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
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
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
Weighted Daily Average			642	4.01	1362	19.45	*0.04	36	98.46	13.62	28.45	2880	535.5	115.99	4.70
% of Calories				5.62%		27.3%	*0.1%		61.3%		17.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360	<=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)
990165 Pepperoni Pasta Bake, Arbor A-12	2/3 Cup	40	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	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	5	280	3.00	560	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60

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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)
990086 Pepperoni Pizza, Tonys SMART pizza, 34g	Each	5	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	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
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	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
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
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

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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)
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
Weighted Daily Average			607	5.29	1281	13.99	*0.06	42	95.75	11.45	31.46	*8698	*619.5	*42.63	*5.58
% of Calories				7.84%		20.7%	*0.1%		63.1%		20.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360	<=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)
990056 Spicy Sriracha Chicken Sandwich	1 Each	40	343	1.53	790	10.14	0.00	31	41.14	5.03	21.26	102	40.3	85.45	2.91
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	5	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	5	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	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
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

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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)
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
000042 PICKLES,DILL SPEAR	EACH	100	4	0.03	283	0.10	0.00	0	0.84	0.35	0.18	44	20.0	0.80	0.09
000426 GREEN BEANS: frozen,boiled	1/4 CUP	100	38	0.06	1	0.23	0.00	0	8.71	4.05	2.01	566	56.7	5.54	0.89
990044 Fries, 3/8" Regular Cut, McCain	3 oz.	20	110	0.00	30	3.50	0.00	0	17.99	2.00	2.00	0	0.0	0.00	0.36
Weighted Daily Average			655	4.20	1862	14.09	*0.06	46	104.58	13.41	32.68	3923	633.1	73.72	5.12
% of Calories				5.77%		19.4%	*0.1%		63.9%		20.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360	<=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)
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

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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)
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	5	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	5	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	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
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	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

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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)
990124 Salsa, Mild	2 Ounces	100	20	0.00	140	0.00	0.00	0	4.00	1.00	0.00	1000	40.0	12.00	0.72
500156 INSTANT MASHED POTATOES: FLAKE	1/2 CUP	100	101	0.59	210	2.82	*N/A*	1	16.76	1.30	2.66	123	45.0	15.90	0.25
Weighted Daily Average			627	5.47	1244	17.18	*0.06	56	92.23	9.54	27.59	4114	652.2	57.15	4.23
% of Calories				7.85%		24.7%	*0.1%		58.8%		17.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360	<=0									

Friday - 09/08/2017

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)
990107 French Toast Sticks (4 Each), WG	Each	40	300	3.00	380	12.00	0.00	0	42.00	2.00	6.00	0	60.0	0.00	1.80
000349 SYRUP,PANCAKE	1 TBSP	100	46	0.00	16	0.00	*N/A*	0	12.06	0.00	0.00	0	0.6	0.00	0.01
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	5	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	5	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	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
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

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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)
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
500005 BAKED BEANS (VEGETARIAN)	SERVINGS	20	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
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
Weighted Daily Average			631	4.77	1057	14.05	*0.06	33	104.57	11.55	27.80	3880	622.3	114.98	4.82
% of Calories				6.80%		20.0%	*0.1%		66.3%		17.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360	<=0									

Monday - 09/11/2017

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)
990099 BBQ Rib Sandwich	Each	50	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	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	5	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	5	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	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
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

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
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
990059 Tomato, Cherry, Packer	1/4 Cup	75	12	0.02	10	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
990032 Corn, Golden Sweet	2 Ounces	50	47	0.00	0	0.33	0.00	0	12.00	1.33	2.00	133	0.0	4.00	0.24
Weighted Daily Average			657	5.27	1829	15.19	*0.06	48	105.43	10.61	32.07	8397	610.8	40.69	5.44
% of Calories				7.22%		20.8%	*0.1%		64.2%		19.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360	<=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)
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	2	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	2	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	2	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	2	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	2	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

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)
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	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
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
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
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
Weighted Daily Average			649	4.58	1275	20.55	*0.06	46	93.22	10.92	30.78	6272	645.5	114.14	4.03
% of Calories				6.35%		28.5%	*0.1%		57.5%		19.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360	<=0									

Wednesday - 09/13/2017

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)
500116 MACARONI AND CHEESE	2/3 CUP	50	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	2	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	2	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	2	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	2	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	2	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	2	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	2	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

