

Base Menu Spreadsheet

Portion Values

Dec 1, 2017 thru Dec 31, 2017

Menu Name: Hawthorn Middle School Lunch
Site: All Sites

Include Cost: No
Report Style: Detailed

Friday - 12/01/2017

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)
990191 Pancake, WW, 15g, (Hawthorn)	2 Each	73	160	0.00	200	*N/A*	2.00	0.00	0	30.00	2.00	4.00	0	40.0	0.00	1.44
990084 Turkey Sausage Patty, 1.03 oz, Jennie-O	Each	40	60	1.00	100	*N/A*	4.00	0.00	30	0.00	0.00	6.00	0	20.0	0.00	0.36
990206 Pickles, Dill Chips	4 Chips	100	1	0.00	420	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
990060 Mixed Fruit, USDA, Cup	1/2 Cup	100	60	0.00	5	12	0.00	0.00	0	14.99	1.00	0.00	200	0.0	1.20	0.00
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990196 Fiesta Bar	Supreme Serving	5	422	10.11	1043	*4	18.91	*0.00	55	42.99	*7.99	19.86	1536	322.3	14.91	*3.22
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052 Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048 Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089 Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 21, 2017

	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)
990180 Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087 Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345 TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09
Weighted Daily Average			511	2.90	1040	*22	9.20	*0.02	31	86.49	*7.69	21.28	1892	433.1	32.53	*3.19
% of Calories				5.11%		*17.2%	16.2%	*0.0%		67.7%		16.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 12/04/2017

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)
990097 Bacon Cheeseburger	Each	75	434	9.32	1002	*N/A*	22.61	0.59	67	29.62	4.27	26.67	300	200.0	0.00	2.88
990338 BAKED BEANS (VEGETARIAN)	SERVINGS	30	160	0.11	453	*18	0.66	*0.00	0	36.70	5.85	6.68	223	66.5	2.20	2.09
000085 ORANGES HALVES	1/2 EACH	100	31	0.01	0	6	0.08	0.00	0	7.70	1.57	0.62	147	26.2	34.85	0.07
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
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 31, 2017

	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	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052 Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048 Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089 Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990180 Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087 Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345 TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09
990196 Fiesta Bar	Supreme Serving	5	422	10.11	1043	*4	18.91	*0.00	55	42.99	*7.99	19.86	1536	322.3	14.91	*3.22
Weighted Daily Average			714	9.53	1316	*22	23.37	*0.47	70	90.51	*11.76	38.58	2131	592.1	66.84	*4.85
% of Calories				12.01%		*12.3%	29.5%	*0.6%		50.7%		21.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 12/05/2017

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)
990294 Sweet & Sour Chicken, Arbor A-11a	12 Pieces	73	326	1.98	472	*N/A*	11.26	0.00	55	37.79	3.69	14.22	79	0.0	0.00	1.61

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 31, 2017

	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)	
990051	Potato Puffs, Lams Supreme, 19g	8 Puffs	50	160	2.00	330	*N/A*	5.00	0.00	0	19.00	2.00	2.00	0	0.0	2.40	0.72
990274	Pears, Bartlett, Diced in Juice, 14g	1/2 Cup	75	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
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
990039	Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038	Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
990175	Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031	Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052	Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048	Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089	Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990180	Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10
990181	Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
990088	Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087	Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345	TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09

Base Menu Spreadsheet

Portion Values

Dec 1, 2017 thru Dec 21, 2017

	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)
990198 Pasta Bar	Servings	5	376	4.62	865	*N/A*	12.04	0.30	41	47.50	6.20	20.61	392	102.7	5.10	3.52
Weighted Daily Average			617	4.28	862	*7	15.92	*0.04	54	89.36	10.34	23.33	1448	233.7	32.64	3.70
% of Calories				6.24%		*4.5%	23.2%	*0.1%		57.9%		15.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 12/06/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990107 French Toast Sticks (4 Each), WG	Each	75	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	50	80	0.00	20	14	0.00	0.00	0	20.00	0.00	0.00	0	0.0	0.00	0.00
990293 Egg Patty, Square, 2.5" (2)	2 patties	50	80	2.00	80	*N/A*	5.00	0.00	210	2.00	0.00	6.00	200	40.0	0.00	0.72
990296 Corn, Golden Sweet	1/2 Cup	50	70	0.00	0	2	0.50	0.00	0	18.00	2.00	3.00	200	0.0	6.00	0.36
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	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
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88

