

# Base Menu Spreadsheet

## Portion Values

Mar 1, 2018 thru Mar 20, 2018

**Menu Name:** Woodland Intermediate Lunch  
**Site:** All Sites

**Include Cost:** No  
**Report Style:** Detailed

**Thursday - 03/01/2018**

**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)
990062 Chicken Nuggets, GoldKist	4 Each	43	258	2.97	347	*N/A*	13.87	0.00	64	14.86	1.98	16.85	99	19.8	107.03	1.43
990177 Turkey BRST O/R SKNLS FC GF	2 Ounces	43	60	0.50	590	*N/A*	2.00	0.00	25	2.00	0.00	9.00	0	20.0	0.00	0.36
990356 CHICKEN GRAVY	2 TBSP	100	26	0.35	26	*0	1.63	*0.00	0	1.91	0.08	0.89	64	2.7	0.02	0.18
990042 Roll, WG, Rubschlager, 13g	Each	100	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990278 Sweet Potatoes, Canned, West Creek	1/4 Cup	100	64	0.00	14	*N/A*	0.00	0.00	0	14.80	0.80	1.20	3800	8.0	7.20	0.58
000267 CELERY STICKS	CUP	100	19	0.05	96	2	0.20	0.00	0	3.56	1.92	0.83	539	48.0	3.72	0.24
990274 Pears, Bartlett, Diced in Juice, 14g	1/2 Cup	100	60	0.00	5	*N/A*	0.00	0.00	0	14.00	2.00	0.00	0	0.0	1.20	0.36
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	25	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC	Pkt 7g	20	351	4.21	278	0	38.91	*N/A*	29	1.32	0.00	0.54	137	8.8	0.00	0.24
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08

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Arbor Management Inc

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Mar 1, 2018 thru Mar 20, 2018

	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)
990037 Sub, Cheese	1 Each	3	360	10.00	1100	*N/A*	20.00	0.00	50	30.00	2.00	15.00	600	340.0	0.00	1.44
990108 Turkey and Cheese Sub, Arbor B-35a	Each	3	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990157 Student Chef Salad, Arbor F-22	Each	3	351	2.41	1199	*0	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990106 Hot Dog, Turkey, WG, Arbor B-6	Each	5	260	3.00	930	*N/A*	11.00	0.00	35	30.00	2.00	12.00	0	80.0	2.40	1.80
Weighted Daily Average			586	3.84	1067	*9	20.13	*0.00	59	76.35	8.04	26.70	5286	425.4	59.23	3.41
% of Calories				5.90%		*6.1%	30.9%	*0.0%		52.1%		18.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

## Friday - 03/02/2018

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)
990261 Toasted Cheese Sandwich, Arbor B-30	1 Sandwich	40	425	14.58	1110	*N/A*	27.36	0.00	70	30.01	2.00	16.08	827	302.2	0.00	0.74
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	40	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990338 BAKED BEANS (VEGETARIAN)	SERVINGS	25	160	0.11	453	*18	0.66	*0.00	0	36.70	5.85	6.68	223	66.5	2.20	2.09
000051 SPINACH: frozen,boiled	CUP	50	65	0.30	184	1	1.65	0.00	0	9.12	7.03	7.62	22916	290.7	4.18	3.72
990147 Banana, Petite, 160 ct.	Banana	50	110	0.00	0	*N/A*	0.00	0.00	0	29.00	4.00	1.00	0	0.0	9.00	0.00
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	5	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07

