

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2022 thru Jan 31, 2022

**Menu Name:** Millburn Middle School Lunch      **Include Cost:** No  
**Site:** All Sites      **Report Style:** Detailed

### Monday - 01/03/2022

### Reimbursable Meal Total 1

|  | 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, Arbor B-1               | 1 Each       | 45        | 323                      | 6.20                   | 589                    | 4          | 15.00     | 0.00                    | 48          | 28.00    | 3.00      | 21.50     | 0          | 138.0                  | 0.00       | 2.00      |
| 990052 Hamburger, WG, Arbor B-2                        | Each         | 45        | 268                      | 3.70                   | 389                    | 3          | 10.50     | 0.00                    | 35          | 27.00    | 3.00      | 19.00     | 0          | 88.0                   | 0.00       | 2.00      |
| 990415 Broccoli, FZ, USDA, 1/2C, 5g                    | 1/2 Cup      | 50        | 26                       | 0.00                   | 22                     | 1          | 0.00      | 0.00                    | 0           | 5.00     | 3.00      | 3.00      | *N/A*      | *N/A*                  | *N/A*      | *N/A*     |
| 991083 CAULIFLOWER,raw: fresh                          | 1/2 Cup      | 50        | 13                       | 0.07                   | 16                     | 1          | 0.15      | 0.00                    | 0           | 2.66     | 1.07      | 1.03      | 0          | 11.8                   | 25.79      | 0.22      |
| 990584 Ketchup Packet, Red Gold, 9gm, P-74398          | Each         | 80        | 10                       | 0.00                   | 85                     | 2          | 0.00      | 0.00                    | 0           | 2.00     | 0.00      | 0.00      | 0          | 0.0                    | 0.00       | 0.00      |
| 000223 MUSTARD: individual PC P-44587                  | Pkt 5g       | 50        | 3                        | 0.01                   | 55                     | 0          | 0.17      | 0.00                    | 0           | 0.29     | 0.20      | 0.19      | 5          | 3.2                    | 0.02       | 0.08      |
| 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        | 224                      | 0.00                   | 4                      | 47         | 0.00      | 0.00                    | 0           | 58.00    | 4.00      | 1.00      | *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      |

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Jan 1, 2022 thru Jan 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 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                   | 180                    | 18         | 0.00      | 0.00                    | 5           | 20.00    | 0.00      | 8.00      | 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      |
| 990956 Turkey & Cheese Sandwich, Jennie-O P-26381 | Each         | 10        | 300                      | 5.75                   | 875                    | 5          | 13.18     | 0.00                    | 48          | 27.10    | 1.93      | 19.29     | 0          | 136.7      | 0.00       | 2.11      |
| Weighted Daily Average                            |              |           | 55443                    | 598.62                 | 86545                  | 4299       | 1453.82   | 0.02                    | 5088        | 7835.10  | 757.06    | 3083.30   | *96733     | *37703.3   | *3254.45   | *280.84   |
| % of Calories                                     |              |           |                          | 9.72%                  |                        | 31.0%      | 23.6%     | 0.0%                    |             | 56.5%    |           | 22.2%     |            |            |            |           |
| Weekly Nutrient Guideline                         |              |           | 600 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |            |            |           |

Tuesday - 01/04/2022

Reimbursable Meal Total 1

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 991054 Chicken Tender, WG, GoldKist, P-592862        | 3 Each       | 90        | 220                      | 1.00                   | 470                    | 0          | 7.00      | 0.00                    | 55          | 18.00    | 2.00      | 22.00     | 200        | 20.0       | 1.20       | 1.08      |
| 991158 Belgian Waffle, Maple, 1.89 oz, P-687822      | Each-1.89 oz | 90        | 200                      | 2.00                   | 170                    | 15         | 7.00      | 0.00                    | 15          | 20.00    | 2.00      | 4.00      | *N/A*      | 8.0        | *N/A*      | 0.00      |
| 990561 Tater Tots, ORE-IDA, P-284787                 | 1/2 C (8 ea) | 50        | 116                      | 0.89                   | 277                    | 0          | 5.36      | 0.00                    | 0           | 14.29    | 1.79      | 1.79      | 0          | 0.0        | 3.21       | 0.16      |
| 991045 Baby Carrots, 2.5 oz                          | 1/2 Cup      | 50        | 31                       | 0.00                   | 38                     | 5          | 0.00      | 0.00                    | 0           | 7.50     | 2.50      | 1.25      | 5625       | 25.0       | 6.00       | 0.45      |
| 991136 Syrup, 1.5 oz Cup, Madeira, P-1779            | Each         | 90        | 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      |

