

Base Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 20, 2018

Menu Name: Woodland Middle Lunch

Include Cost: No

Site: All Sites

Report Style: Detailed

Thursday - 03/01/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	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)
990103 Crispy Chicken and Dutch Waffle (K-8)	Each	60	472	4.66	609	*N/A*	22.95	0.00	37	53.61	4.99	13.95	66	40.0	0.00	2.99
990278 Sweet Potatoes, Canned, West Creek	1/4 Cup	50	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	50	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	60	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
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	5	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	5	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	5	351	2.41	1199	*0	16.17	*0.00	123	34.36	3.06	23.84	9151	166.1	7.05	2.27

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Arbor Management Inc

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	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)
990054 Romaine Salad	1 Cup	5	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	5	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
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	5	251	3.95	340	*N/A*	7.43	0.00	15	31.89	3.23	14.15	273	197.5	1.12	1.69
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
990056 Spicy Sriracha Chicken Sandwich	1 Each	1	340	1.50	784	*0	10.00	0.00	30	40.92	5.00	21.00	100	40.0	84.00	2.88
Weighted Daily Average			629	6.04	931	*5	28.38	*0.06	52	73.14	7.15	21.45	3279	285.2	8.08	3.48
% of Calories				8.64%		*3.2%	40.6%	*0.1%		46.5%		13.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 03/02/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	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)
990345 TOASTED CHEESE SANDWICH	SERVINGS	60	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09
990412 Baked Beans, vegetarian, Packer, 20g 1/2C	1/2 Cup	60	110	0.00	330	2	0.00	0.00	0	20.00	5.00	6.00	100	0.0	1.20	1.80
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	100	110	0.00	0	*N/A*	0.00	0.00	0	29.00	4.00	1.00	0	0.0	9.00	0.00

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Mar 1, 2018 thru Mar 20, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (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	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	5	360	10.00	1100	*N/A*	20.00	0.00	50	30.00	2.00	15.00	600	340.0	0.00	1.44
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	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	5	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	5	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	5	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
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	5	251	3.95	340	*N/A*	7.43	0.00	15	31.89	3.23	14.15	273	197.5	1.12	1.69

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	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)
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
Weighted Daily Average			665	7.53	1472	*8	22.84	*0.07	48	88.16	13.00	31.77	13560	668.9	12.88	5.23
% of Calories				10.19%		*4.8%	30.9%	*0.1%		53.0%		19.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 03/05/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	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)
990107 French Toast Sticks (4 Each), WG	Each	60	300	3.00	380	*N/A*	12.00	0.00	0	42.00	2.00	6.00	0	60.0	0.00	1.80
990084 Turkey Sausage Patty, 1.03 oz, Jennie-O	Each	40	60	1.00	100	*N/A*	4.00	0.00	30	0.00	0.00	6.00	0	20.0	0.00	0.36
990291 Syrup Packet, Madeira, 1 oz. packet	1 Packet	60	80	0.00	20	14	0.00	0.00	0	20.00	0.00	0.00	0	0.0	0.00	0.00
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

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	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	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	3	260	3.00	930	*N/A*	11.00	0.00	35	30.00	2.00	12.00	0	80.0	2.40	1.80
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	3	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052 Hamburger, WG	Each	3	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	3	251	3.95	340	*N/A*	7.43	0.00	15	31.89	3.23	14.15	273	197.5	1.12	1.69
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	3	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
990056 Spicy Sriracha Chicken Sandwich	1 Each	1	340	1.50	784	*0	10.00	0.00	30	40.92	5.00	21.00	100	40.0	84.00	2.88
Weighted Daily Average			679	6.60	995	*13	25.87	*0.04	34	88.13	5.35	18.19	758	245.7	4.05	2.67
% of Calories				8.75%		*7.7%	34.3%	*0.1%		51.9%		10.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 03/06/2018