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
000042 PICKLES,DILL SPEAR	EACH	100	4	0.03	283	0.10	0.00	0	0.84	0.35	0.18	44	20.0	0.80	0.09
000426 GREEN BEANS: frozen,boiled	1/4 CUP	100	38	0.06	1	0.23	0.00	0	8.71	4.05	2.01	566	56.7	5.54	0.89
990044 Fries, 3/8" Regular Cut, McCain	3 oz.	50	110	0.00	30	3.50	0.00	0	17.99	2.00	2.00	0	0.0	0.00	0.36
Weighted Daily Average			625	5.83	1772	14.27	*0.06	38	99.36	11.57	30.54	3347	752.4	39.23	4.10
% of Calories				8.40%		20.5%	*0.1%		63.6%		19.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360	<=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)
990062 Chicken Nuggets, GoldKist	4 Each	50	258	2.97	347	13.87	0.00	64	14.86	1.98	16.85	99	19.8	107.03	1.43
990155 Turkey Bacon Wrap, Arbor C-4	Each	5	522	13.67	2011	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	5	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	5	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	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
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

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)
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
990124 Salsa, Mild	2 Ounces	100	20	0.00	140	0.00	0.00	0	4.00	1.00	0.00	1000	40.0	12.00	0.72
500156 INSTANT MASHED POTATOES: FLAKE	1/2 CUP	100	101	0.59	210	2.82	*N/A*	1	16.76	1.30	2.66	123	45.0	15.90	0.25
Weighted Daily Average			640	5.55	1265	18.52	*0.06	67	87.66	9.33	32.02	4163	622.1	110.67	4.22
% of Calories				7.80%		26.0%	*0.1%		54.8%		20.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360	<=0									

Monday - 09/18/2017

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)
990122 Soft Tacos, Arbor B - 24	2 Tacos	50	232	3.40	344	8.50	0.00	41	20.00	4.00	18.00	700	60.0	6.00	2.70
990155 Turkey Bacon Wrap, Arbor C-4	Each	5	522	13.67	2011	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	5	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	5	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	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
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

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
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
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
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
Weighted Daily Average			637	5.23	1444	13.61	*0.06	54	101.68	12.02	33.70	8826	603.5	45.24	5.83
% of Calories				7.39%		19.2%	*0.1%		63.8%		21.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360	<=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)
990159 Corn Dog, Turkey, WG, StateFair, 33g	Each	50	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	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	5	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	5	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	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
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

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)
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
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
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
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
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
Weighted Daily Average			647	4.45	1685	13.17	*0.06	43	105.96	12.36	31.61	6979	681.5	123.80	4.64
% of Calories				6.19%		18.3%	*0.1%		65.5%		19.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360	<=0									

Wednesday - 09/20/2017

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)
990095 Salisbury Steak	1 Steak	50	140	4.00	250	10.00	0.00	30	3.00	1.00	10.00	0	20.0	1.20	1.08
990042 Roll, WG, Rubschlager, 13g	Each	100	60	0.00	140	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	5	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	5	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	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
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	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

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
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
000042 PICKLES,DILL SPEAR	EACH	50	4	0.03	283	0.10	0.00	0	0.84	0.35	0.18	44	20.0	0.80	0.09
000426 GREEN BEANS: frozen,boiled	1/4 CUP	50	38	0.06	1	0.23	0.00	0	8.71	4.05	2.01	566	56.7	5.54	0.89
990044 Fries, 3/8" Regular Cut, McCain	3 oz.	20	110	0.00	30	3.50	0.00	0	17.99	2.00	2.00	0	0.0	0.00	0.36
Weighted Daily Average			643	7.02	1396	19.08	*0.12	59	89.92	12.14	33.94	4260	633.9	33.43	4.97
% of Calories				9.83%		26.7%	*0.2%		55.9%		21.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360	<=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)
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
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
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

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)
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
500193 TOASTED TURKEY HAM & CHEESE	SERVINGS	1	319	4.47	1231	11.00	*N/A*	48	34.42	1.39	20.26	408	272.0	0.00	2.39
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
990124 Salsa, Mild	2 Ounces	50	20	0.00	140	0.00	0.00	0	4.00	1.00	0.00	1000	40.0	12.00	0.72
500156 INSTANT MASHED POTATOES: FLAKE	1/2 CUP	20	101	0.59	210	2.82	*N/A*	1	16.76	1.30	2.66	123	45.0	15.90	0.25
Weighted Daily Average			648	7.16	1584	18.26	*0.06	67	88.60	9.39	34.47	5490	781.7	43.80	4.24
% of Calories				9.94%		25.4%	*0.1%		54.7%		21.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360	<=0									

