

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

**Menu Name:** Woodland Elementary Lunch

**Include Cost:** No

**Site:**

**Report Style:** Detailed

**Monday - 10/03/2022**

**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)
990913 Hot Dog, Chicago Style, Beef, Farmland, P-156116	Each	60	327	7.34	738	5	18.11	0.03	35	28.63	2.30	11.23	0	51.0	1.20	1.78
000042 PICKLES,DILL SPEAR	EACH	20	4	0.03	283	0	0.10	0.00	0	0.84	0.35	0.18	44	20.0	0.80	0.09
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	20	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
991259 MUSTARD,PREPARED,YELLOW P-194581	Each-5.5 gm	5	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	20	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00

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Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	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)
990261 Toasted Cheese Sandwich, Arbor B-30	1 Sandwich	5	428	14.71	1170	6	27.58	0.00	70	30.06	2.00	14.21	227	242.7	0.00	2.02
990192 3 Cheese Grilled Cheese, Arbor B-108	1 Each	2	475	17.08	1370	*6	31.36	0.00	82	31.01	2.00	16.58	527	340.2	0.00	2.02
991005 Grilled Cheese Sandwich, WG, IW, P-610158	Each	3	340	8.00	820	4	18.00	0.00	30	32.00	2.00	20.00	*N/A*	450.0	*N/A*	1.40
990187 SunButter & Jelly Sandwich, B-89a	Each	5	634	4.00	540	33	34.00	0.00	0	64.57	10.00	18.00	0	78.0	0.00	*4.88
990928 SunButter and Jelly Sandwich, Sunwise, P-629236	Each-5.2 oz	5	610	4.00	590	18	34.00	0.00	0	56.00	7.00	20.00	0	59.0	0.00	10.00
990629 French Fries, Crinkle Cut 1/2", P-960111	1/2 Cup	50	90	0.00	20	0	2.00	0.00	0	13.00	2.00	1.00	0	0.0	3.60	0.18
990557 Baby Carrots, 1.25 oz	1/4 Cup	50	16	0.00	19	2	0.00	0.00	0	3.75	1.25	0.62	2812	12.5	3.00	0.22
990057 Pizza Dippers, The Max, P-43901	2 Each	10	300	5.00	740	6	12.00	0.00	10	34.00	4.00	14.00	200	300.0	0.00	0.26
990058 Marinara Sauce, Red Pack, P-971691	1/4 Cup	10	30	0.00	67	3	0.74	0.00	0	4.96	0.99	0.99	0	19.8	0.00	0.54
Weighted Daily Average			608	7.84	1018	*44	21.20	0.02	38	81.61	6.68	21.18	*2547	*337.5	*22.33	*2.67
% of Calories				11.61%		*28.9%	31.4%	0.0%		53.7%		13.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 10/04/2022

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)
990048 Crispy Chicken Sandwich, GoldKist, P-470164	Each	60	340	2.50	650	3	12.50	0.00	35	39.00	4.00	21.00	100	86.0	78.00	2.80
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	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)
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990261 Toasted Cheese Sandwich, Arbor B-30	1 Sandwich	5	428	14.71	1170	6	27.58	0.00	70	30.06	2.00	14.21	227	242.7	0.00	2.02
990192 3 Cheese Grilled Cheese, Arbor B-108	1 Each	2	475	17.08	1370	*6	31.36	0.00	82	31.01	2.00	16.58	527	340.2	0.00	2.02
991005 Grilled Cheese Sandwich, WG, IW, P-610158	Each	3	340	8.00	820	4	18.00	0.00	30	32.00	2.00	20.00	*N/A*	450.0	*N/A*	1.40
990187 SunButter & Jelly Sandwich, B-89a	Each	5	634	4.00	540	33	34.00	0.00	0	64.57	10.00	18.00	0	78.0	0.00	*4.88
990928 SunButter and Jelly Sandwich, Sunwise, P-629236	Each-5.2 oz	5	610	4.00	590	18	34.00	0.00	0	56.00	7.00	20.00	0	59.0	0.00	10.00
990123 Refried Beans (1/2 Cup)	1/2 Cup	50	150	0.00	140	1	1.50	0.00	0	25.00	4.00	6.00	0	20.0	2.39	1.79
990059 Tomato, Cherry, Packer	1/4 Cup	50	12	0.02	10	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72

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Oct 1, 2022 thru Oct 31, 2022

	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)
990947 Cheese Quesadilla, 9"	1 quesadilla	10	362	10.60	525	3	19.69	0.00	46	33.05	3.00	17.16	*0	437.9	*0.00	1.54
Weighted Daily Average			648	5.50	954	*41	18.26	0.00	41	92.88	8.27	29.68	*1296	*375.1	*67.64	*4.39
% of Calories				7.64%		*25.3%	25.4%	0.0%		57.3%		18.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Wednesday - 10/05/2022

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)
990645 Chicken Drumstick, Breaded, FC, Tyson, P-428479	Each	60	190	2.50	450	0	11.00	0.00	50	5.00	1.00	16.00	100	20.0	0.00	1.08
990711 Dinner Rolls, Whole Grain, Split Top, IW, P-472861	Each	60	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	100	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
991259 MUSTARD,PREPARED,YELLOW P-194581	Each-5.5 gm	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	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)
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990261 Toasted Cheese Sandwich, Arbor B-30	1 Sandwich	5	428	14.71	1170	6	27.58	0.00	70	30.06	2.00	14.21	227	242.7	0.00	2.02
990192 3 Cheese Grilled Cheese, Arbor B-108	1 Each	2	475	17.08	1370	*6	31.36	0.00	82	31.01	2.00	16.58	527	340.2	0.00	2.02
991005 Grilled Cheese Sandwich, WG, IW, P-610158	Each	3	340	8.00	820	4	18.00	0.00	30	32.00	2.00	20.00	*N/A*	450.0	*N/A*	1.40
990187 SunButter & Jelly Sandwich, B-89a	Each	5	634	4.00	540	33	34.00	0.00	0	64.57	10.00	18.00	0	78.0	0.00	*4.88
990928 SunButter and Jelly Sandwich, Sunwise, P-629236	Each-5.2 oz	5	610	4.00	590	18	34.00	0.00	0	56.00	7.00	20.00	0	59.0	0.00	10.00
990413 Corn, Whole Kernel, USDA, 15g, 1/2C	1/2 Cup	50	65	0.00	15	3	1.00	0.00	0	15.00	2.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*
990059 Tomato, Cherry, Packer	1/4 Cup	50	12	0.02	10	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
990182 Yogurt, Strawberry, Upstate Farms, P-74086	1/2 Cup	10	90	0.00	50	15	0.00	0.00	0	19.00	0.00	3.00	0	200.0	0.00	0.00
990698 String Cheese Mozz Stick, BONGARDS, P-574456	Each	10	80	3.50	200	0	6.00	0.00	15	0.00	0.00	6.00	0	150.0	0.00	0.00
990202 Muffin, Blueberry, WG, Smart Choice, P-370303	2 oz=1 Each	10	160	0.50	95	14	5.00	0.00	26	26.00	1.00	3.00	0	20.0	0.00	1.08
Weighted Daily Average			559	4.85	927	*46	16.57	0.00	50	78.60	5.89	25.40	*1297	*331.2	*19.64	*2.85
% of Calories				7.81%		*32.9%	26.7%	0.0%		56.2%		18.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 10/06/2022