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2022 thru Jan 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        | 224                      | 0.00                   | 4                      | 47         | 0.00      | 0.00                    | 0           | 58.00    | 4.00      | 1.00      | *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                   | 180                    | 18         | 0.00      | 0.00                    | 5           | 20.00    | 0.00      | 8.00      | 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      |
| 990956 Turkey & Cheese Sandwich, Jennie-O P-26381 | Each         | 10        | 300                      | 5.75                   | 875                    | 5          | 13.18     | 0.00                    | 48          | 27.10    | 1.93      | 19.29     | 0          | 136.7                  | 0.00       | 2.11      |
| Weighted Daily Average                            |              |           | 81895                    | 463.75                 | 106187                 | 7323       | 1818.34   | 0.00                    | 7675        | 12011.88 | 847.86    | 3541.90   | *395710    | *30557.3               | *2533.05   | *213.34   |
| % of Calories                                     |              |           |                          | 5.10%                  |                        | 35.8%      | 20.0%     | 0.0%                    |             | 58.7%    |           | 17.3%     |            |                        |            |           |
| Weekly Nutrient Guideline                         |              |           | 600 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Wednesday - 01/05/2022

### Reimbursable Meal Total 1

|   | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990057 Pizza Dippers, The Max, P-43901    | 2 Each       | 90        | 300                      | 5.00                   | 740                    | 6          | 12.00     | 0.00                    | 10          | 34.00    | 4.00      | 14.00     | 200        | 300.0                  | 0.00       | 0.26      |
| 991070 Marinara Sauce, Red Pack, P-971691 | 1/2 Cup      | 90        | 60                       | 0.00                   | 134                    | 6          | 1.49      | 0.00                    | 0           | 9.92     | 1.98      | 1.98      | 0          | 39.7                   | 0.00       | 1.07      |

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Jan 1, 2022 thru Jan 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 991168 Spring Pea Salad, E-27                     | 1/2 Cup      | 100       | 129                      | 1.00                   | 100                    | *2         | 4.50      | *0.00                   | 5           | 15.53    | 5.18      | 5.17      | 515        | 0.4                    | 15.56      | 1.39      |
| 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        | 224                      | 0.00                   | 4                      | 47         | 0.00      | 0.00                    | 0           | 58.00    | 4.00      | 1.00      | *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                   | 180                    | 18         | 0.00      | 0.00                    | 5           | 20.00    | 0.00      | 8.00      | 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      |
| 990956 Turkey & Cheese Sandwich, Jennie-O P-26381 | Each         | 10        | 300                      | 5.75                   | 875                    | 5          | 13.18     | 0.00                    | 48          | 27.10    | 1.93      | 19.29     | 0          | 136.7                  | 0.00       | 2.11      |
| Weighted Daily Average                            |              |           | 70660                    | 699.18                 | 113486                 | *4970      | 1954.58   | *0.00                   | 2775        | 10208.91 | 1329.72   | 3005.26   | *165952    | *57397.6               | *3520.85   | *344.86   |
| % of Calories                                     |              |           |                          | 8.91%                  |                        | *28.1%     | 24.9%     | *0.0%                   |             | 57.8%    |           | 17.0%     |            |                        |            |           |
| Weekly Nutrient Guideline                         |              |           | 600 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

Thursday - 01/06/2022

Reimbursable Meal Total 1

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Jan 1, 2022 thru Jan 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) |
|---|-----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 991201 Taco Filling, Beef, P-369222                       | 1.5 oz #16 scoo | 90        | 64                       | 1.01                   | 166                    | 1          | 2.52      | 0.00                    | 19          | 3.02     | 1.01      | 7.06      | 362        | 26.2                   | 3.02       | 1.01      |
| 990582 Cheddar Cheese, Shredded 1 oz                      | 1 oz            | 90        | 111                      | 5.06                   | 182                    | 0          | 9.11      | 0.00                    | 25          | 2.02     | 0.00      | 6.08      | 0          | 195.4                  | 0.00       | 0.00      |
| 991202 Doritos, Nacho Cheese Tortilla Chip, 1 oz, P-40499 | Bag             | 90        | 150                      | 1.00                   | 190                    | 1          | 8.00      | 0.00                    | 0           | 18.00    | 1.00      | 2.00      | 0          | 30.0                   | 0.00       | 0.30      |
| 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*     |
| 990290 Black Beans, LS, Mothers Maid, P-493061            | 1/2 Cup         | 25        | 100                      | 0.00                   | 140                    | 0          | 0.00      | 0.00                    | 0           | 18.00    | 6.00      | 7.00      | 0          | 40.0                   | 0.00       | 2.70      |
| 990963 Salsa, Mild, Red Gold, P-886718                    | 4 Ounces        | 25        | 40                       | 0.00                   | 280                    | 4          | 0.00      | 0.00                    | 0           | 8.00     | 2.00      | 0.00      | 2000       | 80.0                   | 24.00      | 1.44      |
| 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        | 224                      | 0.00                   | 4                      | 47         | 0.00      | 0.00                    | 0           | 58.00    | 4.00      | 1.00      | *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                   | 180                    | 18         | 0.00      | 0.00                    | 5           | 20.00    | 0.00      | 8.00      | 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      |