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## Portion Values

Mar 1, 2018 thru Mar 20, 2018

	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)
001050 MAYONNAISE:individual PC	Pkt 7g	20	351	4.21	278	0	38.91	*N/A*	29	1.32	0.00	0.54	137	8.8	0.00	0.24
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990037 Sub, Cheese	1 Each	3	360	10.00	1100	*N/A*	20.00	0.00	50	30.00	2.00	15.00	600	340.0	0.00	1.44
990108 Turkey and Cheese Sub, Arbor B-35a	Each	3	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990157 Student Chef Salad, Arbor F-22	Each	3	351	2.41	1199	*0	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990054 Romaine Salad	1 Cup	3	9	0.00	6	*N/A*	0.00	0.00	0	1.87	1.13	0.57	4819	22.7	2.04	0.61
990042 Roll, WG, Rubschlager, 13g	Each	3	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990106 Hot Dog, Turkey, WG, Arbor B-6	Each	5	260	3.00	930	*N/A*	11.00	0.00	35	30.00	2.00	12.00	0	80.0	2.40	1.80
Weighted Daily Average			633	11.32	1333	*9	30.52	*0.24	72	66.31	9.97	29.09	12701	543.6	7.97	4.31
% of Calories				16.09%		*5.7%	43.4%	*0.3%		41.9%		18.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 03/05/2018

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)
990107 French Toast Sticks (4 Each), WG	Each	40	300	3.00	380	*N/A*	12.00	0.00	0	42.00	2.00	6.00	0	60.0	0.00	1.80
990291 Syrup Packet, Madeira, 1 oz. packet	1 Packet	40	80	0.00	20	14	0.00	0.00	0	20.00	0.00	0.00	0	0.0	0.00	0.00

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Mar 1, 2018 thru Mar 20, 2018

	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)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990185 Cheesy Beef Taco Pasta Bake, Arbor A-42	6 oz.	40	276	2.40	513	*N/A*	12.11	0.00	17	27.95	4.10	17.15	616	236.4	6.32	2.34
990051 Potato Puffs, Lams Supreme, 19g	8 Puffs	100	160	2.00	330	*N/A*	5.00	0.00	0	19.00	2.00	2.00	0	0.0	2.40	0.72
990260 Cucumbers, Sliced, PEAK, .94g	1/4 Cup	100	4	0.00	0	*N/A*	0.00	0.00	0	0.94	0.15	0.17	0	0.0	0.00	0.00
990263 Peaches, Packer, 13g	1/2 Cup	100	50	0.00	10	*N/A*	0.00	0.00	0	13.00	1.00	1.00	0	0.0	0.00	0.00
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	5	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC	Pkt 7g	20	351	4.21	278	0	38.91	*N/A*	29	1.32	0.00	0.54	137	8.8	0.00	0.24
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990037 Sub, Cheese	1 Each	3	360	10.00	1100	*N/A*	20.00	0.00	50	30.00	2.00	15.00	600	340.0	0.00	1.44
990108 Turkey and Cheese Sub, Arbor B-35a	Each	3	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990157 Student Chef Salad, Arbor F-22	Each	3	351	2.41	1199	*0	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990054 Romaine Salad	1 Cup	3	9	0.00	6	*N/A*	0.00	0.00	0	1.87	1.13	0.57	4819	22.7	2.04	0.61
990042 Roll, WG, Rubschlager, 13g	Each	3	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72

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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)
990106 Hot Dog, Turkey, WG, Arbor B-6	Each	5	260	3.00	930	*N/A*	11.00	0.00	35	30.00	2.00	12.00	0	80.0	2.40	1.80
Weighted Daily Average			649	6.01	1022	*10	24.99	*0.00	25	83.15	6.07	19.11	983	299.4	5.75	2.86
% of Calories				8.33%		*6.2%	34.7%	*0.0%		51.2%		11.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 03/06/2018

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)
990292 Chicken Tenders, GoldKist, 13g	3 each	40	190	1.50	380	0	8.00	0.00	35	13.00	2.00	15.00	100	20.0	90.00	1.80
990173 Pasta & Meatballs	2/3 cup	40	292	4.97	706	*N/A*	15.51	*0.67	33	29.86	6.48	14.33	601	47.9	9.60	2.36
990396 Broccoli, West Creek, 1/2C, 2g	1/2 Cup	100	11	0.00	10	0	0.00	0.00	0	2.00	1.50	1.50	450	25.0	25.20	0.36
000253 BEETS: canned	1/2 Cup	100	26	0.02	165	5	0.12	0.00	0	6.13	1.53	0.77	20	12.8	3.48	1.55
990174 Baked Apple Slices, Arbor G-1	1/2 Cup	100	74	0.00	11	16	0.00	*0.00	0	18.24	1.20	0.02	1	10.4	0.01	0.09
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	25	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC	Pkt 7g	20	351	4.21	278	0	38.91	*N/A*	29	1.32	0.00	0.54	137	8.8	0.00	0.24
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03