Base Menu Spreadsheet

Portion Values

Dec 1, 2017 thru Dec 31, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990052 Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048 Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089 Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990180 Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087 Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345 TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09
990196 Fiesta Bar	Supreme Serving	5	422	10.11	1043	*4	18.91	*0.00	55	42.99	*7.99	19.86	1536	322.3	14.91	*3.22
Weighted Daily Average			699	5.75	774	*18	17.89	*0.02	124	114.09	*9.73	24.96	1892	460.9	94.33	*3.89
% of Calories				7.40%		*10.3%	23.0%	*0.0%		65.3%		14.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 12/07/2017

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)
990292 Chicken Tenders, GoldKist, 13g	3 each	73	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
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

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 31, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052 Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048 Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089 Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990180 Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087 Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345 TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09
990198 Pasta Bar	Servings	5	376	4.62	865	*N/A*	12.04	0.30	41	47.50	6.20	20.61	392	102.7	5.10	3.52
Weighted Daily Average			523	3.38	739	*11	11.95	*0.04	44	77.91	10.18	29.81	2915	430.7	147.16	3.85
% of Calories				5.82%		*8.4%	20.6%	*0.1%		59.6%		22.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Base Menu Spreadsheet

Portion Values

Dec 1, 2017 thru Dec 31, 2017

Friday - 12/08/2017

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 (mg)	Vit-C (mg)	Iron (mg)
990191 Pancake, WW, 15g, (Hawthorn)	2 Each	73	160	0.00	200	*N/A*	2.00	0.00	0	30.00	2.00	4.00	0	40.0	0.00	1.44
990084 Turkey Sausage Patty, 1.03 oz, Jennie-O	Each	40	60	1.00	100	*N/A*	4.00	0.00	30	0.00	0.00	6.00	0	20.0	0.00	0.36
990291 Syrup Packet, Madeira, 1 oz. packet	1 Packet	1	80	0.00	20	14	0.00	0.00	0	20.00	0.00	0.00	0	0.0	0.00	0.00
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
000098 STRAWBERRIES: frozen	1/2 CUP	100	245	0.02	8	61	0.33	0.00	0	66.10	4.84	1.35	61	28.0	105.57	1.50
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
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990196 Fiesta Bar	Supreme Serving	5	422	10.11	1043	*4	18.91	*0.00	55	42.99	*7.99	19.86	1536	322.3	14.91	*3.22
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052 Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048 Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089 Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990180 Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10

Base Menu Spreadsheet

Portion Values

Dec 1, 2017 thru Dec 31, 2017

	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)
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087 Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345 TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09
Weighted Daily Average			703	2.92	624	*72	9.53	*0.02	31	139.68	*11.84	22.98	1753	461.2	136.90	*4.70
% of Calories				3.74%		*41.0%	12.2%	*0.0%		79.5%		13.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 12/11/2017

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)
990261 Toasted Cheese Sandwich, Arbor B-30	1 Sandwich	50	425	14.58	1110	*N/A*	27.36	0.00	70	30.01	2.00	16.08	827	302.2	0.00	0.74
990062 Chicken Nuggets, GoldKist	4 Each	23	258	2.97	347	*N/A*	13.87	0.00	64	14.86	1.98	16.85	99	19.8	107.03	1.43
990359 Romaine Salad	1/2 Cup	100	4	0.00	3	*N/A*	0.00	0.00	0	0.85	0.57	0.28	2410	11.3	1.02	0.31
000064 APPLES,Fresh	EACH	100	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
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
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 31, 2017

	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	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052 Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048 Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089 Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990180 Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087 Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345 TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09
990196 Fiesta Bar	Supreme Serving	5	422	10.11	1043	*4	18.91	*0.00	55	42.99	*7.99	19.86	1536	322.3	14.91	*3.22
Weighted Daily Average			657	10.51	1068	*25	23.24	*0.02	69	87.92	*10.57	28.52	4612	571.2	63.32	*3.17
% of Calories				14.40%		*15.2%	31.8%	*0.0%		53.5%		17.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 12/12/2017

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)
990294 Sweet & Sour Chicken, Arbor A-11a	12 Pieces	73	326	1.98	472	*N/A*	11.26	0.00	55	37.79	3.69	14.22	79	0.0	0.00	1.61

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 21, 2017

	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)	
990051	Potato Puffs, Lambs Supreme, 19g	8 Puffs	50	160	2.00	330	*N/A*	5.00	0.00	0	19.00	2.00	2.00	0	0.0	2.40	0.72
990263	Peaches, Packer, 13g	1/2 Cup	50	50	0.00	10	*N/A*	0.00	0.00	0	13.00	1.00	1.00	0	0.0	0.00	0.00
990040	Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230	MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039	Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038	Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
990175	Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031	Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052	Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048	Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089	Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990180	Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10
990181	Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
990088	Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087	Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345	TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 21, 2017