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Jan 1, 2022 thru Jan 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990956 Turkey & Cheese Sandwich, Jennie-O P-26381 | Each         | 10        | 300                      | 5.75                   | 875                    | 5          | 13.18     | 0.00                    | 48          | 27.10    | 1.93      | 19.29     | 0          | 136.7                  | 0.00       | 2.11      |
| Weighted Daily Average                            |              |           | 61418                    | 785.45                 | 84498                  | 4174       | 2107.40   | 0.00                    | 5377        | 8176.98  | 754.28    | 2686.90   | *179028    | *52433.1               | *2836.51   | *306.80   |
| % of Calories                                     |              |           |                          | 11.51%                 |                        | 27.2%      | 30.9%     | 0.0%                    |             | 53.3%    |           | 17.5%     |            |                        |            |           |
| Weekly Nutrient Guideline                         |              |           | 600 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

## Friday - 01/07/2022

### Reimbursable Meal Total 1

|  | Portion Size    | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc <sup>m</sup> (mg) | Vit-C (mg) | Iron (mg) |
|--|-----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990048 Crispy Chicken Sandwich, GoldKist, P-470164     | Each            | 90        | 340                      | 2.50                   | 650                    | 3          | 12.50     | 0.00                    | 35          | 39.00    | 4.00      | 21.00     | 100        | 86.0                   | 78.00      | 2.80      |
| 990834 Potato, Smiles, McCain, P-384399                | 1/2 Cup(4 each) | 50        | 130                      | 0.50                   | 180                    | 0          | 4.50      | 0.00                    | 0           | 20.00    | 2.00      | 2.00      | 0          | 0.0                    | 2.40       | 0.36      |
| 990363 Garbanzo Beans, Bushs, P-284297                 | 1/2 Cup         | 50        | 120                      | 0.00                   | 230                    | 3          | 2.00      | 0.00                    | 0           | 20.00    | 5.00      | 6.00      | 0          | 40.0                   | 0.00       | 1.80      |
| 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      |
| 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        | 224                      | 0.00                   | 4                      | 47         | 0.00      | 0.00                    | 0           | 58.00    | 4.00      | 1.00      | *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      |

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2022 thru Jan 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    | 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                   | 180                    | 18         | 0.00      | 0.00                    | 5           | 20.00    | 0.00      | 8.00      | 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      |
| 990956 Turkey & Cheese Sandwich, Jennie-O P-26381 | Each         | 10        | 300                      | 5.75                   | 875                    | 5          | 13.18     | 0.00                    | 48          | 27.10    | 1.93      | 19.29     | 0          | 136.7                  | 0.00       | 2.11      |
| Weighted Daily Average                            |              |           | 69529                    | 399.10                 | 112322                 | 4363       | 1740.48   | 0.00                    | 4525        | 10412.58 | 983.56    | 3340.10   | *105460    | *36527.3               | *9104.35   | *445.58   |
| % of Calories                                     |              |           |                          | 5.17%                  |                        | 25.1%      | 22.5%     | 0.0%                    |             | 59.9%    |           | 19.2%     |            |                        |            |           |
| Weekly Nutrient Guideline                         |              |           | 600 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Monday - 01/10/2022

### Reimbursable Meal Total 1

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990182 Yogurt, Strawberry, Upstate Farms, P-74086    | 1/2 Cup      | 90        | 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         | 90        | 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  | 90        | 160                      | 0.50                   | 95                     | 14         | 5.00      | 0.00                    | 26          | 26.00    | 1.00      | 3.00      | 0          | 20.0                   | 0.00       | 1.08      |
| 991033 CELERY STICKS                                 | 1/2 CUP      | 50        | 8                        | 0.03                   | 48                     | 1          | 0.10      | 0.00                    | 0           | 1.78     | 0.96      | 0.41      | 269        | 24.0                   | 1.86       | 0.12      |
| 991045 Baby Carrots, 2.5 oz                          | 1/2 Cup      | 50        | 31                       | 0.00                   | 38                     | 5          | 0.00      | 0.00                    | 0           | 7.50     | 2.50      | 1.25      | 5625       | 25.0                   | 6.00       | 0.45      |
| 990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597 | Each         | 100       | 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