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Mar 1, 2018 thru Mar 20, 2018

	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)
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990037 Sub, Cheese	1 Each	3	360	10.00	1100	*N/A*	20.00	0.00	50	30.00	2.00	15.00	600	340.0	0.00	1.44
990108 Turkey and Cheese Sub, Arbor B-35a	Each	3	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990157 Student Chef Salad, Arbor F-22	Each	3	351	2.41	1199	*0	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990054 Romaine Salad	1 Cup	3	9	0.00	6	*N/A*	0.00	0.00	0	1.87	1.13	0.57	4819	22.7	2.04	0.61
990042 Roll, WG, Rubschlager, 13g	Each	3	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990106 Hot Dog, Turkey, WG, Arbor B-6	Each	5	260	3.00	930	*N/A*	11.00	0.00	35	30.00	2.00	12.00	0	80.0	2.40	1.80
Weighted Daily Average			526	4.56	1008	*28	20.03	*0.27	48	65.78	8.11	24.78	1737	406.2	69.66	4.26
% of Calories				7.80%		*21.3%	34.3%	*0.5%		50.0%		18.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 03/07/2018

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)
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	40	251	3.95	340	*N/A*	7.43	0.00	15	31.89	3.23	14.15	273	197.5	1.12	1.69
990158 Chicken & Cheese Quesadilla, Arbor B-77	quesadilla	40	470	6.90	680	*N/A*	24.00	0.00	62	31.50	4.00	32.50	262	402.5	1.20	2.87
990410 Green Beans, FZ, USDA, 4g 1/2 C	1/2 Cup	100	19	0.00	1	1	0.00	0.00	0	4.00	*N/A*	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990033 Carroteenies, Packer	1.6 Ounce	100	15	0.00	35	*N/A*	0.00	0.00	0	4.00	1.00	0.00	3000	0.0	0.00	0.00
990274 Pears, Bartlett, Diced in Juice, 14g	1/2 Cup	100	60	0.00	5	*N/A*	0.00	0.00	0	14.00	2.00	0.00	0	0.0	1.20	0.36

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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)
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	25	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC	Pkt 7g	20	351	4.21	278	0	38.91	*N/A*	29	1.32	0.00	0.54	137	8.8	0.00	0.24
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990037 Sub, Cheese	1 Each	3	360	10.00	1100	*N/A*	20.00	0.00	50	30.00	2.00	15.00	600	340.0	0.00	1.44
990108 Turkey and Cheese Sub, Arbor B-35a	Each	3	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990157 Student Chef Salad, Arbor F-22	Each	3	351	2.41	1199	*0	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990054 Romaine Salad	1 Cup	3	9	0.00	6	*N/A*	0.00	0.00	0	1.87	1.13	0.57	4819	22.7	2.04	0.61
990042 Roll, WG, Rubschlager, 13g	Each	3	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990106 Hot Dog, Turkey, WG, Arbor B-6	Each	5	260	3.00	930	*N/A*	11.00	0.00	35	30.00	2.00	12.00	0	80.0	2.40	1.80
Weighted Daily Average			605	6.29	836	*8	23.07	*0.00	52	69.62	8.38	30.40	*4200	*570.9	*3.25	*2.78
% of Calories				9.36%		*5.3%	34.3%	*0.0%		46.0%		20.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 03/08/2018