Reimbursable Meal Total 100

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	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 (mg)	Vit-C (mg)	Iron (mg)
991237 Sweet and Sour Meatball Bowl, JTM, Com, P-850570	1 Bowl	60	400	3.50	400	9	10.75	0.52	36	57.80	3.36	17.54	1245	61.9	0.44	2.38
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990261 Toasted Cheese Sandwich, Arbor B-30	1 Sandwich	5	428	14.71	1170	6	27.58	0.00	70	30.06	2.00	14.21	227	242.7	0.00	2.02
990192 3 Cheese Grilled Cheese, Arbor B-108	1 Each	2	475	17.08	1370	*6	31.36	0.00	82	31.01	2.00	16.58	527	340.2	0.00	2.02
991005 Grilled Cheese Sandwich, WG, IW, P-610158	Each	3	340	8.00	820	4	18.00	0.00	30	32.00	2.00	20.00	*N/A*	450.0	*N/A*	1.40
990187 SunButter & Jelly Sandwich, B-89a	Each	5	634	4.00	540	33	34.00	0.00	0	64.57	10.00	18.00	0	78.0	0.00	*4.88
990928 SunButter and Jelly Sandwich, Sunwise, P-629236	Each-5.2 oz	5	610	4.00	590	18	34.00	0.00	0	56.00	7.00	20.00	0	59.0	0.00	10.00
991175 Green Salad	1 Cup	50	13	0.05	21	0	0.42	0.00	0	1.87	1.46	1.13	3377	71.8	24.30	0.78
990059 Tomato, Cherry, Packer	1/4 Cup	50	12	0.02	10	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
990914 Homemade Macaroni & Cheese, JTM Cheese Sauce	#6 Scoop	5	289	6.53	714	8	11.55	0.00	38	31.78	0.51	13.83	433	375.0	0.00	16.69

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## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	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)
991154 Macaroni & Cheese, Stick Pasta, WG, JTM, P-472598	6 oz	5	312	8.92	800	3	15.38	0.00	47	26.67	0.00	16.41	671	375.4	0.00	1.03
990530 Pretzel Rod, Soft, 1 oz, Whole Grain, P-882698	Each	10	70	0.00	40	0	0.50	0.00	0	14.00	1.00	2.00	0	0.0	0.00	0.72
Weighted Daily Average			611	5.84	709	*45	16.10	0.31	42	92.61	6.44	25.16	*3727	*380.3	*32.05	*4.44
% of Calories				8.60%		*29.5%	23.7%	0.5%		60.6%		16.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

## Tuesday - 10/11/2022

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)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990939 Rotini & Meatballs, WG, JTM comm meatball P-850570	1/2 cup pasta	30	336	3.46	370	8	11.36	0.52	36	42.22	7.46	19.93	3	112.5	0.00	3.77
991180 Rotini & Meatballs, WG, JTM meatball P-369634	1/2 cup pasta	30	347	3.73	372	8	12.04	0.56	39	42.67	7.52	20.89	*0	117.0	*0.00	3.88
990906 Garlic Bread, Texas Toast, WG, P-392110	Each	60	90	0.50	190	1	2.50	*N/A*	0	15.00	2.00	3.00	400	8.7	0.00	0.90
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	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)
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990261 Toasted Cheese Sandwich, Arbor B-30	1 Sandwich	5	428	14.71	1170	6	27.58	0.00	70	30.06	2.00	14.21	227	242.7	0.00	2.02
990192 3 Cheese Grilled Cheese, Arbor B-108	1 Each	2	475	17.08	1370	*6	31.36	0.00	82	31.01	2.00	16.58	527	340.2	0.00	2.02
991005 Grilled Cheese Sandwich, WG, IW, P-610158	Each	3	340	8.00	820	4	18.00	0.00	30	32.00	2.00	20.00	*N/A*	450.0	*N/A*	1.40
990187 SunButter & Jelly Sandwich, B-89a	Each	5	634	4.00	540	33	34.00	0.00	0	64.57	10.00	18.00	0	78.0	0.00	*4.88
990928 SunButter and Jelly Sandwich, Sunwise, P-629236	Each-5.2 oz	5	610	4.00	590	18	34.00	0.00	0	56.00	7.00	20.00	0	59.0	0.00	10.00
990123 Refried Beans (1/2 Cup)	1/2 Cup	50	150	0.00	140	1	1.50	0.00	0	25.00	4.00	6.00	0	20.0	2.39	1.79
990059 Tomato, Cherry, Packer	1/4 Cup	50	12	0.02	10	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
990947 Cheese Quesadilla, 9"	1 quesadilla	10	362	10.60	525	3	19.69	0.00	46	33.05	3.00	17.16	*0	437.9	*0.00	1.54
Weighted Daily Average			703	6.46	901	*45	19.28	*0.32	43	103.95	11.56	31.13	*1477	*397.6	*20.84	*5.55
% of Calories				8.27%		*25.6%	24.7%	*0.4%		59.1%		17.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 10/12/2022