Jan 1, 2022 thru Jan 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        | 224                      | 0.00                   | 4                      | 47         | 0.00      | 0.00                    | 0           | 58.00    | 4.00      | 1.00      | *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                   | 180                    | 18         | 0.00      | 0.00                    | 5           | 20.00    | 0.00      | 8.00      | 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      |
| 990956 Turkey & Cheese Sandwich, Jennie-O P-26381 | Each         | 10        | 300                      | 5.75                   | 875                    | 5          | 13.18     | 0.00                    | 48          | 27.10    | 1.93      | 19.29     | 0          | 136.7                  | 0.00       | 2.11      |
| Weighted Daily Average                            |              |           | 58112                    | 510.36                 | 72647                  | 6643       | 1285.58   | 0.00                    | 5065        | 9416.68  | 536.56    | 2213.30   | *391180    | *62537.3               | *2357.35   | *211.28   |
| % of Calories                                     |              |           |                          | 7.90%                  |                        | 45.7%      | 19.9%     | 0.0%                    |             | 64.8%    |           | 15.2%     |            |                        |            |           |
| Weekly Nutrient Guideline                         |              |           | 600 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Tuesday - 01/11/2022

### Reimbursable Meal Total 1

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 991085 Corn Dog, Chicken, Foster Farms, P-909561 | Each         | 90        | 240                      | 2.50                   | 390                    | 5          | 8.00      | 0.00                    | 40          | 30.00    | 5.00      | 9.00      | 0          | 80.0                   | 0.00       | 1.80      |
| 000433 MIXED VEGETABLES:frozen,boiled            | 1/2 CUP      | 50        | 59                       | 0.03                   | 32                     | 3          | 0.14      | 0.00                    | 0           | 11.91    | 4.00      | 2.60      | 3892       | 22.8                   | 2.91       | 0.75      |



# Base Menu Spreadsheet

## Portion Values

Jan 1, 2022 thru Jan 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990054 Romaine Salad                                 | 1 Cup        | 50        | 9                        | 0.00                   | 6                      | *N/A*      | 0.00      | 0.00                    | 0           | 1.87     | 1.13      | 0.57      | 4819       | 22.7                   | 2.04       | 0.61      |
| 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         | 100       | 10                       | 0.00                   | 85                     | 2          | 0.00      | 0.00                    | 0           | 2.00     | 0.00      | 0.00      | 0          | 0.0                    | 0.00       | 0.00      |
| 000223 MUSTARD: individual PC P-44587                | Pkt 5g       | 25        | 3                        | 0.01                   | 55                     | 0          | 0.17      | 0.00                    | 0           | 0.29     | 0.20      | 0.19      | 5          | 3.2                    | 0.02       | 0.08      |
| 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        | 224                      | 0.00                   | 4                      | 47         | 0.00      | 0.00                    | 0           | 58.00    | 4.00      | 1.00      | *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                   | 180                    | 18         | 0.00      | 0.00                    | 5           | 20.00    | 0.00      | 8.00      | 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      |
| 990956 Turkey & Cheese Sandwich, Jennie-O P-26381    | Each         | 10        | 300                      | 5.75                   | 875                    | 5          | 13.18     | 0.00                    | 48          | 27.10    | 1.93      | 19.29     | 0          | 136.7                  | 0.00       | 2.11      |
| Weighted Daily Average                               |              |           | 51987                    | 375.78                 | 77928                  | *4536      | 1021.48   | 0.01                    | 4975        | 8399.01  | 985.46    | 2023.28   | *532171    | *36337.6               | *2212.38   | *317.48   |
| % of Calories  |              |           |                          | 6.51%                  |                        | *34.9%     | 17.7%     | 0.0%                    |             | 64.6%    |           | 15.6%     |            |                        |            |           |
| Weekly Nutrient Guideline                            |              |           | 600 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2022 thru Jan 31, 2022

Wednesday - 01/12/2022

Reimbursable Meal Total 1

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|-----------|------------|-----------|
| 990048 Crispy Chicken Sandwich, GoldKist, P-470164     | Each         | 90        | 340                      | 2.50                   | 650                    | 3          | 12.50     | 0.00                    | 35          | 39.00    | 4.00      | 21.00     | 100        | 86.0      | 78.00      | 2.80      |
| 990055 Seasoned Green Beans, Arbor E-13                | 1/2 Cup      | 50        | 20                       | 0.00                   | 140                    | 2          | 0.00      | 0.00                    | 0           | 4.00     | 2.00      | 0.60      | 200        | 20.0      | 3.60       | 0.72      |
| 990297 Cucumbers, Sliced, PEAK, .94g                   | 1/2 Cup      | 50        | 8                        | 0.00                   | 1                      | *N/A*      | 0.00      | 0.00                    | 0           | 1.89     | 0.30      | 0.34      | 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      |
| 990584 Ketchup Packet, Red Gold, 9gm, P-74398          | Each         | 80        | 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        | 224                      | 0.00                   | 4                      | 47         | 0.00      | 0.00                    | 0           | 58.00    | 4.00      | 1.00      | *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                   | 180                    | 18         | 0.00      | 0.00                    | 5           | 20.00    | 0.00      | 8.00      | 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      |