Reimbursable Meal Total 100

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 1, 2018 thru Mar 20, 2018

	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)
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	40	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	40	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990176 Seasoned Black Beans, Arbor E-9	1/2 Cup	50	106	0.00	147	*0	0.02	*0.00	0	19.12	6.34	7.35	1	43.4	0.16	2.89
990359 Romaine Salad	1/2 Cup	100	4	0.00	3	*N/A*	0.00	0.00	0	0.94	0.57	0.28	2410	11.3	1.02	0.31
990400 Juice, Apple, 100% Juice, Ardmore	4 fl.oz.	100	60	0.00	15	13	0.00	0.00	0	14.00	0.00	1.00	0	0.0	0.00	0.00
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	25	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC	Pkt 7g	20	351	4.21	278	0	38.91	*N/A*	29	1.32	0.00	0.54	137	8.8	0.00	0.24
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990037 Sub, Cheese	1 Each	3	360	10.00	1100	*N/A*	20.00	0.00	50	30.00	2.00	15.00	600	340.0	0.00	1.44
990108 Turkey and Cheese Sub, Arbor B-35a	Each	3	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990157 Student Chef Salad, Arbor F-22	Each	3	351	2.41	1199	*0	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990042 Roll, WG, Rubschlager, 13g	Each	3	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72



# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 1, 2018 thru Mar 20, 2018

	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)
990106 Hot Dog, Turkey, WG, Arbor B-6	Each	5	260	3.00	930	*N/A*	11.00	0.00	35	30.00	2.00	12.00	0	80.0	2.40	1.80
Weighted Daily Average			682	6.91	1060	*20	27.52	*0.24	57	75.65	7.89	33.59	3421	558.6	2.16	3.85
% of Calories				9.12%		*11.7%	36.3%	*0.3%		44.4%		19.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 03/09/2018

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)
990048 Crispy Chicken Sandwich B-11	Each	40	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990057 Bosco Sticks, The Max, 6", 32g Total	2 Each	40	300	5.00	780	*N/A*	14.00	0.00	10	32.00	4.00	14.00	0	300.0	0.00	1.44
990033 Carroteenies, Packer	1.6 Ounce	100	15	0.00	35	*N/A*	0.00	0.00	0	4.00	1.00	0.00	3000	0.0	0.00	0.00
000433 MIXED VEGETABLES:frozen,boiled	1/2 CUP	100	59	0.03	32	3	0.14	0.00	0	11.91	4.00	2.60	3892	22.8	2.91	0.75
990393 Oranges, Fresh, USDA, 11g	1/2 Cup	100	43	0.00	0	8	0.00	0.00	0	11.00	*N/A*	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	25	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	25	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC	Pkt 7g	20	351	4.21	278	0	38.91	*N/A*	29	1.32	0.00	0.54	137	8.8	0.00	0.24
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	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

Mar 1, 2018 thru Mar 20, 2018

	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)
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990037 Sub, Cheese	1 Each	3	360	10.00	1100	*N/A*	20.00	0.00	50	30.00	2.00	15.00	600	340.0	0.00	1.44
990108 Turkey and Cheese Sub, Arbor B-35a	Each	3	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990157 Student Chef Salad, Arbor F-22	Each	3	351	2.41	1199	*0	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990042 Roll, WG, Rubschlager, 13g	Each	3	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990106 Hot Dog, Turkey, WG, Arbor B-6	Each	5	260	3.00	930	*N/A*	11.00	0.00	35	30.00	2.00	12.00	0	80.0	2.40	1.80
Weighted Daily Average			591	4.58	1018	*18	20.24	*0.00	37	77.52	11.06	28.33	*7773	*488.9	*37.58	*3.06
% of Calories				6.97%		*12.2%	30.8%	*0.0%		52.5%		19.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 03/12/2018