Reimbursable Meal Total 100



# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	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)
990375 Chicken Nuggets, Goldkist, P-470452	5 Each	60	200	2.00	400	0	10.00	0.00	35	13.00	2.00	15.00	100	20.0	78.00	1.80
990521 Waffle, Echo Lake, P-392062	Each	60	65	0.25	180	2	1.75	0.00	2	11.50	1.50	2.00	0	30.0	0.00	0.54
991136 Syrup, 1.5 oz Cup, Madeira, P-1779	Each	60	120	0.00	20	22	0.00	0.00	0	30.00	0.00	0.00	0	0.0	0.00	0.00
990625 Honey Chipotle Sweet Potatoes E-8	1/2 Cup	50	330	1.41	96	35	2.27	*0.00	6	72.15	3.79	5.69	17845	40.3	33.70	2.76
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
991296 Cookie, Farmer's Market, Dick and Jane	1 Package 29 gm	100	120	0.00	65	6	4.00	0.00	0	22.00	2.00	2.00	*N/A*	4.0	*N/A*	1.00
990261 Toasted Cheese Sandwich, Arbor B-30	1 Sandwich	5	428	14.71	1170	6	27.58	0.00	70	30.06	2.00	14.21	227	242.7	0.00	2.02
990192 3 Cheese Grilled Cheese, Arbor B-108	1 Each	2	475	17.08	1370	*6	31.36	0.00	82	31.01	2.00	16.58	527	340.2	0.00	2.02
991005 Grilled Cheese Sandwich, WG, IW, P-610158	Each	3	340	8.00	820	4	18.00	0.00	30	32.00	2.00	20.00	*N/A*	450.0	*N/A*	1.40

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	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)
990187 SunButter & Jelly Sandwich, B-89a	Each	5	634	4.00	540	33	34.00	0.00	0	64.57	10.00	18.00	0	78.0	0.00	*4.88
990928 SunButter and Jelly Sandwich, Sunwise, P-629236	Each-5.2 oz	5	610	4.00	590	18	34.00	0.00	0	56.00	7.00	20.00	0	59.0	0.00	10.00
990413 Corn, Whole Kernel, USDA, 15g, 1/2C	1/2 Cup	50	65	0.00	15	3	1.00	0.00	0	15.00	2.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*
990059 Tomato, Cherry, Packer	1/4 Cup	50	12	0.02	10	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
990182 Yogurt, Strawberry, Upstate Farms, P-74086	1/2 Cup	10	90	0.00	50	15	0.00	0.00	0	19.00	0.00	3.00	0	200.0	0.00	0.00
990698 String Cheese Mozz Stick, BONGARDS, P-574456	Each	10	80	3.50	200	0	6.00	0.00	15	0.00	0.00	6.00	0	150.0	0.00	0.00
990202 Muffin, Blueberry, WG, Smart Choice, P-370303	2 oz=1 Each	10	160	0.50	95	14	5.00	0.00	26	26.00	1.00	3.00	0	20.0	0.00	1.08
Weighted Daily Average			914	5.40	957	*81	21.83	*0.00	45	156.45	10.66	29.61	*10219	*360.9	*83.29	*5.56
% of Calories				5.32%		*35.4%	21.5%	*0.0%		68.5%		13.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

## Thursday - 10/13/2022

### 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)
990031 Cheeseburger on WG Bun, P-369328	1 Each	59	325	6.20	713	4	15.00	0.00	46	28.00	3.00	21.50	*0	153.0	*0.00	3.00
990052 Hamburger, WG P-369328	Each	1	270	3.70	513	3	10.50	0.00	34	27.00	3.00	19.00	*0	103.0	*0.00	3.00
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	100	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
991259 MUSTARD,PREPARED,YELLOW P-194581	Each-5.5 gm	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

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	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)
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990261 Toasted Cheese Sandwich, Arbor B-30	1 Sandwich	5	428	14.71	1170	6	27.58	0.00	70	30.06	2.00	14.21	227	242.7	0.00	2.02
990192 3 Cheese Grilled Cheese, Arbor B-108	1 Each	2	475	17.08	1370	*6	31.36	0.00	82	31.01	2.00	16.58	527	340.2	0.00	2.02
991005 Grilled Cheese Sandwich, WG, IW, P-610158	Each	3	340	8.00	820	4	18.00	0.00	30	32.00	2.00	20.00	*N/A*	450.0	*N/A*	1.40
990187 SunButter & Jelly Sandwich, B-89a	Each	5	634	4.00	540	33	34.00	0.00	0	64.57	10.00	18.00	0	78.0	0.00	*4.88
990928 SunButter and Jelly Sandwich, Sunwise, P-629236	Each-5.2 oz	5	610	4.00	590	18	34.00	0.00	0	56.00	7.00	20.00	0	59.0	0.00	10.00
991175 Green Salad	1 Cup	50	13	0.05	21	0	0.42	0.00	0	1.87	1.46	1.13	3377	71.8	24.30	0.78
990059 Tomato, Cherry, Packer	1/4 Cup	50	12	0.02	10	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
990914 Homemade Macaroni & Cheese, JTM Cheese Sauce	#6 Scoop	5	289	6.53	714	8	11.55	0.00	38	31.78	0.51	13.83	433	375.0	0.00	16.69
991154 Macaroni & Cheese, Stick Pasta, WG, JTM, P-472598	6 oz	5	312	8.92	800	3	15.38	0.00	47	26.67	0.00	16.41	671	375.4	0.00	1.03

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	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)
990530 Pretzel Rod, Soft, 1 oz, Whole Grain, P-882698	Each	10	70	0.00	40	0	0.50	0.00	0	14.00	1.00	2.00	0	0.0	0.00	0.72
Weighted Daily Average			576	7.44	992	*43	18.64	0.00	48	76.78	6.27	27.55	*2981	*435.1	*31.79	*4.83
% of Calories				11.62%		*29.9%	29.1%	0.0%		53.3%		19.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

## Friday - 10/14/2022

## Reimbursable Meal Total 20

	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)
990940 Walking Taco Doritos	Each	60	298	6.96	530	1	16.35	0.00	42	24.71	2.90	14.35	322	258.7	2.69	1.20
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990261 Toasted Cheese Sandwich, Arbor B-30	1 Sandwich	5	428	14.71	1170	6	27.58	0.00	70	30.06	2.00	14.21	227	242.7	0.00	2.02