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2022 thru Jan 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990956 Turkey & Cheese Sandwich, Jennie-O P-26381 | Each         | 10        | 300                      | 5.75                   | 875                    | 5          | 13.18     | 0.00                    | 48          | 27.10    | 1.93      | 19.29     | 0          | 136.7                  | 0.00       | 2.11      |
| Weighted Daily Average                            |              |           | 58729                    | 374.10                 | 103422                 | *4273      | 1415.48   | 0.00                    | 4525        | 8767.08  | 748.56    | 2987.10   | *115460    | *35527.3               | *9164.35   | *373.58   |
| % of Calories                                     |              |           |                          | 5.73%                  |                        | *29.1%     | 21.7%     | 0.0%                    |             | 59.7%    |           | 20.3%     |            |                        |            |           |
| Weekly Nutrient Guideline                         |              |           | 600 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

## Thursday - 01/13/2022

### Reimbursable Meal Total 1

|  | 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 Each       | 90        | 185                      | 2.16                   | 335                    | 2          | 9.53      | 0.00                    | 22          | 16.74    | 1.91      | 9.11      | 388        | 90.5                   | 2.72       | 3.54      |
| 990597 Fiesta Beans, E-9b                          | 1/2 Cup      | 50        | 107                      | 0.00                   | 479                    | *0         | 1.77      | 0.00                    | 0           | 16.97    | 5.33      | 6.23      | 0          | 17.9                   | 0.00       | 1.61      |
| 990963 Salsa, Mild, Red Gold, P-886718             | 4 Ounces     | 50        | 40                       | 0.00                   | 280                    | 4          | 0.00      | 0.00                    | 0           | 8.00     | 2.00      | 0.00      | 2000       | 80.0                   | 24.00      | 1.44      |
| 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        | 224                      | 0.00                   | 4                      | 47         | 0.00      | 0.00                    | 0           | 58.00    | 4.00      | 1.00      | *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

Jan 1, 2022 thru Jan 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                   | 180                    | 18         | 0.00      | 0.00                    | 5           | 20.00    | 0.00      | 8.00      | 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      |
| 990956 Turkey & Cheese Sandwich, Jennie-O P-26381 | Each         | 10        | 300                      | 5.75                   | 875                    | 5          | 13.18     | 0.00                    | 48          | 27.10    | 1.93      | 19.29     | 0          | 136.7                  | 0.00       | 2.11      |
| Weighted Daily Average                            |              |           | 49438                    | 343.94                 | 92936                  | *4116      | 1236.87   | 0.00                    | 3335        | 7457.51  | 811.84    | 2181.98   | *231384    | *39830.0               | *3409.43   | *556.40   |
| % of Calories                                     |              |           |                          | 6.26%                  |                        | *33.3%     | 22.5%     | 0.0%                    |             | 60.3%    |           | 17.7%     |            |                        |            |           |
| Weekly Nutrient Guideline                         |              |           | 600 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

## Friday - 01/14/2022

### Reimbursable Meal Total 1

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 991185 SMART WHOLE GRAIN CHEESE PIZZA 50-50 P-349370   | Pizza        | 90        | 300                      | 4.00                   | 480                    | 8          | 11.00     | 0.00                    | 15          | 35.00    | 4.00      | 16.00     | 450        | 306.0                  | 0.00       | 2.60      |
| 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      |
| 991063 BROCCOLI,raw: fresh                             | 1/2 Cup      | 50        | 15                       | 0.05                   | 15                     | 1          | 0.17      | 0.00                    | 0           | 3.02     | 1.18      | 1.28      | 283        | 21.4                   | 40.59      | 0.33      |
| 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        | 224                      | 0.00                   | 4                      | 47         | 0.00      | 0.00                    | 0           | 58.00    | 4.00      | 1.00      | *N/A*      | *N/A*                  | *N/A*      | *N/A*     |

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Jan 1, 2022 thru Jan 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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                   | 180                    | 18         | 0.00      | 0.00                    | 5           | 20.00    | 0.00      | 8.00      | 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      |
| 990956 Turkey & Cheese Sandwich, Jennie-O P-26381 | Each         | 10        | 300                      | 5.75                   | 875                    | 5          | 13.18     | 0.00                    | 48          | 27.10    | 1.93      | 19.29     | 0          | 136.7                  | 0.00       | 2.11      |
| Weighted Daily Average                            |              |           | 57203                    | 511.71                 | 75023                  | 4602       | 1313.95   | 0.00                    | 2725        | 9003.63  | 792.71    | 2704.26   | *161134    | *55396.6               | *4293.65   | *354.18   |
| % of Calories                                     |              |           |                          | 8.05%                  |                        | 32.2%      | 20.7%     | 0.0%                    |             | 63.0%    |           | 18.9%     |            |                        |            |           |
| Weekly Nutrient Guideline                         |              |           | 600 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