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)
990159 Corn Dog, Turkey, WG, StateFair, 33g	Each	40	240	1.50	670	*N/A*	7.00	0.00	15	33.00	4.00	11.00	0	60.0	15.00	1.80
990099 BBQ Rib Sandwich	Each	40	325	3.50	1120	*N/A*	12.00	0.00	30	40.00	3.00	17.00	100	80.0	2.40	2.52
990410 Green Beans, FZ, USDA, 4g 1/2 C	1/2 Cup	100	19	0.00	1	1	0.00	0.00	0	4.00	*N/A*	1.00	*N/A*	*N/A*	*N/A*	*N/A*
000433 MIXED VEGETABLES:frozen,boiled	1/2 CUP	100	59	0.03	32	3	0.14	0.00	0	11.91	4.00	2.60	3892	22.8	2.91	0.75
990263 Peaches, Packer, 13g	1/2 Cup	100	50	0.00	10	*N/A*	0.00	0.00	0	13.00	1.00	1.00	0	0.0	0.00	0.00
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 1, 2018 thru Mar 20, 2018

	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	5	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC	Pkt 7g	30	351	4.21	278	0	38.91	*N/A*	29	1.32	0.00	0.54	137	8.8	0.00	0.24
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990037 Sub, Cheese	1 Each	3	360	10.00	1100	*N/A*	20.00	0.00	50	30.00	2.00	15.00	600	340.0	0.00	1.44
990108 Turkey and Cheese Sub, Arbor B-35a	Each	3	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990157 Student Chef Salad, Arbor F-22	Each	3	351	2.41	1199	*0	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990054 Romaine Salad	1 Cup	3	9	0.00	6	*N/A*	0.00	0.00	0	1.87	1.13	0.57	4819	22.7	2.04	0.61
990042 Roll, WG, Rubschlager, 13g	Each	3	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990106 Hot Dog, Turkey, WG, Arbor B-6	Each	5	260	3.00	930	*N/A*	11.00	0.00	35	30.00	2.00	12.00	0	80.0	2.40	1.80
Weighted Daily Average			562	4.30	1103	*8	21.97	*0.00	39	72.47	10.29	22.54	*4682	*260.4	*10.70	*2.98
% of Calories				6.89%		*5.7%	35.2%	*0.0%		51.6%		16.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 03/13/2018

Reimbursable Meal Total 100

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 1, 2018 thru Mar 20, 2018

	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)
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	40	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
990096 Grilled Chicken Caesar Wrap	1 Wrap	40	460	5.50	813	*N/A*	27.00	0.00	64	31.87	4.13	24.57	4819	102.7	2.04	2.77
990413 Corn, Whole Kernel, USDA, 15g, 1/2C	1/2 Cup	100	65	0.00	15	3	1.00	0.00	0	15.00	*N/A*	2.00	*N/A*	*N/A*	*N/A*	*N/A*
990059 Tomato, Cherry, Packer	1/4 Cup	100	12	0.02	10	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
990400 Juice, Apple, 100% Juice, Ardmore	4 fl.oz.	100	60	0.00	15	13	0.00	0.00	0	14.00	0.00	1.00	0	0.0	0.00	0.00
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	5	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC	Pkt 7g	20	351	4.21	278	0	38.91	*N/A*	29	1.32	0.00	0.54	137	8.8	0.00	0.24
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990037 Sub, Cheese	1 Each	3	360	10.00	1100	*N/A*	20.00	0.00	50	30.00	2.00	15.00	600	340.0	0.00	1.44
990108 Turkey and Cheese Sub, Arbor B-35a	Each	3	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990157 Student Chef Salad, Arbor F-22	Each	3	351	2.41	1199	*0	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990042 Roll, WG, Rubschlager, 13g	Each	3	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 1, 2018 thru Mar 20, 2018

	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)
990106 Hot Dog, Turkey, WG, Arbor B-6	Each	5	260	3.00	930	*N/A*	11.00	0.00	35	30.00	2.00	12.00	0	80.0	2.40	1.80
Weighted Daily Average			674	5.57	896	*20	30.93	*0.00	54	76.02	7.05	27.95	*2820	*347.1	*4.58	*2.66
% of Calories				7.44%		*11.9%	41.3%	*0.0%		45.1%		16.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 03/14/2018