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	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)
990192 3 Cheese Grilled Cheese, Arbor B-108	1 Each	2	475	17.08	1370	*6	31.36	0.00	82	31.01	2.00	16.58	527	340.2	0.00	2.02
991005 Grilled Cheese Sandwich, WG, IW, P-610158	Each	3	340	8.00	820	4	18.00	0.00	30	32.00	2.00	20.00	*N/A*	450.0	*N/A*	1.40
990187 SunButter & Jelly Sandwich, B-89a	Each	5	634	4.00	540	33	34.00	0.00	0	64.57	10.00	18.00	0	78.0	0.00	*4.88
990928 SunButter and Jelly Sandwich, Sunwise, P-629236	Each-5.2 oz	5	610	4.00	590	18	34.00	0.00	0	56.00	7.00	20.00	0	59.0	0.00	10.00
991047 CUCUMBER,RAW, Sliced	1/2 Cup	50	6	0.05	1	1	0.10	0.00	0	1.29	0.42	0.35	43	8.3	1.90	0.13
990144 Black Beans, LS, Mothers Maid, P-493061	1/4 Cup	50	50	0.00	70	0	0.00	0.00	0	9.00	3.00	3.50	0	20.0	0.00	1.35
991256 Pizza, Cheese, 4x6, WG, 4.65oz, P-26016	Each (4.65 oz)	5	260	4.00	600	4	7.00	0.00	20	35.00	4.00	16.00	0	200.0	0.00	2.50
991185 SMART WHOLE GRAIN CHEESE PIZZA 50 -50 P-349370	Pizza	2	300	4.00	480	8	11.00	0.00	15	35.00	4.00	16.00	450	306.0	0.00	2.60
990207 Pizza, Cheese, Tony's, 4X6, P-869643	Piece	3	310	4.00	480	8	11.00	0.00	15	35.00	4.00	16.00	109	250.0	0.00	2.70
Weighted Daily Average			2783	37.66	3908	*201	93.96	0.00	214	373.24	34.69	121.11	*6691	*2287.5	*103.54	*15.09
% of Calories				12.18%		*28.9%	30.4%	0.0%		53.6%		17.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Monday - 10/17/2022

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)
990517 Pancakes, Whole Wheat, Echo Lake, P-392047	2 Each	60	160	0.00	200	6	2.00	0.00	0	30.00	2.00	4.00	0	40.0	0.00	1.44
991130 Omelet, Cheddar Cheese, 2 oz, Papetti's, P-230810	Each-2 oz	30	130	3.50	290	0	11.00	0.00	170	1.00	0.00	7.00	*N/A*	67.0	*N/A*	1.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	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)
991221 Cheesy Scrambled Egg, Papettis, P-516568	2 oz	30	80	2.70	106	1	5.86	0.00	128	1.39	0.00	5.72	0	83.9	0.00	0.78
991136 Syrup, 1.5 oz Cup, Madeira, P-1779	Each	60	120	0.00	20	22	0.00	0.00	0	30.00	0.00	0.00	0	0.0	0.00	0.00
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990261 Toasted Cheese Sandwich, Arbor B-30	1 Sandwich	5	428	14.71	1170	6	27.58	0.00	70	30.06	2.00	14.21	227	242.7	0.00	2.02
990192 3 Cheese Grilled Cheese, Arbor B-108	1 Each	2	475	17.08	1370	*6	31.36	0.00	82	31.01	2.00	16.58	527	340.2	0.00	2.02
991005 Grilled Cheese Sandwich, WG, IW, P-610158	Each	3	340	8.00	820	4	18.00	0.00	30	32.00	2.00	20.00	*N/A*	450.0	*N/A*	1.40
990187 SunButter & Jelly Sandwich, B-89a	Each	5	634	4.00	540	33	34.00	0.00	0	64.57	10.00	18.00	0	78.0	0.00	*4.88
990928 SunButter and Jelly Sandwich, Sunwise, P-629236	Each-5.2 oz	5	610	4.00	590	18	34.00	0.00	0	56.00	7.00	20.00	0	59.0	0.00	10.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	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)
990629 French Fries, Crinkle Cut 1/2", P-960111	1/2 Cup	50	90	0.00	20	0	2.00	0.00	0	13.00	2.00	1.00	0	0.0	3.60	0.18
990557 Baby Carrots, 1.25 oz	1/4 Cup	50	16	0.00	19	2	0.00	0.00	0	3.75	1.25	0.62	2812	12.5	3.00	0.22
990057 Pizza Dippers, The Max, P-43901	2 Each	10	300	5.00	740	6	12.00	0.00	10	34.00	4.00	14.00	200	300.0	0.00	0.26
990058 Marinara Sauce, Red Pack, P-971691	1/4 Cup	10	30	0.00	67	3	0.74	0.00	0	4.96	0.99	0.99	0	19.8	0.00	0.54
Weighted Daily Average			621	4.99	742	*53	16.07	0.00	106	96.16	6.42	20.72	*2413	*401.0	*22.94	*3.25
% of Calories				7.23%		*34.1%	23.3%	0.0%		61.9%		13.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 10/18/2022

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)
990738 Corn Dog, Turkey, Mini, JTM, P-597483	6 Each	60	257	1.80	362	11	10.00	0.00	37	35.00	0.00	10.00	114	55.0	51.00	2.00
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	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)
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990261 Toasted Cheese Sandwich, Arbor B-30	1 Sandwich	5	428	14.71	1170	6	27.58	0.00	70	30.06	2.00	14.21	227	242.7	0.00	2.02
990192 3 Cheese Grilled Cheese, Arbor B-108	1 Each	2	475	17.08	1370	*6	31.36	0.00	82	31.01	2.00	16.58	527	340.2	0.00	2.02
991005 Grilled Cheese Sandwich, WG, IW, P-610158	Each	3	340	8.00	820	4	18.00	0.00	30	32.00	2.00	20.00	*N/A*	450.0	*N/A*	1.40
990187 SunButter & Jelly Sandwich, B-89a	Each	5	634	4.00	540	33	34.00	0.00	0	64.57	10.00	18.00	0	78.0	0.00	*4.88
990928 SunButter and Jelly Sandwich, Sunwise, P-629236	Each-5.2 oz	5	610	4.00	590	18	34.00	0.00	0	56.00	7.00	20.00	0	59.0	0.00	10.00
990123 Refried Beans (1/2 Cup)	1/2 Cup	50	150	0.00	140	1	1.50	0.00	0	25.00	4.00	6.00	0	20.0	2.39	1.79
990059 Tomato, Cherry, Packer	1/4 Cup	50	12	0.02	10	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
990947 Cheese Quesadilla, 9"	1 quesadilla	10	362	10.60	525	3	19.69	0.00	46	33.05	3.00	17.16	*0	437.9	*0.00	1.54
<b>Weighted Daily Average</b>			<b>576</b>	<b>4.78</b>	<b>737</b>	<b>*42</b>	<b>16.26</b>	<b>0.00</b>	<b>42</b>	<b>85.48</b>	<b>5.87</b>	<b>23.18</b>	<b>*1180</b>	<b>*385.5</b>	<b>*52.94</b>	<b>*4.18</b>
<b>% of Calories</b>				<b>7.47%</b>		<b>*29.2%</b>	<b>25.4%</b>	<b>0.0%</b>		<b>59.4%</b>		<b>16.1%</b>				
<b>Weekly Nutrient Guideline</b>			<b>550 - 650</b>	<b>&lt;10</b>	<b>1230</b>		<b>&lt;=0</b>									