	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)
990198 Pasta Bar	Servings	5	376	4.62	865	*N/A*	12.04	0.30	41	47.50	6.20	20.61	392	102.7	5.10	3.52
Weighted Daily Average			650	4.67	935	*10	16.52	*0.04	59	93.40	9.34	27.88	1692	384.9	32.04	3.55
% of Calories				6.47%		*6.2%	22.9%	*0.1%		57.5%		17.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 12/13/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990107 French Toast Sticks (4 Each), WG	Each	73	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	1	80	0.00	20	14	0.00	0.00	0	20.00	0.00	0.00	0	0.0	0.00	0.00
990293 Egg Patty, Square, 2.5" (2)	2 patties	50	80	2.00	80	*N/A*	5.00	0.00	210	2.00	0.00	6.00	200	40.0	0.00	0.72
990298 Peas, Mixed Sweet Green, #10 Packer	1/2 Cup	50	70	0.00	140	6	0.50	0.00	0	12.00	3.00	4.00	300	20.0	12.00	1.44
000098 STRAWBERRIES: frozen	1/2 CUP	25	245	0.02	8	61	0.33	0.00	0	66.10	4.84	1.35	61	28.0	105.57	1.50
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
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 31, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990052 Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048 Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089 Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990180 Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087 Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345 TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09
990196 Fiesta Bar	Supreme Serving	5	422	10.11	1043	*4	18.91	*0.00	55	42.99	*7.99	19.86	1536	322.3	14.91	*3.22
Weighted Daily Average			665	5.69	818	*29	17.73	*0.02	124	103.98	*9.41	25.68	1957	476.7	63.72	*4.77
% of Calories				7.70%		*17.4%	24.0%	*0.0%		62.5%		15.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 12/14/2017

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	73	321	6.89	961	*9	12.20	*0.00	33	30.52	0.80	22.95	1665	615.3	0.93	0.86
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
000255 BLUEBERRIES,Fresh	1/2 CUP	50	84	0.04	1	15	0.49	0.00	0	21.45	3.55	1.10	80	8.9	14.36	0.41

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 31, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052 Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048 Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089 Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990180 Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087 Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345 TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09
990198 Pasta Bar	Servings	5	376	4.62	865	*N/A*	12.04	0.30	41	47.50	6.20	20.61	392	102.7	5.10	3.52
Weighted Daily Average			591	7.27	1123	*24	14.94	*0.04	42	84.71	7.81	33.64	2890	838.6	38.70	2.85
% of Calories				11.07%		*16.2%	22.8%	*0.1%		57.3%		22.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Base Menu Spreadsheet

Portion Values

Dec 1, 2017 thru Dec 31, 2017

Friday - 12/15/2017

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 (mg)	Vit-C (mg)	Iron (mg)
990099 BBQ Rib Sandwich	Each	50	325	3.50	1120	*N/A*	12.00	0.00	30	41.00	3.00	17.00	100	80.0	2.40	2.52
990030 Corn Dog, Mini, Turkey, WG, House Rae	6 Each	23	290	3.50	380	*N/A*	14.00	0.00	55	30.00	3.00	10.00	0	100.0	0.00	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
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	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
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990196 Fiesta Bar	Supreme Serving	5	422	10.11	1043	*4	18.91	*0.00	55	42.99	*7.99	19.86	1536	322.3	14.91	*3.22
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052 Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048 Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089 Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990180 Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26

Base Menu Spreadsheet

Portion Values

Dec 1, 2017 thru Dec 21, 2017

	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)
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087 Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345 TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09
Weighted Daily Average			616	5.11	1118	*11	15.68	*0.02	47	95.59	*12.00	28.62	2949	490.1	143.15	*4.20
% of Calories				7.47%		*7.1%	22.9%	*0.0%		62.1%		18.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 12/18/2017

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)
990097 Bacon Cheeseburger	Each	73	434	9.32	1002	*N/A*	22.61	0.59	67	29.62	4.27	26.67	300	200.0	0.00	2.88
990298 Peas, Mixed Sweet Green, #10 Packer	1/2 Cup	70	70	0.00	140	6	0.50	0.00	0	12.00	3.00	4.00	300	20.0	12.00	1.44
990274 Pears, Bartlett, Diced in Juice, 14g	1/2 Cup	50	60	0.00	5	*N/A*	0.00	0.00	0	14.00	2.00	0.00	0	0.0	1.20	0.36
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
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 31, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990052 Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048 Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089 Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990180 Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087 Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345 TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09
990196 Fiesta Bar	Supreme Serving	5	422	10.11	1043	*4	18.91	*0.00	55	42.99	*7.99	19.86	1536	322.3	14.91	*3.22
Weighted Daily Average			705	9.30	1261	*15	22.99	*0.46	68	86.61	*11.45	38.23	2121	555.9	40.33	*5.29
% of Calories				11.87%		*8.5%	29.3%	*0.6%		49.1%		21.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 12/19/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990095 Salisbury Steak	1 Steak	73	140	4.00	250	1	10.00	0.00	30	3.00	1.00	10.00	0	20.0	1.20	1.08
990042 Roll, WG, Rubschlager, 13g	Each	73	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990093 Mashed Potatoes, Pearls, 17g	1/4 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