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)
990062 Chicken Nuggets, GoldKist	4 Each	40	258	2.97	347	*N/A*	13.87	0.00	64	14.86	1.98	16.85	99	19.8	107.03	1.43
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	40	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990412 Baked Beans, vegetarian, Packer, 20g 1/2C	1/2 Cup	100	110	0.00	330	2	0.00	0.00	0	20.00	5.00	6.00	100	0.0	1.20	1.80
990046 Peas, Frozen, Simplot Classic	1/4 Cup	100	30	0.00	0	*N/A*	0.00	0.00	0	5.00	2.00	2.00	200	0.0	6.00	0.54
990393 Oranges, Fresh, USDA, 11g	1/2 Cup	100	43	0.00	0	8	0.00	0.00	0	11.00	*N/A*	1.00	*N/A*	*N/A*	*N/A*	*N/A*
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	5	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC	Pkt 7g	30	351	4.21	278	0	38.91	*N/A*	29	1.32	0.00	0.54	137	8.8	0.00	0.24
990343 BARBECUE SAUCE	2 TBSP	30	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	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

Mar 1, 2018 thru Mar 20, 2018

	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)
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990037 Sub, Cheese	1 Each	3	360	10.00	1100	*N/A*	20.00	0.00	50	30.00	2.00	15.00	600	340.0	0.00	1.44
990108 Turkey and Cheese Sub, Arbor B-35a	Each	3	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990157 Student Chef Salad, Arbor F-22	Each	3	351	2.41	1199	*0	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990054 Romaine Salad	1 Cup	3	9	0.00	6	*N/A*	0.00	0.00	0	1.87	1.13	0.57	4819	22.7	2.04	0.61
990042 Roll, WG, Rubschlager, 13g	Each	3	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990106 Hot Dog, Turkey, WG, Arbor B-6	Each	5	260	3.00	930	*N/A*	11.00	0.00	35	30.00	2.00	12.00	0	80.0	2.40	1.80
Weighted Daily Average			658	6.92	1186	*14	28.03	*0.24	72	68.46	11.99	32.49	*1213	*269.8	*50.87	*4.57
% of Calories				9.47%		*8.5%	38.3%	*0.3%		41.6%		19.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 03/15/2018

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)
990122 Soft Tacos, Arbor B - 24	2 Tacos	50	324	4.93	423	*N/A*	11.09	0.00	42	35.07	6.03	20.23	710	80.6	6.09	3.45
990063 Double Stuffed Cheese Pizza, The Max	Each	50	240	4.00	550	*N/A*	7.00	0.00	20	28.00	3.00	17.00	400	300.0	0.00	2.70
990396 Broccoli, West Creek, 1/2C, 2g	1/2 Cup	100	11	0.00	10	0	0.00	0.00	0	2.00	1.50	1.50	450	25.0	25.20	0.36
990260 Cucumbers, Sliced, PEAK, .94g	1/4 Cup	100	4	0.00	0	*N/A*	0.00	0.00	0	0.94	0.15	0.17	0	0.0	0.00	0.00
990100 Unsweetened Applesauce Cup	Each	100	50	0.00	10	*N/A*	0.00	0.00	0	13.00	2.00	0.00	0	0.0	60.00	0.00

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Arbor Management Inc

## Portion Values

Mar 1, 2018 thru Mar 20, 2018

	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)
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	5	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC	Pkt 7g	30	351	4.21	278	0	38.91	*N/A*	29	1.32	0.00	0.54	137	8.8	0.00	0.24
990343 BARBECUE SAUCE	2 TBSP	30	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990037 Sub, Cheese	1 Each	3	360	10.00	1100	*N/A*	20.00	0.00	50	30.00	2.00	15.00	600	340.0	0.00	1.44
990108 Turkey and Cheese Sub, Arbor B-35a	Each	3	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990157 Student Chef Salad, Arbor F-22	Each	3	351	2.41	1199	*0	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990054 Romaine Salad	1 Cup	3	9	0.00	6	*N/A*	0.00	0.00	0	1.87	1.13	0.57	4819	22.7	2.04	0.61
990042 Roll, WG, Rubschlager, 13g	Each	3	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990106 Hot Dog, Turkey, WG, Arbor B-6	Each	5	260	3.00	930	*N/A*	11.00	0.00	35	30.00	2.00	12.00	0	80.0	2.40	1.80
Weighted Daily Average			556	6.73	857	*5	23.28	*0.00	52	62.15	8.65	27.03	1759	397.2	89.10	3.94
% of Calories				10.89%		*3.6%	37.7%	*0.0%		44.7%		19.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 03/16/2018