Wednesday - 10/19/2022

Reimbursable Meal Total 100



# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	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)
990937 Creamy Chicken Alfredo, WG	#6 Scoop	30	336	6.83	640	*4	15.31	0.00	75	28.40	3.20	24.80	*95	331.5	*0.60	2.22
990906 Garlic Bread, Texas Toast, WG, P-392110	Each	60	90	0.50	190	1	2.50	*N/A*	0	15.00	2.00	3.00	400	8.7	0.00	0.90
991154 Macaroni & Cheese, Stick Pasta, WG, JTM, P-472598	6 oz	15	312	8.92	800	3	15.38	0.00	47	26.67	0.00	16.41	671	375.4	0.00	1.03
990914 Homemade Macaroni & Cheese, JTM Cheese Sauce	#6 Scoop	15	289	6.53	714	8	11.55	0.00	38	31.78	0.51	13.83	433	375.0	0.00	16.69
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990261 Toasted Cheese Sandwich, Arbor B-30	1 Sandwich	5	428	14.71	1170	6	27.58	0.00	70	30.06	2.00	14.21	227	242.7	0.00	2.02
990192 3 Cheese Grilled Cheese, Arbor B-108	1 Each	2	475	17.08	1370	*6	31.36	0.00	82	31.01	2.00	16.58	527	340.2	0.00	2.02
991005 Grilled Cheese Sandwich, WG, IW, P-610158	Each	3	340	8.00	820	4	18.00	0.00	30	32.00	2.00	20.00	*N/A*	450.0	*N/A*	1.40
990187 SunButter & Jelly Sandwich, B-89a	Each	5	634	4.00	540	33	34.00	0.00	0	64.57	10.00	18.00	0	78.0	0.00	*4.88

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	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)
990928 SunButter and Jelly Sandwich, Sunwise, P-629236	Each-5.2 oz	5	610	4.00	590	18	34.00	0.00	0	56.00	7.00	20.00	0	59.0	0.00	10.00
990413 Corn, Whole Kernel, USDA, 15g, 1/2C	1/2 Cup	50	65	0.00	15	3	1.00	0.00	0	15.00	2.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*
990059 Tomato, Cherry, Packer	1/4 Cup	50	12	0.02	10	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
990182 Yogurt, Strawberry, Upstate Farms, P-74086	1/2 Cup	10	90	0.00	50	15	0.00	0.00	0	19.00	0.00	3.00	0	200.0	0.00	0.00
990698 String Cheese Mozz Stick, BONGARDS, P-574456	Each	10	80	3.50	200	0	6.00	0.00	15	0.00	0.00	6.00	0	150.0	0.00	0.00
990202 Muffin, Blueberry, WG, Smart Choice, P-370303	2 oz=1 Each	10	160	0.50	95	14	5.00	0.00	26	26.00	1.00	3.00	0	20.0	0.00	1.08
Weighted Daily Average			616	7.71	910	*42	19.28	*0.00	54	85.97	6.90	28.44	*1546	*553.0	*21.32	*5.90
% of Calories				11.26%		*27.3%	28.2%	*0.0%		55.8%		18.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 10/20/2022

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)
990644 Spicy Chicken Sandwich, Tyson, P-373370	Each	60	372	3.08	593	4	15.38	0.00	21	40.60	4.58	18.88	86	100.3	0.00	1.86
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	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)
991184 Dried Fruit, Commodity,	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990261 Toasted Cheese Sandwich, Arbor B-30	1 Sandwich	5	428	14.71	1170	6	27.58	0.00	70	30.06	2.00	14.21	227	242.7	0.00	2.02
990192 3 Cheese Grilled Cheese, Arbor B-108	1 Each	2	475	17.08	1370	*6	31.36	0.00	82	31.01	2.00	16.58	527	340.2	0.00	2.02
991005 Grilled Cheese Sandwich, WG, IW, P-610158	Each	3	340	8.00	820	4	18.00	0.00	30	32.00	2.00	20.00	*N/A*	450.0	*N/A*	1.40
990187 SunButter & Jelly Sandwich, B-89a	Each	5	634	4.00	540	33	34.00	0.00	0	64.57	10.00	18.00	0	78.0	0.00	*4.88
990928 SunButter and Jelly Sandwich, Sunwise, P-629236	Each-5.2 oz	5	610	4.00	590	18	34.00	0.00	0	56.00	7.00	20.00	0	59.0	0.00	10.00
991175 Green Salad	1 Cup	50	13	0.05	21	0	0.42	0.00	0	1.87	1.46	1.13	3377	71.8	24.30	0.78
990059 Tomato, Cherry, Packer	1/4 Cup	50	12	0.02	10	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
990914 Homemade Macaroni & Cheese, JTM Cheese Sauce	#6 Scoop	5	289	6.53	714	8	11.55	0.00	38	31.78	0.51	13.83	433	375.0	0.00	16.69
991154 Macaroni & Cheese, Stick Pasta, WG, JTM, P-472598	6 oz	5	312	8.92	800	3	15.38	0.00	47	26.67	0.00	16.41	671	375.4	0.00	1.03