Reimbursable Meal Total 100

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Portion Values

Mar 1, 2018 thru Mar 20, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	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)
990183 Chicken Egg Roll, MINH, WG, (Woodland)	1 Egg Roll	60	188	1.50	390	*N/A*	5.00	0.00	30	20.00	*N/A*	9.00	*N/A*	*N/A*	*N/A*	*N/A*
990184 Brown Rice, Uncle Ben's	1 Cup (Cooked)	60	170	0.00	0	*N/A*	1.50	0.00	0	35.00	2.00	0.00	0	0.0	0.00	0.72
000257 BROCCOLI: fresh, boiled	1/2 Cup	100	27	0.06	32	1	0.32	0.00	0	5.60	2.57	1.86	1207	31.2	50.62	0.52
990273 Corn, Sweet Whole Kernel, PACKER, 9g	1/4 Cup	100	40	0.00	70	*N/A*	0.00	0.00	8	8.50	1.00	1.00	0	0.0	1.80	0.00
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	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	25	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	50	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	50	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	50	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	5	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	5	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	5	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	5	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	5	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

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990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	5	251	3.95	340	*N/A*	7.43	0.00	15	31.89	3.23	14.15	273	197.5	1.12	1.69
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
990056 Spicy Sriracha Chicken Sandwich	1 Each	10	340	1.50	784	*0	10.00	0.00	30	40.92	5.00	21.00	100	40.0	84.00	2.88
Weighted Daily Average			680	4.54	998	*22	21.64	*0.06	61	94.23	9.90	22.38	*2320	*280.9	*62.10	*2.42
% of Calories				6.01%		*12.9%	28.6%	*0.1%		55.4%		13.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 03/07/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	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)
990158 Chicken & Cheese Quesadilla, Arbor B-77	quesadilla	60	470	6.90	680	*N/A*	24.00	0.00	62	31.50	4.00	32.50	262	402.5	1.20	2.87
990176 Seasoned Black Beans, Arbor E-9	1/2 Cup	25	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	60	4	0.00	3	*N/A*	0.00	0.00	0	0.94	0.57	0.28	2410	11.3	1.02	0.31
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

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 1, 2018 thru Mar 20, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	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)
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
990106 Hot Dog, Turkey, WG, Arbor B-6	Each	3	260	3.00	930	*N/A*	11.00	0.00	35	30.00	2.00	12.00	0	80.0	2.40	1.80
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	3	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052 Hamburger, WG	Each	3	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	3	251	3.95	340	*N/A*	7.43	0.00	15	31.89	3.23	14.15	273	197.5	1.12	1.69
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	3	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
990056 Spicy Sriracha Chicken Sandwich	1 Each	1	340	1.50	784	*0	10.00	0.00	30	40.92	5.00	21.00	100	40.0	84.00	2.88
Weighted Daily Average			582	6.54	822	*4	26.45	*0.04	59	55.78	7.23	30.45	2217	459.6	4.16	3.67
% of Calories				10.11%		*2.7%	40.9%	*0.1%		38.3%		20.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	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)
990116 Rotini with Meat Sauce, WG	3/4 Cup	60	267	3.00	702	*N/A*	8.50	0.00	20	32.00	4.00	18.00	*500	*60.0	*9.00	*2.52
990253 Garlic Bread, Arbor D-14	1/2 Bun	60	145	4.72	201	*0	8.56	*0.00	21	13.56	1.57	3.40	233	23.9	0.01	0.61
990295 Green beans, LS, PACKER, 8g	1/2 Cup	100	20	0.00	140	*N/A*	0.00	0.00	0	8.00	2.00	1.00	100	20.0	0.00	0.36
000432 MIXED VEGETABLES: canned,ckd	CUP	100	80	0.08	349	4	0.41	0.00	0	15.09	4.89	4.22	18991	44.0	8.15	1.71
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
990106 Hot Dog, Turkey, WG, Arbor B-6	Each	3	260	3.00	930	*N/A*	11.00	0.00	35	30.00	2.00	12.00	0	80.0	2.40	1.80
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	3	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88

Base Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 20, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	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)
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	3	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
990056 Spicy Sriracha Chicken Sandwich	1 Each	1	340	1.50	784	*0	10.00	0.00	30	40.92	5.00	21.00	100	40.0	84.00	2.88
Weighted Daily Average			653	6.99	1465	*24	22.30	*0.02	48	88.62	10.97	31.11	*20385	*457.9	*15.41	*4.64
% of Calories				9.63%		*14.7%	30.7%	*0.0%		54.3%		19.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 03/09/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	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)
990177 Turkey BRST O/R SKNLS FC GF	2 Ounces	44	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
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
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
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