Reimbursable Meal Total 100

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 1, 2018 thru Mar 20, 2018

	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)
990139 Pancake on a Stick, Turkey Sausage, 17g	Each	40	200	2.50	310	*N/A*	10.00	0.00	25	17.00	3.00	7.00	0	20.0	0.00	1.80
990340 MACARONI AND CHEESE	2/3 CUP	40	321	6.89	961	*9	12.20	*0.00	33	30.52	0.80	22.95	1665	615.3	0.93	0.86
990143 Sweet Potato Mini tater Puffs, Lamb Weston, 23g	3 oz.	100	132	0.00	202	*N/A*	3.54	0.00	0	23.29	2.02	1.01	3037	20.2	3.64	0.36
000253 BEETS: canned	1/2 Cup	100	26	0.02	165	5	0.12	0.00	0	6.13	1.53	0.77	20	12.8	3.48	1.55
990147 Banana, Petite, 160 ct.	Banana	50	110	0.00	0	*N/A*	0.00	0.00	0	29.00	4.00	1.00	0	0.0	9.00	0.00
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	5	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC	Pkt 7g	20	351	4.21	278	0	38.91	*N/A*	29	1.32	0.00	0.54	137	8.8	0.00	0.24
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990037 Sub, Cheese	1 Each	3	360	10.00	1100	*N/A*	20.00	0.00	50	30.00	2.00	15.00	600	340.0	0.00	1.44
990108 Turkey and Cheese Sub, Arbor B-35a	Each	3	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990157 Student Chef Salad, Arbor F-22	Each	3	351	2.41	1199	*0	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990054 Romaine Salad	1 Cup	3	9	0.00	6	*N/A*	0.00	0.00	0	1.87	1.13	0.57	4819	22.7	2.04	0.61
990042 Roll, WG, Rubschlager, 13g	Each	3	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990106 Hot Dog, Turkey, WG, Arbor B-6	Each	5	260	3.00	930	*N/A*	11.00	0.00	35	30.00	2.00	12.00	0	80.0	2.40	1.80



# Base Menu Spreadsheet

## Portion Values

Mar 1, 2018 thru Mar 20, 2018

	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)
990124 Salsa, Mild	2 Ounces	100	20	0.00	140	*N/A*	0.00	0.00	0	4.00	1.00	0.00	1000	40.0	12.00	0.72
Weighted Daily Average			614	5.62	1332	*12	22.88	*0.00	41	81.15	8.56	20.95	5460	507.9	24.83	4.18
% of Calories				8.24%		*7.8%	33.5%	*0.0%		52.9%		13.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Monday - 03/19/2018

### 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)
990049 Chicken, Popcorn, GoldKist	10 Pieces	40	260	2.50	550	*N/A*	13.00	0.00	70	16.00	3.00	18.00	100	0.0	0.00	1.44
990095 Salisbury Steak	1 Steak	40	140	4.00	250	1	10.00	0.00	30	3.00	1.00	10.00	0	20.0	1.20	1.08
990042 Roll, WG, Rubschlager, 13g	Each	40	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990356 CHICKEN GRAVY	2 TBSP	40	26	0.35	26	*0	1.63	*0.00	0	1.91	0.08	0.89	64	2.7	0.02	0.18
990382 Mashed Potatoes, Pearls, 1/2C 17g	1/2 Cup	100	90	0.00	410	*N/A*	1.50	0.00	0	17.00	1.00	2.00	0	0.0	9.00	0.36
000433 MIXED VEGETABLES:frozen,boiled	1/2 CUP	100	59	0.03	32	3	0.14	0.00	0	11.91	4.00	2.60	3892	22.8	2.91	0.75
990274 Pears, Bartlett, Diced in Juice, 14g	1/2 Cup	100	60	0.00	5	*N/A*	0.00	0.00	0	14.00	2.00	0.00	0	0.0	1.20	0.36
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	5	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC	Pkt 7g	20	351	4.21	278	0	38.91	*N/A*	29	1.32	0.00	0.54	137	8.8	0.00	0.24