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 31, 2017

	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)
990356 CHICKEN GRAVY	2 TBSP	100	26	0.35	26	*0	1.63	*0.00	0	1.91	0.08	0.89	64	2.7	0.02	0.18
000085 ORANGES HALVES	1/2 EACH	100	31	0.01	0	6	0.08	0.00	0	7.70	1.57	0.62	147	26.2	34.85	0.07
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
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052 Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048 Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089 Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990180 Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087 Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345 TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 21, 2017

	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)
990198 Pasta Bar	Servings	5	376	4.62	865	*N/A*	12.04	0.30	41	47.50	6.20	20.61	392	102.7	5.10	3.52
Weighted Daily Average			600	5.50	1141	*17	17.04	*0.04	40	88.11	9.98	28.27	1846	443.0	75.59	3.94
% of Calories				8.25%		*11.3%	25.6%	*0.1%		58.7%		18.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 12/20/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990107 French Toast Sticks (4 Each), WG	Each	73	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	50	80	0.00	20	14	0.00	0.00	0	20.00	0.00	0.00	0	0.0	0.00	0.00
990293 Egg Patty, Square, 2.5" (2)	2 patties	50	80	2.00	80	*N/A*	5.00	0.00	210	2.00	0.00	6.00	200	40.0	0.00	0.72
000257 BROCCOLI: fresh, boiled	1/2 Cup	50	27	0.06	32	1	0.32	0.00	0	5.60	2.57	1.86	1207	31.2	50.62	0.52
990060 Mixed Fruit, USDA, Cup	1/2 Cup	50	60	0.00	5	12	0.00	0.00	0	14.99	1.00	0.00	200	0.0	1.20	0.00
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88

Base Menu Spreadsheet

Portion Values

Dec 1, 2017 thru Dec 31, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990052 Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048 Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089 Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990180 Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087 Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345 TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09
990196 Fiesta Bar	Supreme Serving	5	422	10.11	1043	*4	18.91	*0.00	55	42.99	*7.99	19.86	1536	322.3	14.91	*3.22
Weighted Daily Average			652	5.72	775	*24	17.56	*0.02	124	101.55	*8.48	24.27	2496	475.3	57.24	*3.93
% of Calories				7.90%		*14.7%	24.2%	*0.0%		62.3%		14.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 12/21/2017

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	73	258	2.97	347	*N/A*	13.87	0.00	64	14.86	1.98	16.85	99	19.8	107.03	1.43
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
990194 Dried Cranberries, Azar, 22g	1/4 Cup	100	90	0.00	0	*N/A*	0.10	0.00	0	22.00	1.00	0.00	0	0.0	0.00	0.36

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 31, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052 Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048 Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089 Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990180 Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087 Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345 TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09
990198 Pasta Bar	Servings	5	376	4.62	865	*N/A*	12.04	0.30	41	47.50	6.20	20.61	392	102.7	5.10	3.52
Weighted Daily Average			593	4.39	674	*10	16.02	*0.04	65	84.56	7.89	28.64	1707	399.4	108.97	3.42
% of Calories				6.66%		*6.7%	24.3%	*0.1%		57.0%		19.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

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

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

¹ - denotes required nutrient values

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

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

Base Menu Spreadsheet

Portion Values

Dec 1, 2017 thru Dec 31, 2017

Menu Name: Hawthorn Middle School Lunch

Include Cost: No

Site: All Sites

Report Style: Detailed

Friday - 12/01/2017

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)
990191 Pancake, WW, 15g, (Hawthorn)	2 Each	73	160	0.00	200	*N/A*	2.00	0.00	0	30.00	2.00	4.00	0	40.0	0.00	1.44
990084 Turkey Sausage Patty, 1.03 oz, Jennie-O	Each	40	60	1.00	100	*N/A*	4.00	0.00	30	0.00	0.00	6.00	0	20.0	0.00	0.36
990206 Pickles, Dill Chips	4 Chips	100	1	0.00	420	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
990060 Mixed Fruit, USDA, Cup	1/2 Cup	100	60	0.00	5	12	0.00	0.00	0	14.99	1.00	0.00	200	0.0	1.20	0.00
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990196 Fiesta Bar	Supreme Serving	5	422	10.11	1043	*4	18.91	*0.00	55	42.99	*7.99	19.86	1536	322.3	14.91	*3.22
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052 Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048 Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089 Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 31, 2017

