

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Summer, 2019

**Menu Name:** Dixon Breakfast

**Include Cost:** No

**Site:** All Sites

**Report Style:** Detailed

### Monday

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protrn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990320 Bagel, Honey Wheat, 34g	Each	40	170	0.00	140	*N/A*	1.50	0.00	0	34.00	4.00	6.00	0	20.0	0.00	1.80
990205 Cream Cheese, Lite, Cup, Philly, 2g	1 Package	40	45	2.00	80	*N/A*	3.50	0.00	15	2.00	0.00	2.00	0	20.0	0.00	0.00
990319 Donut, WG Powdered 6 Pack, Goody Man, 41g	Package	40	270	3.00	230	21	11.00	0.00	0	41.00	2.00	4.00	0	60.0	0.00	0.72
990126 Cereal, Cinnamon Toasters, 22g	3/4 Cup	5	120	0.50	130	9	3.50	0.00	0	22.00	0.50	1.00	500	100.0	6.00	9.00
990127 Cereal, Honey Graham Square, WG	3/4 Cup	3	120	0.00	250	9	3.00	0.00	0	24.00	1.00	1.00	500	100.0	6.00	9.00
990128 Cereal, Marshmallow Mateys, WG, 24g	CUP	3	110	0.00	190	*N/A*	1.00	0.00	0	24.00	1.00	2.00	500	100.0	6.00	9.00
990129 Cereal, Rice Chex GF, Gen Mills, 23g	CUP	3	100	0.00	220	*N/A*	0.50	0.00	0	23.00	1.00	2.00	500	100.0	6.00	9.00
990130 Cereal, Rice Crispy, 29g	Cup	3	96	0.00	248	*N/A*	0.00	0.00	0	23.20	0.00	1.60	600	0.0	9.60	7.20
990131 Cereal, Tootie Fruities, 19g	3/4 Cup	3	90	0.00	100	10	0.50	0.00	0	19.00	0.50	1.00	300	60.0	3.60	5.40
990132 Vanilla Graham Bears, WG, 20g	1 OZ	20	110	0.50	95	6	3.50	0.00	0	20.00	2.00	4.00	300	20.0	3.60	1.80
000246 FRUIT JUICE, ASSORTED	4 fl.oz.	50	64	0.02	5	13	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24
000245 FRUIT, FRESH ASSORTED	EACH	50	74	0.06	1	14	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	40	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK, 1% Lowfat	HALF PINT	30	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07

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Summer, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000231 MILK,Skim	HALF PINT	30	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			406	2.67	374	*39	8.41	*0.00	13	71.96	4.56	14.70	767	376.0	23.55	3.46
% of Calories				5.92%		*38.4%	18.6%	*0.0%		70.9%		14.5%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

## Tuesday

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990136 Pop-Tart, Cinnamon Brown Sugar, P-326456	Pastry	40	190	1.00	200	16	3.00	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
990065 Banana Muffin, WG, Smart Choice, P-370577	Each	40	160	0.50	115	13	4.50	0.00	25	27.00	1.00	3.00	0	20.0	1.20	1.08
990126 Cereal, Cinnamon Toasters, 22g	3/4 Cup	5	120	0.50	130	9	3.50	0.00	0	22.00	0.50	1.00	500	100.0	6.00	9.00
990127 Cereal, Honey Graham Square, WG	3/4 Cup	3	120	0.00	250	9	3.00	0.00	0	24.00	1.00	1.00	500	100.0	6.00	9.00
990128 Cereal, Marshmallow Mateys, WG, 24g	CUP	3	110	0.00	190	*N/A*	1.00	0.00	0	24.00	1.00	2.00	500	100.0	6.00	9.00
990129 Cereal, Rice Chex GF, Gen Mills, 23g	CUP	3	100	0.00	220	*N/A*	0.50	0.00	0	23.00	1.00	2.00	500	100.0	6.00	9.00
990130 Cereal, Rice Crispy, 29g	Cup	3	96	0.00	248	*N/A*	0.00	0.00	0	23.20	0.00	1.60	600	0.0	9.60	7.20
990131 Cereal, Tootie Fruities, 19g	3/4 Cup	3	90	0.00	100	10	0.50	0.00	0	19.00	0.50	1.00	300	60.0	3.60	5.40
990132 Vanilla Graham Bears, WG, 20g	1 OZ	70	110	0.50	95	6	3.50	0.00	0	20.00	2.00	4.00	300	20.0	3.60	1.80
000246 FRUIT JUICE,ASSORTED	4 fl.oz.	50	64	0.02	5	13	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000245 FRUIT,FRESH ASSORTED	EACH	50	74	0.06	1	14	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	40	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	30	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK,Skim	HALF PINT	30	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			407	1.52	367	*45	6.76	*0.00	17	77.16	4.76	13.90	1117	394.0	25.83	4.50
% of Calories				3.36%		*44.2%	14.9%	*0.0%		75.8%		13.7%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