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 1, 2018 thru Mar 20, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	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)
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	10	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	5	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	5	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	5	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	5	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
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	5	251	3.95	340	*N/A*	7.43	0.00	15	31.89	3.23	14.15	273	197.5	1.12	1.69
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	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, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990056 Spicy Sriracha Chicken Sandwich	1 Each	1	340	1.50	784	*0	10.00	0.00	30	40.92	5.00	21.00	100	40.0	84.00	2.88
Weighted Daily Average			473	4.41	1120	*20	18.30	*0.06	46	56.85	6.30	23.51	*4433	*424.5	*5.71	*3.14
% of Calories				8.39%		*16.9%	34.8%	*0.1%		48.1%		19.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 03/12/2018

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 1, 2018 thru Mar 20, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	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)
990099 BBQ Rib Sandwich	Each	60	325	3.50	1120	*N/A*	12.00	0.00	30	40.00	3.00	17.00	100	80.0	2.40	2.52
990295 Green beans, LS, PACKER, 8g	1/2 Cup	100	20	0.00	140	*N/A*	0.00	0.00	0	8.00	2.00	1.00	100	20.0	0.00	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
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	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	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	5	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	5	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	5	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	5	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	5	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
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 1, 2018 thru Mar 20, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	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	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	5	251	3.95	340	*N/A*	7.43	0.00	15	31.89	3.23	14.15	273	197.5	1.12	1.69
990056 Spicy Sriracha Chicken Sandwich	1 Each	1	340	1.50	784	*0	10.00	0.00	30	40.92	5.00	21.00	100	40.0	84.00	2.88
Weighted Daily Average			655	5.77	1435	*7	25.74	*0.06	52	85.44	10.40	28.92	5261	399.8	6.56	3.80
% of Calories				7.93%		*4.3%	35.4%	*0.1%		52.2%		17.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 03/13/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	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)
990096 Grilled Chicken Caesar Wrap	1 Wrap	60	460	5.50	813	*N/A*	27.00	0.00	64	31.87	4.13	24.57	4819	102.7	2.04	2.77
990296 Corn, Golden Sweet	1/2 Cup	60	70	0.00	0	2	0.50	0.00	0	18.00	2.00	3.00	200	0.0	6.00	0.36
990059 Tomato, Cherry, Packer	1/4 Cup	60	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	25	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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	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)
990343 BARBECUE SAUCE	2 TBSP	50	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	50	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	50	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	5	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	5	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	5	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	5	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	5	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
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	5	251	3.95	340	*N/A*	7.43	0.00	15	31.89	3.23	14.15	273	197.5	1.12	1.69
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
990056 Spicy Sriracha Chicken Sandwich	1 Each	1	340	1.50	784	*0	10.00	0.00	30	40.92	5.00	21.00	100	40.0	84.00	2.88
Weighted Daily Average			678	6.75	1090	*20	33.03	*0.06	70	70.93	5.92	30.08	4264	303.5	8.73	3.43
% of Calories				8.96%		*11.8%	43.8%	*0.1%		41.8%		17.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 03/14/2018

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 1, 2018 thru Mar 20, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	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)
990062 Chicken Nuggets, GoldKist	4 Each	60	258	2.97	347	*N/A*	13.87	0.00	64	14.86	1.98	16.85	99	19.8	107.03	1.43
990412 Baked Beans, vegetarian, Packer, 20g 1/2C	1/2 Cup	60	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
990399 Milk, Strawberry, FF, Prairie Farms	carton	1	120	0.00	120	22	0.00	0.00	0	22.00	0.00	8.00	500	300.0	1.20	0.00
001050 MAYONNAISE:individual PC	Pkt 7g	25	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	50	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	50	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	50	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	5	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	5	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	5	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	5	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	5	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

Arbor Management Inc

Portion Values

Mar 1, 2018 thru Mar 20, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	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)
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	5	251	3.95	340	*N/A*	7.43	0.00	15	31.89	3.23	14.15	273	197.5	1.12	1.69
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
990056 Spicy Sriracha Chicken Sandwich	1 Each	1	340	1.50	784	*0	10.00	0.00	30	40.92	5.00	21.00	100	40.0	84.00	2.88
Weighted Daily Average			588	5.22	988	*15	24.84	*0.06	70	62.35	9.86	29.00	*1427	*250.5	*73.05	*3.59
% of Calories				7.99%		*10.2%	38.0%	*0.1%		42.4%		19.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 03/15/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	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)
990122 Soft Tacos, Arbor B - 24	2 Tacos	75	324	4.93	423	*N/A*	11.09	0.00	42	35.07	6.03	20.23	710	80.6	6.09	3.45
000257 BROCCOLI: fresh, boiled	1/2 Cup	75	27	0.06	32	1	0.32	0.00	0	5.60	2.57	1.86	1207	31.2	50.62	0.52
990260 Cucumbers, Sliced, PEAK, .94g	1/4 Cup	75	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	75	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	5	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