Tuesday - 01/18/2022

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990723 Sloppy Joe, Scoops, Beef, JTM, B-43d            | Serving      | 90        | 268                      | 2.40                   | 584                    | 8          | 8.50      | 0.00                    | 47          | 30.00    | 4.00      | 16.00     | 459        | 62.0                   | 6.00       | 2.36      |
| 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*     |
| 990290 Black Beans, LS, Mothers Maid, P-493061         | 1/2 Cup      | 50        | 100                      | 0.00                   | 140                    | 0          | 0.00      | 0.00                    | 0           | 18.00    | 6.00      | 7.00      | 0          | 40.0                   | 0.00       | 2.70      |
| 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

## Portion Values

Jan 1, 2022 thru Jan 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        | 224                      | 0.00                   | 4                      | 47         | 0.00      | 0.00                    | 0           | 58.00    | 4.00      | 1.00      | *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                   | 180                    | 18         | 0.00      | 0.00                    | 5           | 20.00    | 0.00      | 8.00      | 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      |
| 990956 Turkey & Cheese Sandwich, Jennie-O P-26381 | Each         | 10        | 300                      | 5.75                   | 875                    | 5          | 13.18     | 0.00                    | 48          | 27.10    | 1.93      | 19.29     | 0          | 136.7                  | 0.00       | 2.11      |
| Weighted Daily Average                            |              |           | 578                      | 3.65                   | 851                    | 46         | 11.05     | 0.00                    | 56          | 90.53    | 10.34     | 29.40     | *1378      | *343.7                 | *25.04     | *4.33     |
| % of Calories                                     |              |           |                          | 5.68%                  |                        | 31.8%      | 17.2%     | 0.0%                    |             | 62.7%    |           | 20.3%     |            |                        |            |           |
| Weekly Nutrient Guideline                         |              |           | 600 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Wednesday - 01/19/2022

### Reimbursable Meal Total 1

|   | 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990920 Cheese Ravioli, Jumbo, Whole Grain, P-431907 | 3 each       | 90        | 259                      | 2.52                   | 290                    | 8          | 5.96      | 0.00                    | 25          | 33.71    | 3.92      | 17.02     | 202        | 239.7                  | 6.05       | 2.12      |
| 990906 Garlic Bread, Texas Toast, WG, P-392110      | Each         | 90        | 90                       | 0.50                   | 190                    | 1          | 2.50      | *N/A*                   | 0           | 15.00    | 2.00      | 3.00      | 400        | 8.7                    | 0.00       | 0.90      |
| 990415 Broccoli, FZ, USDA, 1/2C, 5g                 | 1/2 Cup      | 50        | 26                       | 0.00                   | 22                     | 1          | 0.00      | 0.00                    | 0           | 5.00     | 3.00      | 3.00      | *N/A*      | *N/A*                  | *N/A*      | *N/A*     |

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Jan 1, 2022 thru Jan 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 991062 Tomato, Cherry, Packer                          | 1/2 Cup      | 50        | 24                       | 0.05                   | 21                     | *N/A*      | 0.05      | 0.00                    | 0           | 6.00     | 1.90      | 1.10      | 500        | 21.0                   | 6.00       | 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      |
| 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        | 224                      | 0.00                   | 4                      | 47         | 0.00      | 0.00                    | 0           | 58.00    | 4.00      | 1.00      | *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                   | 180                    | 18         | 0.00      | 0.00                    | 5           | 20.00    | 0.00      | 8.00      | 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      |
| 990956 Turkey & Cheese Sandwich, Jennie-O P-26381      | Each         | 10        | 300                      | 5.75                   | 875                    | 5          | 13.18     | 0.00                    | 48          | 27.10    | 1.93      | 19.29     | 0          | 136.7                  | 0.00       | 2.11      |
| Weighted Daily Average                                 |              |           | 59813                    | 423.26                 | 76406                  | *4543      | 1054.71   | *0.00                   | 3643        | 9736.59  | 1051.36   | 3057.08   | *175601    | *50192.1               | *2808.58   | *429.12   |
| % of Calories  |              |           |                          | 6.37%                  |                        | *30.4%     | 15.9%     | *0.0%                   |             | 65.1%    |           | 20.4%     |            |                        |            |           |
| Weekly Nutrient Guideline                              |              |           | 600 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