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	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)
990530 Pretzel Rod, Soft, 1 oz, Whole Grain, P-882698	Each	10	70	0.00	40	0	0.50	0.00	0	14.00	1.00	2.00	0	0.0	0.00	0.72
Weighted Daily Average			572	5.29	781	*37	18.38	0.00	32	77.29	7.17	26.07	*2907	*432.4	*33.29	*4.39
% of Calories				8.32%		*25.9%	28.9%	0.0%		54.0%		18.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

## Friday - 10/21/2022

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)
991189 Pepperoni Pizza, Turkey, The Max, P-593816	Each	59	300	6.00	650	4	11.00	0.00	35	34.00	3.00	17.00	0	300.0	0.00	0.00
990086 Pepperoni Pizza, Tony's, *PORK, 4x6, P-368537	Each	1	310	5.00	530	8	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	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)
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990261 Toasted Cheese Sandwich, Arbor B-30	1 Sandwich	5	428	14.71	1170	6	27.58	0.00	70	30.06	2.00	14.21	227	242.7	0.00	2.02
990192 3 Cheese Grilled Cheese, Arbor B-108	1 Each	2	475	17.08	1370	*6	31.36	0.00	82	31.01	2.00	16.58	527	340.2	0.00	2.02
991005 Grilled Cheese Sandwich, WG, IW, P-610158	Each	3	340	8.00	820	4	18.00	0.00	30	32.00	2.00	20.00	*N/A*	450.0	*N/A*	1.40
990187 SunButter & Jelly Sandwich, B-89a	Each	5	634	4.00	540	33	34.00	0.00	0	64.57	10.00	18.00	0	78.0	0.00	*4.88
990928 SunButter and Jelly Sandwich, Sunwise, P-629236	Each-5.2 oz	5	610	4.00	590	18	34.00	0.00	0	56.00	7.00	20.00	0	59.0	0.00	10.00
991047 CUCUMBER,RAW, Sliced	1/2 Cup	50	6	0.05	1	1	0.10	0.00	0	1.29	0.42	0.35	43	8.3	1.90	0.13
990144 Black Beans, LS, Mothers Maid, P-493061	1/4 Cup	50	50	0.00	70	0	0.00	0.00	0	9.00	3.00	3.50	0	20.0	0.00	1.35
991256 Pizza, Cheese, 4x6, WG, 4.65oz, P-26016	Each (4.65 oz)	5	260	4.00	600	4	7.00	0.00	20	35.00	4.00	16.00	0	200.0	0.00	2.50
991185 SMART WHOLE GRAIN CHEESE PIZZA 50 -50 P-349370	Pizza	2	300	4.00	480	8	11.00	0.00	15	35.00	4.00	16.00	450	306.0	0.00	2.60
990207 Pizza, Cheese, Tony's, 4X6, P-869643	Piece	3	310	4.00	480	8	11.00	0.00	15	35.00	4.00	16.00	109	250.0	0.00	2.70
Weighted Daily Average			541	6.65	870	*38	15.09	0.00	38	76.22	7.01	25.90	*1020	*530.5	*20.60	*2.57
% of Calories				11.06%		*28.1%	25.1%	0.0%		56.4%		19.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 10/24/2022

Reimbursable Meal Total 100

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	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)
990375 Chicken Nuggets, Goldkist, P-470452	5 Each	60	200	2.00	400	0	10.00	0.00	35	13.00	2.00	15.00	100	20.0	78.00	1.80
990728 Biscuit, Honeywheat, WG, Bake Crafters, P-347669	Each	60	180	3.00	370	5	6.00	0.00	5	29.00	3.00	5.00	0	40.0	0.00	1.44
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	50	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990261 Toasted Cheese Sandwich, Arbor B-30	1 Sandwich	5	428	14.71	1170	6	27.58	0.00	70	30.06	2.00	14.21	227	242.7	0.00	2.02
990192 3 Cheese Grilled Cheese, Arbor B-108	1 Each	2	475	17.08	1370	*6	31.36	0.00	82	31.01	2.00	16.58	527	340.2	0.00	2.02
991005 Grilled Cheese Sandwich, WG, IW, P-610158	Each	3	340	8.00	820	4	18.00	0.00	30	32.00	2.00	20.00	*N/A*	450.0	*N/A*	1.40
990187 SunButter & Jelly Sandwich, B-89a	Each	5	634	4.00	540	33	34.00	0.00	0	64.57	10.00	18.00	0	78.0	0.00	*4.88
990928 SunButter and Jelly Sandwich, Sunwise, P-629236	Each-5.2 oz	5	610	4.00	590	18	34.00	0.00	0	56.00	7.00	20.00	0	59.0	0.00	10.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	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)
990629 French Fries, Crinkle Cut 1/2", P-960111	1/2 Cup	50	90	0.00	20	0	2.00	0.00	0	13.00	2.00	1.00	0	0.0	3.60	0.18
990557 Baby Carrots, 1.25 oz	1/4 Cup	50	16	0.00	19	2	0.00	0.00	0	3.75	1.25	0.62	2812	12.5	3.00	0.22
990057 Pizza Dippers, The Max, P-43901	2 Each	10	300	5.00	740	6	12.00	0.00	10	34.00	4.00	14.00	200	300.0	0.00	0.26
990058 Marinara Sauce, Red Pack, P-971691	1/4 Cup	10	30	0.00	67	3	0.74	0.00	0	4.96	0.99	0.99	0	19.8	0.00	0.54
Weighted Daily Average			645	6.43	1041	*45	19.91	0.00	41	90.65	8.22	26.40	*2598	*338.7	*68.24	*3.53
% of Calories				8.97%		*27.9%	27.8%	0.0%		56.2%		16.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

