

Base Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 20, 2018

Menu Name: Woodland Primary Lunch
Site: All Sites

Include Cost: No
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)
990062 Chicken Nuggets, GoldKist	4 Each	100	258	2.97	347	*N/A*	13.87	0.00	64	14.86	1.98	16.85	99	19.8	107.03	1.43
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	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
Weighted Daily Average			528	4.18	628	*6	22.38	*0.00	74	56.71	6.75	23.12	4728	229.9	119.58	2.80
% of Calories				7.12%		*4.5%	38.1%	*0.0%		43.0%		17.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Mar 1, 2018 thru Mar 20, 2018

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	80	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990303 Baked Beans, vegetarian, Packer, #10, 10g	1/4 Cup	50	55	0.00	165	1	0.00	0.00	0	10.00	2.50	3.00	50	0.0	0.60	0.90
000256 BROCCOLI,raw: fresh	1/4 Cup	100	31	0.04	30	2	0.34	0.00	0	6.04	2.37	2.57	567	42.8	81.17	0.66
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
Weighted Daily Average			622	8.12	1014	*6	25.13	*0.47	61	73.22	11.08	29.31	1122	356.8	90.91	3.61
% of Calories				11.75%		*3.9%	36.4%	*0.7%		47.1%		18.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 03/05/2018

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)
990107 French Toast Sticks (4 Each), WG	Each	80	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	80	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
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
Weighted Daily Average			645	5.56	827	*15	22.90	*0.00	10	92.02	4.80	12.21	290	202.0	2.83	2.36
% of Calories				7.76%		*9.3%	32.0%	*0.0%		57.1%		7.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 03/06/2018

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)
990292 Chicken Tenders, GoldKist, 13g	3 each	80	190	1.50	380	0	8.00	0.00	35	13.00	2.00	15.00	100	20.0	90.00	1.80
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
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
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	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
Weighted Daily Average			399	2.47	609	*23	15.23	*0.00	38	47.28	7.35	18.95	2118	259.7	126.79	2.49
% of Calories				5.57%		*23.1%	34.4%	*0.0%		47.4%		19.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=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)
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	100	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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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)
990055 Seasoned Green Beans, Arbor E-13	1/2 Cup	100	20	0.00	140	*0	0.00	0.00	0	4.00	2.00	0.60	200	20.0	3.60	0.72
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
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	50	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
Weighted Daily Average			538	5.17	778	*10	15.82	*0.00	28	73.83	8.28	24.70	4113	581.1	6.65	3.10
% of Calories				8.65%		*7.4%	26.5%	*0.0%		54.9%		18.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 03/08/2018

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)
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	75	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
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

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)
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	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
Weighted Daily Average			582	3.98	660	*17	24.75	*0.00	29	66.04	7.53	24.03	2795	403.5	1.53	2.64
% of Calories				6.15%		*11.7%	38.3%	*0.0%		45.4%		16.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=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)
990048 Crispy Chicken Sandwich B-11	Each	100	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
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
990371 Broccoli, West Creek, 1/4C, 1g	1/4 Cup	100	6	0.00	5	0	0.00	0.00	0	1.00	0.75	0.75	225	12.5	12.60	0.18

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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)
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
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
Weighted Daily Average			570	2.77	908	*16	18.46	*0.00	43	72.52	8.80	31.05	*3864	*356.6	*97.33	*3.38
% of Calories				4.37%		*11.2%	29.1%	*0.0%		50.9%		21.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 03/12/2018

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)
990106 Hot Dog, Turkey, WG, Arbor B-6	Each	100	260	3.00	930	*N/A*	11.00	0.00	35	30.00	2.00	12.00	0	80.0	2.40	1.80
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
000256 BROCCOLI,raw: fresh	1/4 Cup	100	31	0.04	30	2	0.34	0.00	0	6.04	2.37	2.57	567	42.8	81.17	0.66
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

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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)	VIt-A (IU)	Calcm (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
Weighted Daily Average			488	4.20	1276	*6	19.64	*0.00	45	66.52	7.42	20.81	957	296.8	84.01	3.02
% of Calories				7.75%		*4.9%	36.2%	*0.0%		54.5%		17.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	80	450	3.75	536	*N/A*	21.92	0.00	25	42.76	4.98	19.77	126	288.6	0.00	0.93
990296 Corn, Golden Sweet	1/2 Cup	80	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	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

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)
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
Weighted Daily Average			615	4.19	621	*19	26.26	*0.00	30	75.08	6.59	24.01	801	395.4	8.23	1.95
% of Calories				6.13%		*12.4%	38.4%	*0.0%		48.8%		15.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 03/14/2018

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)
990062 Chicken Nuggets, GoldKist	4 Each	100	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	100	110	0.00	330	2	0.00	0.00	0	20.00	5.00	6.00	100	0.0	1.20	1.80
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
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

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)
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	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
Weighted Daily Average			627	4.66	948	*18	26.23	*0.00	80	64.77	9.18	32.38	*755	*325.0	*108.99	*3.57
% of Calories				6.69%		*11.5%	37.7%	*0.0%		41.3%		20.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=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)
990063 Double Stuffed Cheese Pizza, The Max	Each	100	240	4.00	550	*N/A*	7.00	0.00	20	28.00	3.00	17.00	400	300.0	0.00	2.70
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
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
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	50	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	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
Weighted Daily Average			523	5.71	841	*11	19.60	*0.00	35	62.92	8.19	27.16	4550	632.2	112.11	3.79
% of Calories				9.83%		*8.4%	33.7%	*0.0%		48.1%		20.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

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	100	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.	50	132	0.00	202	*N/A*	3.54	0.00	0	23.29	2.02	1.01	3037	20.2	3.64	0.36
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
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

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
Weighted Daily Average			588	8.10	1324	*15	22.47	*0.00	43	69.70	5.78	29.02	4013	827.5	11.41	1.48
% of Calories				12.40%		*10.2%	34.4%	*0.0%		47.4%		19.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=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)
990049 Chicken, Popcorn, GoldKist	10 Pieces	100	260	2.50	550	*N/A*	13.00	0.00	70	16.00	3.00	18.00	100	0.0	0.00	1.44
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
990297 Cucumbers, Sliced, PEAK, .94g	1/2 Cup	100	8	0.00	1	*N/A*	0.00	0.00	0	1.89	0.30	0.34	0	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
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

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	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
Weighted Daily Average			594	3.77	1203	*7	22.96	*0.00	83	66.41	6.35	28.64	639	304.1	10.93	2.48
% of Calories				5.71%		*4.7%	34.8%	*0.0%		44.7%		19.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=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	100	300	3.50	390	7	14.00	0.00	55	31.00	3.00	10.00	0	100.0	0.00	1.80
990303 Baked Beans, vegetarian, Packer, #10, 10g	1/4 Cup	100	55	0.00	165	1	0.00	0.00	0	10.00	2.50	3.00	50	0.0	0.60	0.90
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
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

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)
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
Weighted Daily Average			536	4.66	732	*12	22.30	*0.00	65	64.42	7.70	17.41	340	254.0	61.03	2.90
% of Calories				7.82%		*9.0%	37.4%	*0.0%		48.1%		13.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=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.