Thursday - 01/20/2022

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2022 thru Jan 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       | 90        | 200                      | 2.00                   | 400                    | 0          | 10.00     | 0.00                    | 35          | 13.00    | 2.00      | 15.00     | 100        | 20.0                   | 78.00      | 1.80      |
| 990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969 | Each         | 90        | 100                      | 0.50                   | 170                    | 0          | 4.00      | 0.00                    | 0           | 14.00    | 1.00      | 2.00      | 0          | 20.0                   | 0.00       | 0.72      |
| 990907 Seasoned Spiral Fries, McCain, P-531785          | 1/2 Cup      | 50        | 100                      | 0.00                   | 150                    | 0          | 3.00      | 0.00                    | 0           | 17.00    | 1.00      | 1.00      | 0          | 0.0                    | 2.40       | 0.00      |
| 990363 Garbanzo Beans, Bushs, P-284297                  | 1/2 Cup      | 50        | 120                      | 0.00                   | 230                    | 3          | 2.00      | 0.00                    | 0           | 20.00    | 5.00      | 6.00      | 0          | 40.0                   | 0.00       | 1.80      |
| 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      |
| 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        | 224                      | 0.00                   | 4                      | 47         | 0.00      | 0.00                    | 0           | 58.00    | 4.00      | 1.00      | *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                   | 180                    | 18         | 0.00      | 0.00                    | 5           | 20.00    | 0.00      | 8.00      | 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      |



# Base Menu Spreadsheet

## Portion Values

Jan 1, 2022 thru Jan 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990956 Turkey & Cheese Sandwich, Jennie-O P-26381 | Each         | 10        | 300                      | 5.75                   | 875                    | 5          | 13.18     | 0.00                    | 48          | 27.10    | 1.93      | 19.29     | 0          | 136.7                  | 0.00       | 2.11      |
| Weighted Daily Average                            |              |           | 644                      | 3.74                   | 1036                   | 41         | 18.00     | 0.00                    | 45          | 91.83    | 8.44      | 29.30     | *1055      | *323.9                 | *91.04     | *4.02     |
| % of Calories                                     |              |           |                          | 5.23%                  |                        | 25.5%      | 25.2%     | 0.0%                    |             | 57.0%    |           | 18.2%     |            |                        |            |           |
| Weekly Nutrient Guideline                         |              |           | 600 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

## Friday - 01/21/2022

### 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990923 Meatball Sub, Italian, JTM, Commodity, P-850570 | 1 Sub        | 45        | 373                      | 5.81                   | 745                    | 8          | 13.96     | 0.55                    | 44          | 38.70    | 4.03      | 22.25     | 794        | 210.0                  | 4.74       | 3.96      |
| 990945 Meatball Sub, Italian, JTM Meatball P-369634    | 1 Sub        | 45        | 350                      | 5.33                   | 714                    | 7          | 12.73     | 0.47                    | 38          | 38.52    | 3.92      | 19.24     | 793        | 179.6                  | 4.74       | 3.75      |
| 990410 Green Beans, FZ, USDA, 4g 1/2 C                 | 1/2 Cup      | 50        | 19                       | 0.00                   | 1                      | 1          | 0.00      | 0.00                    | 0           | 4.00     | 2.00      | 1.00      | *N/A*      | *N/A*                  | *N/A*      | *N/A*     |
| 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      |
| 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        | 224                      | 0.00                   | 4                      | 47         | 0.00      | 0.00                    | 0           | 58.00    | 4.00      | 1.00      | *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

## Portion Values

Jan 1, 2022 thru Jan 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                   | 180                    | 18         | 0.00      | 0.00                    | 5           | 20.00    | 0.00      | 8.00      | 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      |
| 990956 Turkey & Cheese Sandwich, Jennie-O P-26381 | Each         | 10        | 300                      | 5.75                   | 875                    | 5          | 13.18     | 0.00                    | 48          | 27.10    | 1.93      | 19.29     | 0          | 136.7                  | 0.00       | 2.11      |
| Weighted Daily Average                            |              |           | 601                      | 6.53                   | 979                    | 45         | 15.12     | 0.46                    | 50          | 85.71    | 8.05      | 30.24     | *3367      | *479.1                 | *36.06     | *4.72     |
| % of Calories                                     |              |           |                          | 9.78%                  |                        | 30.0%      | 22.6%     | 0.7%                    |             | 57.0%    |           | 20.1%     |            |                        |            |           |
| Weekly Nutrient Guideline                         |              |           | 600 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Monday - 01/24/2022