	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)
990180 Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087 Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345 TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09
Weighted Daily Average			511	2.90	1040	*22	9.20	*0.02	31	86.49	*7.69	21.28	1892	433.1	32.53	*3.19
% of Calories				5.11%		*17.2%	16.2%	*0.0%		67.7%		16.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 12/04/2017

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)
990097 Bacon Cheeseburger	Each	75	434	9.32	1002	*N/A*	22.61	0.59	67	29.62	4.27	26.67	300	200.0	0.00	2.88
990338 BAKED BEANS (VEGETARIAN)	SERVINGS	30	160	0.11	453	*18	0.66	*0.00	0	36.70	5.85	6.68	223	66.5	2.20	2.09
000085 ORANGES HALVES	1/2 EACH	100	31	0.01	0	6	0.08	0.00	0	7.70	1.57	0.62	147	26.2	34.85	0.07
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
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 31, 2017

	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	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052 Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048 Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089 Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990180 Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087 Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345 TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09
990196 Fiesta Bar	Supreme Serving	5	422	10.11	1043	*4	18.91	*0.00	55	42.99	*7.99	19.86	1536	322.3	14.91	*3.22
Weighted Daily Average			714	9.53	1316	*22	23.37	*0.47	70	90.51	*11.76	38.58	2131	592.1	66.84	*4.85
% of Calories				12.01%		*12.3%	29.5%	*0.6%		50.7%		21.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 12/05/2017

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)
990294 Sweet & Sour Chicken, Arbor A-11a	12 Pieces	73	326	1.98	472	*N/A*	11.26	0.00	55	37.79	3.69	14.22	79	0.0	0.00	1.61

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 21, 2017

	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)	
990051	Potato Puffs, Lambs Supreme, 19g	8 Puffs	50	160	2.00	330	*N/A*	5.00	0.00	0	19.00	2.00	2.00	0	0.0	2.40	0.72
990274	Pears, Bartlett, Diced in Juice, 14g	1/2 Cup	75	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
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
990039	Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038	Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
990175	Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031	Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052	Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048	Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089	Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990180	Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10
990181	Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
990088	Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087	Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345	TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09

Base Menu Spreadsheet

Portion Values

Dec 1, 2017 thru Dec 21, 2017

	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)
990198 Pasta Bar	Servings	5	376	4.62	865	*N/A*	12.04	0.30	41	47.50	6.20	20.61	392	102.7	5.10	3.52
Weighted Daily Average			617	4.28	862	*7	15.92	*0.04	54	89.36	10.34	23.33	1448	233.7	32.64	3.70
% of Calories				6.24%		*4.5%	23.2%	*0.1%		57.9%		15.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 12/06/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990107 French Toast Sticks (4 Each), WG	Each	75	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	50	80	0.00	20	14	0.00	0.00	0	20.00	0.00	0.00	0	0.0	0.00	0.00
990293 Egg Patty, Square, 2.5" (2)	2 patties	50	80	2.00	80	*N/A*	5.00	0.00	210	2.00	0.00	6.00	200	40.0	0.00	0.72
990296 Corn, Golden Sweet	1/2 Cup	50	70	0.00	0	2	0.50	0.00	0	18.00	2.00	3.00	200	0.0	6.00	0.36
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	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
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88

Base Menu Spreadsheet

Portion Values

Dec 1, 2017 thru Dec 31, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990052 Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048 Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089 Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990180 Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087 Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345 TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09
990196 Fiesta Bar	Supreme Serving	5	422	10.11	1043	*4	18.91	*0.00	55	42.99	*7.99	19.86	1536	322.3	14.91	*3.22
Weighted Daily Average			699	5.75	774	*18	17.89	*0.02	124	114.09	*9.73	24.96	1892	460.9	94.33	*3.89
% of Calories				7.40%		*10.3%	23.0%	*0.0%		65.3%		14.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 12/07/2017

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)
990292 Chicken Tenders, GoldKist, 13g	3 each	73	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
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

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 31, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052 Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048 Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089 Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990180 Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087 Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345 TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09
990198 Pasta Bar	Servings	5	376	4.62	865	*N/A*	12.04	0.30	41	47.50	6.20	20.61	392	102.7	5.10	3.52
Weighted Daily Average			523	3.38	739	*11	11.95	*0.04	44	77.91	10.18	29.81	2915	430.7	147.16	3.85
% of Calories				5.82%		*8.4%	20.6%	*0.1%		59.6%		22.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Base Menu Spreadsheet