## Wednesday

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990137 French Toast Mini, Pillsbury, 37g	Pouch	40	220	1.00	200	*N/A*	7.00	0.00	0	37.00	2.00	3.00	0	60.0	0.00	1.44
990199 Pop-Tart, Frstd Stawberry, 38g	Each	40	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
990126 Cereal, Cinnamon Toasters, 22g	3/4 Cup	5	120	0.50	130	9	3.50	0.00	0	22.00	0.50	1.00	500	100.0	6.00	9.00
990127 Cereal, Honey Graham Square, WG	3/4 Cup	3	120	0.00	250	9	3.00	0.00	0	24.00	1.00	1.00	500	100.0	6.00	9.00
990128 Cereal, Marshmallow Mateys, WG, 24g	CUP	3	110	0.00	190	*N/A*	1.00	0.00	0	24.00	1.00	2.00	500	100.0	6.00	9.00
990129 Cereal, Rice Chex GF, Gen Mills, 23g	CUP	3	100	0.00	220	*N/A*	0.50	0.00	0	23.00	1.00	2.00	500	100.0	6.00	9.00
990130 Cereal, Rice Crispy, 29g	Cup	3	96	0.00	248	*N/A*	0.00	0.00	0	23.20	0.00	1.60	600	0.0	9.60	7.20
990131 Cereal, Tootie Fruities, 19g	3/4 Cup	3	90	0.00	100	10	0.50	0.00	0	19.00	0.50	1.00	300	60.0	3.60	5.40

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990132 Vanilla Graham Bears, WG, 20g	1 OZ	50	110	0.50	95	6	3.50	0.00	0	20.00	2.00	4.00	300	20.0	3.60	1.80
000246 FRUIT JUICE, ASSORTED	4 fl.oz.	50	64	0.02	5	13	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24
000245 FRUIT, FRESH ASSORTED	EACH	50	74	0.06	1	14	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	40	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK, 1% Lowfat	HALF PINT	30	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK, Skim	HALF PINT	30	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			405	1.62	374	*38	6.86	*0.00	7	77.16	4.76	13.10	1057	406.0	24.63	4.29
% of Calories				3.60%		*37.5%	15.2%	*0.0%		76.2%		12.9%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

## Thursday

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990072 Mini Cinnamon Roll, WG, Pillsbury	Each	40	240	1.50	270	*N/A*	7.00	0.00	0	39.00	2.00	5.00	0	40.0	0.00	1.44
990138 Frudel, Apple Strudel, WG, 36g	Frudel	40	210	1.00	260	5	6.00	0.00	0	36.00	2.00	5.00	0	0.0	0.00	1.08
990126 Cereal, Cinnamon Toasters, 22g	3/4 Cup	5	120	0.50	130	9	3.50	0.00	0	22.00	0.50	1.00	500	100.0	6.00	9.00
990127 Cereal, Honey Graham Square, WG	3/4 Cup	3	120	0.00	250	9	3.00	0.00	0	24.00	1.00	1.00	500	100.0	6.00	9.00
990128 Cereal, Marshmallow Mateys, WG, 24g	CUP	3	110	0.00	190	*N/A*	1.00	0.00	0	24.00	1.00	2.00	500	100.0	6.00	9.00
990129 Cereal, Rice Chex GF, Gen Mills, 23g	CUP	3	100	0.00	220	*N/A*	0.50	0.00	0	23.00	1.00	2.00	500	100.0	6.00	9.00