## Tuesday - 10/25/2022

## 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)
990913 Hot Dog, Chicago Style, Beef, Farmland, P-156116	Each	60	327	7.34	738	5	18.11	0.03	35	28.63	2.30	11.23	0	51.0	1.20	1.78
000042 PICKLES,DILL SPEAR	EACH	60	4	0.03	283	0	0.10	0.00	0	0.84	0.35	0.18	44	20.0	0.80	0.09
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	25	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
991259 MUSTARD,PREPARED,YELLOW P-194581	Each-5.5 gm	5	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	25	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	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)
991183 Frozen Fruit, Commodity, _____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity, _____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990261 Toasted Cheese Sandwich, Arbor B-30	1 Sandwich	5	428	14.71	1170	6	27.58	0.00	70	30.06	2.00	14.21	227	242.7	0.00	2.02
990192 3 Cheese Grilled Cheese, Arbor B-108	1 Each	2	475	17.08	1370	*6	31.36	0.00	82	31.01	2.00	16.58	527	340.2	0.00	2.02
991005 Grilled Cheese Sandwich, WG, IW, P-610158	Each	3	340	8.00	820	4	18.00	0.00	30	32.00	2.00	20.00	*N/A*	450.0	*N/A*	1.40
990187 SunButter & Jelly Sandwich, B-89a	Each	5	634	4.00	540	33	34.00	0.00	0	64.57	10.00	18.00	0	78.0	0.00	*4.88
990928 SunButter and Jelly Sandwich, Sunwise, P-629236	Each-5.2 oz	5	610	4.00	590	18	34.00	0.00	0	56.00	7.00	20.00	0	59.0	0.00	10.00
990123 Refried Beans (1/2 Cup)	1/2 Cup	50	150	0.00	140	1	1.50	0.00	0	25.00	4.00	6.00	0	20.0	2.39	1.79
990059 Tomato, Cherry, Packer	1/4 Cup	50	12	0.02	10	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
990947 Cheese Quesadilla, 9"	1 quesadilla	10	362	10.60	525	3	19.69	0.00	46	33.05	3.00	17.16	*0	437.9	*0.00	1.54
Weighted Daily Average			643	8.43	1170	*43	21.70	0.02	41	87.18	7.47	23.93	*1263	*366.3	*22.04	*3.84
% of Calories				11.80%		*26.7%	30.4%	0.0%		54.2%		14.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									



# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

Wednesday - 10/26/2022

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 (mg)	Vit-C (mg)	Iron (mg)
990921 Chicken Bacon Melt, Grilled, Commodity	Each	30	322	3.67	753	4	11.50	0.00	81	27.00	2.00	30.17	0	116.0	0.00	1.00
991149 Chicken Bacon Melt, Grilled, Brakebush, P-460444	Each	30	382	6.17	943	4	20.00	0.00	56	31.00	2.00	22.17	0	156.0	0.00	1.72
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	50	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990261 Toasted Cheese Sandwich, Arbor B-30	1 Sandwich	5	428	14.71	1170	6	27.58	0.00	70	30.06	2.00	14.21	227	242.7	0.00	2.02
990192 3 Cheese Grilled Cheese, Arbor B-108	1 Each	2	475	17.08	1370	*6	31.36	0.00	82	31.01	2.00	16.58	527	340.2	0.00	2.02
991005 Grilled Cheese Sandwich, WG, IW, P-610158	Each	3	340	8.00	820	4	18.00	0.00	30	32.00	2.00	20.00	*N/A*	450.0	*N/A*	1.40

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	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)
990187 SunButter & Jelly Sandwich, B-89a	Each	5	634	4.00	540	33	34.00	0.00	0	64.57	10.00	18.00	0	78.0	0.00	*4.88
990928 SunButter and Jelly Sandwich, Sunwise, P-629236	Each-5.2 oz	5	610	4.00	590	18	34.00	0.00	0	56.00	7.00	20.00	0	59.0	0.00	10.00
990413 Corn, Whole Kernel, USDA, 15g, 1/2C	1/2 Cup	50	65	0.00	15	3	1.00	0.00	0	15.00	2.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*
990059 Tomato, Cherry, Packer	1/4 Cup	50	12	0.02	10	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
990182 Yogurt, Strawberry, Upstate Farms, P-74086	1/2 Cup	10	90	0.00	50	15	0.00	0.00	0	19.00	0.00	3.00	0	200.0	0.00	0.00
990698 String Cheese Mozz Stick, BONGARDS, P-574456	Each	10	80	3.50	200	0	6.00	0.00	15	0.00	0.00	6.00	0	150.0	0.00	0.00
990202 Muffin, Blueberry, WG, Smart Choice, P-370303	2 oz=1 Each	10	160	0.50	95	14	5.00	0.00	26	26.00	1.00	3.00	0	20.0	0.00	1.08
Weighted Daily Average			614	6.30	1035	*46	19.10	0.00	61	84.08	5.87	30.26	*1236	*388.3	*19.64	*2.59
% of Calories				9.23%		*30.0%	28.0%	0.0%		54.8%		19.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

## Thursday - 10/27/2022

### 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)
990925 Rotini Pasta Bolognese, WG Barilla	1 Cup	60	286	4.61	244	4	13.81	0.72	43	25.98	5.59	18.42	0	57.0	0.00	3.52
990906 Garlic Bread, Texas Toast, WG, P-392110	Each	60	90	0.50	190	1	2.50	*N/A*	0	15.00	2.00	3.00	400	8.7	0.00	0.90
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	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)
991182 Canned Fruit, Commodity, Extra Light Syrup	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990261 Toasted Cheese Sandwich, Arbor B-30	1 Sandwich	5	428	14.71	1170	6	27.58	0.00	70	30.06	2.00	14.21	227	242.7	0.00	2.02
990192 3 Cheese Grilled Cheese, Arbor B-108	1 Each	2	475	17.08	1370	*6	31.36	0.00	82	31.01	2.00	16.58	527	340.2	0.00	2.02
991005 Grilled Cheese Sandwich, WG, IW, P-610158	Each	3	340	8.00	820	4	18.00	0.00	30	32.00	2.00	20.00	*N/A*	450.0	*N/A*	1.40
990187 SunButter & Jelly Sandwich, B-89a	Each	5	634	4.00	540	33	34.00	0.00	0	64.57	10.00	18.00	0	78.0	0.00	*4.88
990928 SunButter and Jelly Sandwich, Sunwise, P-629236	Each-5.2 oz	5	610	4.00	590	18	34.00	0.00	0	56.00	7.00	20.00	0	59.0	0.00	10.00
991175 Green Salad	1 Cup	50	13	0.05	21	0	0.42	0.00	0	1.87	1.46	1.13	3377	71.8	24.30	0.78
990059 Tomato, Cherry, Packer	1/4 Cup	50	12	0.02	10	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
990914 Homemade Macaroni & Cheese, JTM Cheese Sauce	#6 Scoop	5	289	6.53	714	8	11.55	0.00	38	31.78	0.51	13.83	433	375.0	0.00	16.69
991154 Macaroni & Cheese, Stick Pasta, WG, JTM, P-472598	6 oz	5	312	8.92	800	3	15.38	0.00	47	26.67	0.00	16.41	671	375.4	0.00	1.03