Portion Values

Dec 1, 2017 thru Dec 31, 2017

Friday - 12/08/2017

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)
990191 Pancake, WW, 15g, (Hawthorn)	2 Each	73	160	0.00	200	*N/A*	2.00	0.00	0	30.00	2.00	4.00	0	40.0	0.00	1.44
990084 Turkey Sausage Patty, 1.03 oz, Jennie-O	Each	40	60	1.00	100	*N/A*	4.00	0.00	30	0.00	0.00	6.00	0	20.0	0.00	0.36
990291 Syrup Packet, Madeira, 1 oz. packet	1 Packet	1	80	0.00	20	14	0.00	0.00	0	20.00	0.00	0.00	0	0.0	0.00	0.00
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
000098 STRAWBERRIES: frozen	1/2 CUP	100	245	0.02	8	61	0.33	0.00	0	66.10	4.84	1.35	61	28.0	105.57	1.50
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
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990196 Fiesta Bar	Supreme Serving	5	422	10.11	1043	*4	18.91	*0.00	55	42.99	*7.99	19.86	1536	322.3	14.91	*3.22
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052 Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048 Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089 Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990180 Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 31, 2017

	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)
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087 Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345 TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09
Weighted Daily Average			703	2.92	624	*72	9.53	*0.02	31	139.68	*11.84	22.98	1753	461.2	136.90	*4.70
% of Calories				3.74%		*41.0%	12.2%	*0.0%		79.5%		13.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 12/11/2017

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)
990261 Toasted Cheese Sandwich, Arbor B-30	1 Sandwich	50	425	14.58	1110	*N/A*	27.36	0.00	70	30.01	2.00	16.08	827	302.2	0.00	0.74
990062 Chicken Nuggets, GoldKist	4 Each	23	258	2.97	347	*N/A*	13.87	0.00	64	14.86	1.98	16.85	99	19.8	107.03	1.43
990359 Romaine Salad	1/2 Cup	100	4	0.00	3	*N/A*	0.00	0.00	0	0.85	0.57	0.28	2410	11.3	1.02	0.31
000064 APPLES,Fresh	EACH	100	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
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
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 31, 2017

	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	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052 Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048 Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089 Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990180 Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087 Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345 TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09
990196 Fiesta Bar	Supreme Serving	5	422	10.11	1043	*4	18.91	*0.00	55	42.99	*7.99	19.86	1536	322.3	14.91	*3.22
Weighted Daily Average			657	10.51	1068	*25	23.24	*0.02	69	87.92	*10.57	28.52	4612	571.2	63.32	*3.17
% of Calories				14.40%		*15.2%	31.8%	*0.0%		53.5%		17.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 12/12/2017

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)
990294 Sweet & Sour Chicken, Arbor A-11a	12 Pieces	73	326	1.98	472	*N/A*	11.26	0.00	55	37.79	3.69	14.22	79	0.0	0.00	1.61

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 21, 2017

	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)	
990051	Potato Puffs, Lams Supreme, 19g	8 Puffs	50	160	2.00	330	*N/A*	5.00	0.00	0	19.00	2.00	2.00	0	0.0	2.40	0.72
990263	Peaches, Packer, 13g	1/2 Cup	50	50	0.00	10	*N/A*	0.00	0.00	0	13.00	1.00	1.00	0	0.0	0.00	0.00
990040	Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230	MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039	Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038	Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
990175	Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031	Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052	Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048	Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089	Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990180	Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10
990181	Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
990088	Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087	Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345	TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09

Base Menu Spreadsheet

Portion Values

Dec 1, 2017 thru Dec 21, 2017

	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)
990198 Pasta Bar	Servings	5	376	4.62	865	*N/A*	12.04	0.30	41	47.50	6.20	20.61	392	102.7	5.10	3.52
Weighted Daily Average			650	4.67	935	*10	16.52	*0.04	59	93.40	9.34	27.88	1692	384.9	32.04	3.55
% of Calories				6.47%		*6.2%	22.9%	*0.1%		57.5%		17.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 12/13/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990107 French Toast Sticks (4 Each), WG	Each	73	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	1	80	0.00	20	14	0.00	0.00	0	20.00	0.00	0.00	0	0.0	0.00	0.00
990293 Egg Patty, Square, 2.5" (2)	2 patties	50	80	2.00	80	*N/A*	5.00	0.00	210	2.00	0.00	6.00	200	40.0	0.00	0.72
990298 Peas, Mixed Sweet Green, #10 Packer	1/2 Cup	50	70	0.00	140	6	0.50	0.00	0	12.00	3.00	4.00	300	20.0	12.00	1.44
000098 STRAWBERRIES: frozen	1/2 CUP	25	245	0.02	8	61	0.33	0.00	0	66.10	4.84	1.35	61	28.0	105.57	1.50
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
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 31, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990052 Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048 Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089 Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990180 Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087 Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345 TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09
990196 Fiesta Bar	Supreme Serving	5	422	10.11	1043	*4	18.91	*0.00	55	42.99	*7.99	19.86	1536	322.3	14.91	*3.22
Weighted Daily Average			665	5.69	818	*29	17.73	*0.02	124	103.98	*9.41	25.68	1957	476.7	63.72	*4.77
% of Calories				7.70%		*17.4%	24.0%	*0.0%		62.5%		15.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 12/14/2017