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990130 Cereal, Rice Crispy, 29g	Cup	3	96	0.00	248	*N/A*	0.00	0.00	0	23.20	0.00	1.60	600	0.0	9.60	7.20
990131 Cereal, Tootie Fruities, 19g	3/4 Cup	3	90	0.00	100	10	0.50	0.00	0	19.00	0.50	1.00	300	60.0	3.60	5.40
990132 Vanilla Graham Bears, WG, 20g	1 OZ	20	110	0.50	95	6	3.50	0.00	0	20.00	2.00	4.00	300	20.0	3.60	1.80
000246 FRUIT JUICE,ASSORTED	4 fl.oz.	50	64	0.02	5	13	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24
000245 FRUIT,FRESH ASSORTED	EACH	50	74	0.06	1	14	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	40	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	30	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK,Skim	HALF PINT	30	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			392	1.67	406	*32	7.21	*0.00	7	71.16	3.76	13.90	767	352.0	23.55	3.46
% of Calories				3.83%		*32.7%	16.6%	*0.0%		72.6%		14.2%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

## Friday

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990139 Pancake on a Stick, Turkey Sausage, P-910578	Each	40	200	2.50	310	4	10.00	0.00	25	17.00	3.00	7.00	0	20.0	0.00	1.80
990669 Super Donut, WG, 3 oz, P-432456	Each	40	240	2.50	310	19	8.00	0.00	0	38.00	2.00	5.00	0	80.0	0.00	1.08
990126 Cereal, Cinnamon Toasters, 22g	3/4 Cup	5	120	0.50	130	9	3.50	0.00	0	22.00	0.50	1.00	500	100.0	6.00	9.00
990127 Cereal, Honey Graham Square, WG	3/4 Cup	3	120	0.00	250	9	3.00	0.00	0	24.00	1.00	1.00	500	100.0	6.00	9.00

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990128 Cereal, Marshmallow Mateys, WG, 24g	CUP	3	110	0.00	190	*N/A*	1.00	0.00	0	24.00	1.00	2.00	500	100.0	6.00	9.00
990129 Cereal, Rice Chex GF, Gen Mills, 23g	CUP	3	100	0.00	220	*N/A*	0.50	0.00	0	23.00	1.00	2.00	500	100.0	6.00	9.00
990130 Cereal, Rice Crispy, 29g	Cup	3	96	0.00	248	*N/A*	0.00	0.00	0	23.20	0.00	1.60	600	0.0	9.60	7.20
990131 Cereal, Tootie Fruities, 19g	3/4 Cup	3	90	0.00	100	10	0.50	0.00	0	19.00	0.50	1.00	300	60.0	3.60	5.40
990132 Vanilla Graham Bears, WG, 20g	1 OZ	20	110	0.50	95	6	3.50	0.00	0	20.00	2.00	4.00	300	20.0	3.60	1.80
000246 FRUIT JUICE,ASSORTED	4 fl.oz.	50	64	0.02	5	13	0.17	0.00	0	15.62	0.28	0.47	59	13.1	24.46	0.24
000245 FRUIT,FRESH ASSORTED	EACH	50	74	0.06	1	14	0.27	0.00	0	19.11	2.99	0.89	175	16.9	17.77	0.25
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	70	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	30	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
000231 MILK,Skim	HALF PINT	30	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
Weighted Daily Average			421	2.67	496	*45	9.21	*0.00	19	69.16	4.16	17.10	917	466.0	23.91	3.72
% of Calories				5.71%		*42.8%	19.7%	*0.0%		65.7%		16.2%				
Weekly Nutrient Guideline			400 - 500	<10	540		<=0									

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			406	2	403	*40	7.69	*0.00	13	73.32	4.40	14.54	925	399	24.29	3.89
% of Calories				4.50%		*39.4%	17.0%	*0.0%		72.2%		14.3%				

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	406		400-500	100%				
Saturated Fat	2.03 g	4.50%	<10.000%					

# Base Menu Spreadsheet

## Portion Values

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Sodium	403 mg		540.000	75%				
Sugars	*40 g	*39.4%					Missing Data	
Total Fat	7.69 g	17.0%						
Trans Fat	*0.00 g	*0.0%					Missing Data	
Cholesterol	13 mg							
Carbohydrate	73.32 g	72.2%						
Fiber	4.40 g							
Protein	14.54 g	14.3%						
Vitamin A	925 IU							
Calcium	398.8 mg							
Vitamin C	24.29 mg							
Iron	3.89 mg							

\*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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - 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.