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 1, 2018 thru Mar 20, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	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)
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	5	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	5	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	5	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	5	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	5	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
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	5	251	3.95	340	*N/A*	7.43	0.00	15	31.89	3.23	14.15	273	197.5	1.12	1.69
990056 Spicy Sriracha Chicken Sandwich	1 Each	1	340	1.50	784	*0	10.00	0.00	30	40.92	5.00	21.00	100	40.0	84.00	2.88
Weighted Daily Average			586	7.39	849	*5	26.96	*0.06	63	60.49	9.66	27.21	2422	257.9	89.20	3.98
% of Calories				11.35%		*3.4%	41.4%	*0.1%		41.3%		18.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 1, 2018 thru Mar 20, 2018

Friday - 03/16/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	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)
990340 MACARONI AND CHEESE	2/3 CUP	60	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	100	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	10	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	5	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	5	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	5	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	5	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 ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	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)
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
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	5	251	3.95	340	*N/A*	7.43	0.00	15	31.89	3.23	14.15	273	197.5	1.12	1.69
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	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, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990056 Spicy Sriracha Chicken Sandwich	1 Each	1	340	1.50	784	*0	10.00	0.00	30	40.92	5.00	21.00	100	40.0	84.00	2.88
Weighted Daily Average			747	7.87	1507	*14	26.49	*0.06	52	101.62	9.73	29.37	5157	652.4	18.59	3.56
% of Calories				9.48%		*7.5%	31.9%	*0.1%		54.4%		15.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 03/19/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	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)
990095 Salisbury Steak	1 Steak	60	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	60	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990094 Gravy, Beef Mix, Legout, 0g	1 tbsp	100	15	0.00	270	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
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	50	60	0.00	5	*N/A*	0.00	0.00	0	14.00	2.00	0.00	0	0.0	1.20	0.36

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 1, 2018 thru Mar 20, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	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)
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	5	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	5	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	5	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	5	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, Rubschlagel, 13g	Each	5	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
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052 Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	5	251	3.95	340	*N/A*	7.43	0.00	15	31.89	3.23	14.15	273	197.5	1.12	1.69
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	5	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93

Base Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 20, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	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)
990056 Spicy Sriracha Chicken Sandwich	1 Each	1	340	1.50	784	*0	10.00	0.00	30	40.92	5.00	21.00	100	40.0	84.00	2.88
Weighted Daily Average			632	5.76	1527	*11	22.91	*0.06	51	76.94	9.40	27.93	5211	430.0	15.44	3.54
% of Calories				8.20%		*7.0%	32.6%	*0.1%		48.7%		17.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 03/20/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	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)
990030 Corn Dog, Mini, Turkey, WG, House Rae	7 Each	60	300	3.50	390	7	14.00	0.00	55	31.00	3.00	10.00	0	100.0	0.00	1.80
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
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

Base Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 20, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	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)	
990037	Sub, Cheese	1 Each	5	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	5	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	5	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	5	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
990031	Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	5	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052	Hamburger, WG	Each	5	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990175	Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	5	251	3.95	340	*N/A*	7.43	0.00	15	31.89	3.23	14.15	273	197.5	1.12	1.69
990145	Nacho Supreme, Arbor A-10h	#16 Scoop	5	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
990056	Spicy Sriracha Chicken Sandwich	1 Each	1	340	1.50	784	*0	10.00	0.00	30	40.92	5.00	21.00	100	40.0	84.00	2.88
Weighted Daily Average				638	5.32	1082	*10	22.91	*0.06	63	79.90	12.34	26.04	1129	292.1	69.00	4.45
% of Calories					7.50%		*6.3%	32.3%	*0.1%		50.1%		16.3%				
Weekly Nutrient Guideline				600 - 700	<10	1360		<=0									

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.