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	73	321	6.89	961	*9	12.20	*0.00	33	30.52	0.80	22.95	1665	615.3	0.93	0.86
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
000255 BLUEBERRIES,Fresh	1/2 CUP	50	84	0.04	1	15	0.49	0.00	0	21.45	3.55	1.10	80	8.9	14.36	0.41

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 31, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052 Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048 Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089 Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990180 Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087 Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345 TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09
990198 Pasta Bar	Servings	5	376	4.62	865	*N/A*	12.04	0.30	41	47.50	6.20	20.61	392	102.7	5.10	3.52
Weighted Daily Average			591	7.27	1123	*24	14.94	*0.04	42	84.71	7.81	33.64	2890	838.6	38.70	2.85
% of Calories				11.07%		*16.2%	22.8%	*0.1%		57.3%		22.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Base Menu Spreadsheet

Portion Values

Dec 1, 2017 thru Dec 31, 2017

Friday - 12/15/2017

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)
990099 BBQ Rib Sandwich	Each	50	325	3.50	1120	*N/A*	12.00	0.00	30	41.00	3.00	17.00	100	80.0	2.40	2.52
990030 Corn Dog, Mini, Turkey, WG, House Rae	6 Each	23	290	3.50	380	*N/A*	14.00	0.00	55	30.00	3.00	10.00	0	100.0	0.00	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
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	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
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990196 Fiesta Bar	Supreme Serving	5	422	10.11	1043	*4	18.91	*0.00	55	42.99	*7.99	19.86	1536	322.3	14.91	*3.22
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052 Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048 Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089 Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990180 Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 21, 2017

	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)
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087 Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345 TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09
Weighted Daily Average			616	5.11	1118	*11	15.68	*0.02	47	95.59	*12.00	28.62	2949	490.1	143.15	*4.20
% of Calories				7.47%		*7.1%	22.9%	*0.0%		62.1%		18.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 12/18/2017

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)
990097 Bacon Cheeseburger	Each	73	434	9.32	1002	*N/A*	22.61	0.59	67	29.62	4.27	26.67	300	200.0	0.00	2.88
990298 Peas, Mixed Sweet Green, #10 Packer	1/2 Cup	70	70	0.00	140	6	0.50	0.00	0	12.00	3.00	4.00	300	20.0	12.00	1.44
990274 Pears, Bartlett, Diced in Juice, 14g	1/2 Cup	50	60	0.00	5	*N/A*	0.00	0.00	0	14.00	2.00	0.00	0	0.0	1.20	0.36
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
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 31, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990052 Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048 Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089 Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990180 Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087 Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345 TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09
990196 Fiesta Bar	Supreme Serving	5	422	10.11	1043	*4	18.91	*0.00	55	42.99	*7.99	19.86	1536	322.3	14.91	*3.22
Weighted Daily Average			705	9.30	1261	*15	22.99	*0.46	68	86.61	*11.45	38.23	2121	555.9	40.33	*5.29
% of Calories				11.87%		*8.5%	29.3%	*0.6%		49.1%		21.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 12/19/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990095 Salisbury Steak	1 Steak	73	140	4.00	250	1	10.00	0.00	30	3.00	1.00	10.00	0	20.0	1.20	1.08
990042 Roll, WG, Rubschlager, 13g	Each	73	60	0.00	140	*N/A*	1.00	0.00	0	13.00	2.00	2.00	0	20.0	0.00	0.72
990093 Mashed Potatoes, Pearls, 17g	1/4 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

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 31, 2017

	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)
990356 CHICKEN GRAVY	2 TBSP	100	26	0.35	26	*0	1.63	*0.00	0	1.91	0.08	0.89	64	2.7	0.02	0.18
000085 ORANGES HALVES	1/2 EACH	100	31	0.01	0	6	0.08	0.00	0	7.70	1.57	0.62	147	26.2	34.85	0.07
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
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052 Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048 Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089 Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990180 Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087 Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345 TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 21, 2017

	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)
990198 Pasta Bar	Servings	5	376	4.62	865	*N/A*	12.04	0.30	41	47.50	6.20	20.61	392	102.7	5.10	3.52
Weighted Daily Average			600	5.50	1141	*17	17.04	*0.04	40	88.11	9.98	28.27	1846	443.0	75.59	3.94
% of Calories				8.25%		*11.3%	25.6%	*0.1%		58.7%		18.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 12/20/2017