Friday - 09/22/2017

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)
990099 BBQ Rib Sandwich	Each	50	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	2	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	2	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	2	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	2	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	2	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
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
500005 BAKED BEANS (VEGETARIAN)	SERVINGS	20	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
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
Weighted Daily Average			637	4.41	1800	13.46	*0.06	43	105.75	12.12	31.76	3618	555.3	119.84	5.34
% of Calories				6.23%		19.0%	*0.1%		66.4%		19.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360	<=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)
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
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	5	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	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
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

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
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
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
990032 Corn, Golden Sweet	2 Ounces	50	47	0.00	0	0.33	0.00	0	12.00	1.33	2.00	133	0.0	4.00	0.24
Weighted Daily Average			657	7.16	1587	18.69	*0.06	63	94.65	11.06	33.94	9180	700.1	37.91	5.64
% of Calories				9.81%		25.6%	*0.1%		57.6%		20.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360	<=0									

Tuesday - 09/26/2017

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)
990057 Pizza Dippers, The Max, 16g	1 Each	50	300	5.00	780	14.00	0.00	10	32.00	4.00	14.00	0	300.0	0.00	1.44
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	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	2	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	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
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
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
000256 BROCCOLI,raw: fresh	1/4 Cup	50	31	0.04	30	0.34	0.00	0	6.04	2.37	2.57	567	42.8	81.17	0.66
Weighted Daily Average			643	7.12	1379	18.52	*0.06	45	90.98	11.48	32.94	7273	854.1	72.02	4.18
% of Calories				9.97%		25.9%	*0.1%		56.6%		20.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360	<=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)
990161 Pizza, Pepperoni, Stffd Crust, The Max, 36g	Slice	50	330	4.50	880	14.00	0.00	20	36.00	*N/A*	16.00	300	250.0	*N/A*	*N/A*
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	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	2	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	2	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	2	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	2	351	2.41	1199	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

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	2	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
000042 PICKLES,DILL SPEAR	EACH	100	4	0.03	283	0.10	0.00	0	0.84	0.35	0.18	44	20.0	0.80	0.09
000426 GREEN BEANS: frozen,boiled	1/4 CUP	50	38	0.06	1	0.23	0.00	0	8.71	4.05	2.01	566	56.7	5.54	0.89
990044 Fries, 3/8" Regular Cut, McCain	3 oz.	50	110	0.00	30	3.50	0.00	0	17.99	2.00	2.00	0	0.0	0.00	0.36
Weighted Daily Average			645	6.22	1547	18.06	*0.06	42	93.36	10.65	31.38	3882	658.3	*30.27	*3.49
% of Calories				8.68%		25.2%	*0.1%		57.9%		19.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360	<=0									

Thursday - 09/28/2017

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)
990090 Popcorn Chicken, GoldKist, 15g	10 Each	50	280	3.00	490	16.00	0.00	55	15.00	2.00	18.00	0	0.0	0.00	1.08
990155 Turkey Bacon Wrap, Arbor C-4	Each	10	522	13.67	2011	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
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	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
990124 Salsa, Mild	2 Ounces	50	20	0.00	140	0.00	0.00	0	4.00	1.00	0.00	1000	40.0	12.00	0.72
500156 INSTANT MASHED POTATOES: FLAKE	1/2 CUP	20	101	0.59	210	2.82	*N/A*	1	16.76	1.30	2.66	123	45.0	15.90	0.25
Weighted Daily Average			649	6.66	1370	20.71	*0.06	71	82.27	8.95	35.13	4505	715.3	38.92	4.11
% of Calories				9.24%		28.7%	*0.1%		50.7%		21.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360	<=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)
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	2	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	2	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	2	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	2	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	2	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	2	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	2	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	2	286	1.53	638	11.45	0.00	31	30.91	4.33	19.80	8657	68.3	90.55	3.06

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

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)
990052 Hamburger, WG	Each	2	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	2	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	20	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	20	3	0.01	55	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
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	50	12	0.02	10	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
000256 BROCCOLI,raw: fresh	1/4 Cup	50	31	0.04	30	0.34	0.00	0	6.04	2.37	2.57	567	42.8	81.17	0.66
Weighted Daily Average			620	3.97	1137	18.34	*0.02	37	93.01	11.49	29.34	2575	639.0	72.46	3.82
% of Calories				5.76%		26.6%	*0.0%		60.0%		18.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360	<=0									

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Sep 1, 2017 thru Sep 29, 2017

**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.*