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	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)
990530 Pretzel Rod, Soft, 1 oz, Whole Grain, P-882698	Each	10	70	0.00	40	0	0.50	0.00	0	14.00	1.00	2.00	0	0.0	0.00	0.72
Weighted Daily Average			602	6.81	793	*42	19.44	*0.43	46	83.52	8.98	27.49	*3220	*382.6	*31.79	*5.66
% of Calories				10.18%		*27.9%	29.1%	*0.6%		55.5%		18.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Friday - 10/28/2022

### 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)
991164 Fiesta Beef Nacho Supreme, JTM Cheese Sauce	1 Serving	30	387	5.45	794	6	20.50	0.00	44	35.20	3.30	17.33	725	269.4	3.89	11.48
991079 Nacho Supreme, Beef, Shred Chs	1 Serving (#16)	30	385	7.07	528	1	23.63	0.00	44	30.05	3.01	16.13	362	261.6	3.02	1.73
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	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)
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990261 Toasted Cheese Sandwich, Arbor B-30	1 Sandwich	5	428	14.71	1170	6	27.58	0.00	70	30.06	2.00	14.21	227	242.7	0.00	2.02
990192 3 Cheese Grilled Cheese, Arbor B-108	1 Each	2	475	17.08	1370	*6	31.36	0.00	82	31.01	2.00	16.58	527	340.2	0.00	2.02
991005 Grilled Cheese Sandwich, WG, IW, P-610158	Each	3	340	8.00	820	4	18.00	0.00	30	32.00	2.00	20.00	*N/A*	450.0	*N/A*	1.40
990187 SunButter & Jelly Sandwich, B-89a	Each	5	634	4.00	540	33	34.00	0.00	0	64.57	10.00	18.00	0	78.0	0.00	*4.88
990928 SunButter and Jelly Sandwich, Sunwise, P-629236	Each-5.2 oz	5	610	4.00	590	18	34.00	0.00	0	56.00	7.00	20.00	0	59.0	0.00	10.00
991047 CUCUMBER,RAW, Sliced	1/2 Cup	50	6	0.05	1	1	0.10	0.00	0	1.29	0.42	0.35	43	8.3	1.90	0.13
990144 Black Beans, LS, Mothers Maid, P-493061	1/4 Cup	50	50	0.00	70	0	0.00	0.00	0	9.00	3.00	3.50	0	20.0	0.00	1.35
991256 Pizza, Cheese, 4x6, WG, 4.65oz, P-26016	Each (4.65 oz)	5	260	4.00	600	4	7.00	0.00	20	35.00	4.00	16.00	0	200.0	0.00	2.50
991185 SMART WHOLE GRAIN CHEESE PIZZA 50 -50 P-349370	Pizza	2	300	4.00	480	8	11.00	0.00	15	35.00	4.00	16.00	450	306.0	0.00	2.60
990207 Pizza, Cheese, Tony's, 4X6, P-869643	Piece	3	310	4.00	480	8	11.00	0.00	15	35.00	4.00	16.00	109	250.0	0.00	2.70
Weighted Daily Average			615	7.11	923	*42	22.22	0.00	44	80.39	7.09	25.65	*1471	*461.6	*21.17	*6.26
% of Calories				10.40%		*27.3%	32.5%	0.0%		52.3%		16.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 10/31/2022

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	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)
990771 Sloppy Joe on a Bun, Beef, JTM, B-43c	Serving	60	298	2.90	709	11	8.50	0.00	47	37.00	4.00	20.00	459	108.0	6.00	3.00
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
991297 SideKicks Celebrations Eeek! Frozen Smoothie	4.4 oz Each	100	93	0.12	14	21	0.26	0.00	0	22.58	0.19	0.39	296	85.2	59.11	1.34
990261 Toasted Cheese Sandwich, Arbor B-30	1 Sandwich	5	428	14.71	1170	6	27.58	0.00	70	30.06	2.00	14.21	227	242.7	0.00	2.02
990192 3 Cheese Grilled Cheese, Arbor B-108	1 Each	2	475	17.08	1370	*6	31.36	0.00	82	31.01	2.00	16.58	527	340.2	0.00	2.02
991005 Grilled Cheese Sandwich, WG, IW, P-610158	Each	3	340	8.00	820	4	18.00	0.00	30	32.00	2.00	20.00	*N/A*	450.0	*N/A*	1.40
990187 SunButter & Jelly Sandwich, B-89a	Each	5	634	4.00	540	33	34.00	0.00	0	64.57	10.00	18.00	0	78.0	0.00	*4.88
990928 SunButter and Jelly Sandwich, Sunwise, P-629236	Each-5.2 oz	5	610	4.00	590	18	34.00	0.00	0	56.00	7.00	20.00	0	59.0	0.00	10.00
990629 French Fries, Crinkle Cut 1/2", P-960111	1/2 Cup	50	90	0.00	20	0	2.00	0.00	0	13.00	2.00	1.00	0	0.0	3.60	0.18
990557 Baby Carrots, 1.25 oz	1/4 Cup	50	16	0.00	19	2	0.00	0.00	0	3.75	1.25	0.62	2812	12.5	3.00	0.22

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	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)
990057 Pizza Dippers, The Max, P-43901	2 Each	10	300	5.00	740	6	12.00	0.00	10	34.00	4.00	14.00	200	300.0	0.00	0.26
990058 Marinara Sauce, Red Pack, P-971691	1/4 Cup	10	30	0.00	67	3	0.74	0.00	0	4.96	0.99	0.99	0	19.8	0.00	0.54
Weighted Daily Average			680	5.30	914	*68	15.67	0.00	45	108.23	7.80	26.79	*3109	*452.8	*84.16	*4.72
% of Calories				7.01%		*40.0%	20.7%	0.0%		63.7%		15.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	744	8	1067	*55	22.58	*0.06	56	105.86	8.91	31.35	*2747	*505.2	*41.01	*4.86
% of Calories		9.60%		*29.6%	27.3%	*0.1%		56.9%		16.9%				

\*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.