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990107 French Toast Sticks (4 Each), WG	Each	73	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	50	80	0.00	20	14	0.00	0.00	0	20.00	0.00	0.00	0	0.0	0.00	0.00
990293 Egg Patty, Square, 2.5" (2)	2 patties	50	80	2.00	80	*N/A*	5.00	0.00	210	2.00	0.00	6.00	200	40.0	0.00	0.72
000257 BROCCOLI: fresh, boiled	1/2 Cup	50	27	0.06	32	1	0.32	0.00	0	5.60	2.57	1.86	1207	31.2	50.62	0.52
990060 Mixed Fruit, USDA, Cup	1/2 Cup	50	60	0.00	5	12	0.00	0.00	0	14.99	1.00	0.00	200	0.0	1.20	0.00
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 31, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990052 Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048 Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089 Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990180 Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087 Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345 TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09
990196 Fiesta Bar	Supreme Serving	5	422	10.11	1043	*4	18.91	*0.00	55	42.99	*7.99	19.86	1536	322.3	14.91	*3.22
Weighted Daily Average			652	5.72	775	*24	17.56	*0.02	124	101.55	*8.48	24.27	2496	475.3	57.24	*3.93
% of Calories				7.90%		*14.7%	24.2%	*0.0%		62.3%		14.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 12/21/2017

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	73	258	2.97	347	*N/A*	13.87	0.00	64	14.86	1.98	16.85	99	19.8	107.03	1.43
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
990194 Dried Cranberries, Azar, 22g	1/4 Cup	100	90	0.00	0	*N/A*	0.10	0.00	0	22.00	1.00	0.00	0	0.0	0.00	0.36

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2017 thru Dec 31, 2017

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990040 Milk, Chocolate, Skim, Prairie Farms	Each	50	110	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000230 MILK,1% Lowfat	HALF PINT	50	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	67	0.00	5	*3	0.04	*0.00	0	17.23	1.88	0.41	99	11.7	11.34	0.20
990038 Fruit & Veggie Bar - Veggies	1/4 Cup	100	40	0.04	50	*0	0.47	0.00	0	7.10	2.06	2.43	461	20.3	11.51	0.85
990175 Cheese Pizza, 16" Dough, (Woodland), Arbor P-1a	1/8 Each	2	251	3.95	343	*N/A*	7.43	0.00	15	31.99	3.25	14.16	286	197.5	1.20	1.71
990031 Cheeseburger on WG Bun, Arbor B-1, 30g	1 Each	2	408	8.65	919	*N/A*	20.61	0.59	64	29.62	4.27	25.00	300	200.0	0.00	2.88
990052 Hamburger, WG	Each	2	298	3.65	519	*N/A*	11.61	0.59	39	27.62	4.27	20.00	0	50.0	0.00	2.88
990048 Crispy Chicken Sandwich	Each	2	330	1.50	630	*0	10.00	0.00	30	39.00	5.00	21.00	100	40.0	84.00	2.88
990089 Buffalo Chicken Wrap, Arbor C-7	Each	2	460	5.50	1045	*0	22.55	0.00	40	45.50	5.60	20.45	350	89.0	100.41	4.53
990180 Garden Salad w/ chse and roll, Arbor X-11	Salad	2	500	3.37	1167	*8	22.98	0.00	9	57.63	8.56	23.22	15248	473.2	78.76	3.10
990181 Chicken Caesar Salad, Crispy, Arbor F-5	Salad	2	419	6.39	842	*0	31.14	*0.00	51	16.49	4.10	20.04	8896	230.2	88.02	3.26
990088 Turkey & Cheese Wrap	Each	2	295	5.50	945	*N/A*	11.05	0.00	38	33.50	3.60	15.95	400	144.0	1.41	2.01
990087 Ham and Cheese Wrap	Each	2	462	13.25	1380	*N/A*	24.48	0.00	72	37.50	4.20	21.65	1100	358.0	2.82	1.85
990345 TOASTED CHEESE SANDWICH	SERVINGS	2	319	6.96	1136	*3	12.67	*0.02	30	32.69	1.57	19.16	1622	484.5	0.01	2.09
990198 Pasta Bar	Servings	5	376	4.62	865	*N/A*	12.04	0.30	41	47.50	6.20	20.61	392	102.7	5.10	3.52
Weighted Daily Average			593	4.39	674	*10	16.02	*0.04	65	84.56	7.89	28.64	1707	399.4	108.97	3.42
% of Calories				6.66%		*6.7%	24.3%	*0.1%		57.0%		19.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

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

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

¹ - denotes required nutrient values

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

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