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 1, 2018 thru Mar 20, 2018

	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)
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990037 Sub, Cheese	1 Each	3	360	10.00	1100	*N/A*	20.00	0.00	50	30.00	2.00	15.00	600	340.0	0.00	1.44
990108 Turkey and Cheese Sub, Arbor B-35a	Each	3	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990157 Student Chef Salad, Arbor F-22	Each	3	351	2.41	1199	*0	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990054 Romaine Salad	1 Cup	3	9	0.00	6	*N/A*	0.00	0.00	0	1.87	1.13	0.57	4819	22.7	2.04	0.61
990042 Roll, WG, Rubschlager, 13g	Each	3	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990106 Hot Dog, Turkey, WG, Arbor B-6	Each	5	260	3.00	930	*N/A*	11.00	0.00	35	30.00	2.00	12.00	0	80.0	2.40	1.80
Weighted Daily Average			577	4.62	1149	*7	22.23	*0.00	58	70.70	9.92	23.64	4694	220.6	14.43	3.32
% of Calories				7.21%		*4.9%	34.7%	*0.0%		49.0%		16.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 03/20/2018

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)
990030 Corn Dog, Mini, Turkey, WG, House Rae	7 Each	40	300	3.50	390	7	14.00	0.00	55	31.00	3.00	10.00	0	100.0	0.00	1.80
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	40	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990412 Baked Beans, vegetarian, Packer, 20g 1/2C	1/2 Cup	50	110	0.00	330	2	0.00	0.00	0	20.00	5.00	6.00	100	0.0	1.20	1.80

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Mar 1, 2018 thru Mar 20, 2018

	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)
990046 Peas, Frozen, Simplot Classic	1/4 Cup	100	30	0.00	0	*N/A*	0.00	0.00	0	5.00	2.00	2.00	200	0.0	6.00	0.54
990100 Unsweetened Applesauce Cup	Each	100	50	0.00	10	*N/A*	0.00	0.00	0	13.00	2.00	0.00	0	0.0	60.00	0.00
990040 Milk, Chocolate, Skim, Prairie Farms	Each	25	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	5	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC	Pkt 7g	20	351	4.21	278	0	38.91	*N/A*	29	1.32	0.00	0.54	137	8.8	0.00	0.24
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990037 Sub, Cheese	1 Each	3	360	10.00	1100	*N/A*	20.00	0.00	50	30.00	2.00	15.00	600	340.0	0.00	1.44
990108 Turkey and Cheese Sub, Arbor B-35a	Each	3	310	5.50	990	*N/A*	12.50	0.00	50	29.00	3.00	20.00	300	210.0	0.00	1.44
990157 Student Chef Salad, Arbor F-22	Each	3	351	2.41	1199	*0	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27
990054 Romaine Salad	1 Cup	3	9	0.00	6	*N/A*	0.00	0.00	0	1.87	1.13	0.57	4819	22.7	2.04	0.61
990042 Roll, WG, Rubschlager, 13g	Each	3	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990106 Hot Dog, Turkey, WG, Arbor B-6	Each	5	260	3.00	930	*N/A*	11.00	0.00	35	30.00	2.00	12.00	0	80.0	2.40	1.80
Weighted Daily Average			591	6.71	1014	*8	24.19	*0.24	66	66.47	9.89	25.68	1106	300.8	67.43	3.79
% of Calories				10.22%		*5.4%	36.8%	*0.4%		45.0%		17.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

# Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 1, 2018 thru Mar 20, 2018

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*\*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.***