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       | 90        | 257                      | 1.80                   | 362                    | 11         | 10.00     | 0.00                    | 37          | 35.00    | 0.00      | 10.00     | 114        | 55.0                   | 51.00      | 2.00      |
| 990927 Beans, Vegetarian in Tom Sauce, P-376745      | 1/2 Cup      | 50        | 110                      | 0.00                   | 330                    | 2          | 0.00      | 0.00                    | 0           | 19.99    | 5.00      | 6.00      | 100        | 0.0                    | 1.20       | 1.80      |
| 991045 Baby Carrots, 2.5 oz                          | 1/2 Cup      | 50        | 31                       | 0.00                   | 38                     | 5          | 0.00      | 0.00                    | 0           | 7.50     | 2.50      | 1.25      | 5625       | 25.0                   | 6.00       | 0.45      |
| 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      |
| 000223 MUSTARD: individual PC P-44587                | Pkt 5g       | 50        | 3                        | 0.01                   | 55                     | 0          | 0.17      | 0.00                    | 0           | 0.29     | 0.20      | 0.19      | 5          | 3.2                    | 0.02       | 0.08      |
| 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

Jan 1, 2022 thru Jan 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        | 224                      | 0.00                   | 4                      | 47         | 0.00      | 0.00                    | 0           | 58.00    | 4.00      | 1.00      | *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                   | 180                    | 18         | 0.00      | 0.00                    | 5           | 20.00    | 0.00      | 8.00      | 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      |
| 990956 Turkey & Cheese Sandwich, Jennie-O P-26381 | Each         | 10        | 300                      | 5.75                   | 875                    | 5          | 13.18     | 0.00                    | 48          | 27.10    | 1.93      | 19.29     | 0          | 136.7                  | 0.00       | 2.11      |
| Weighted Daily Average                            |              |           | 573                      | 3.12                   | 933                    | 53         | 11.99     | 0.00                    | 47          | 95.42    | 6.58      | 23.22     | *3932      | *331.4                 | *69.15     | *3.82     |
| % of Calories                                     |              |           |                          | 4.90%                  |                        | 37.0%      | 18.8%     | 0.0%                    |             | 66.6%    |           | 16.2%     |            |                        |            |           |
| Weekly Nutrient Guideline                         |              |           | 600 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

Tuesday - 01/25/2022

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) |
|--------------------------------------|-----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 991201 Taco Filling, Beef, P-369222  | 1.5 oz #16 scoo | 90        | 64                       | 1.01                   | 166                    | 1          | 2.52      | 0.00                    | 19          | 3.02     | 1.01      | 7.06      | 362        | 26.2                   | 3.02       | 1.01      |
| 990582 Cheddar Cheese, Shredded 1 oz | 1 oz            | 90        | 111                      | 5.06                   | 182                    | 0          | 9.11      | 0.00                    | 25          | 2.02     | 0.00      | 6.08      | 0          | 195.4                  | 0.00       | 0.00      |

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Jan 1, 2022 thru Jan 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990544 Tortilla Chip, 1.6 oz bag, El Sabroso, P-583986 | Bag          | 90        | 210                      | 1.00                   | 180                    | 0          | 12.00     | 0.00                    | 0           | 25.00    | 2.00      | 3.00      | 0          | 40.0                   | 0.00       | 0.72      |
| 990488 CARROTS:frozen, boiled                          | 1/2 Cup      | 50        | 27                       | 0.09                   | 43                     | 3          | 0.50      | 0.00                    | 0           | 5.64     | 2.41      | 0.42      | 12357      | 25.6                   | 1.68       | 0.39      |
| 991033 CELERY STICKS                                   | 1/2 CUP      | 50        | 8                        | 0.03                   | 48                     | 1          | 0.10      | 0.00                    | 0           | 1.78     | 0.96      | 0.41      | 269        | 24.0                   | 1.86       | 0.12      |
| 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        | 224                      | 0.00                   | 4                      | 47         | 0.00      | 0.00                    | 0           | 58.00    | 4.00      | 1.00      | *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                   | 180                    | 18         | 0.00      | 0.00                    | 5           | 20.00    | 0.00      | 8.00      | 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      |
| 990956 Turkey & Cheese Sandwich, Jennie-O P-26381      | Each         | 10        | 300                      | 5.75                   | 875                    | 5          | 13.18     | 0.00                    | 48          | 27.10    | 1.93      | 19.29     | 0          | 136.7                  | 0.00       | 2.11      |
| Weighted Daily Average                                 |              |           | 623                      | 7.91                   | 832                    | 40         | 24.47     | 0.00                    | 54          | 78.78    | 7.13      | 25.44     | *7604      | *528.1                 | *24.13     | *2.66     |
| % of Calories  |              |           |                          | 11.43%                 |                        | 25.7%      | 35.3%     | 0.0%                    |             | 50.6%    |           | 16.3%     |            |                        |            |           |
| Weekly Nutrient Guideline                              |              |           | 600 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2022 thru Jan 31, 2022

Wednesday - 01/26/2022

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|-----------|------------|-----------|
| 990048 Crispy Chicken Sandwich, GoldKist, P-470164     | Each         | 90        | 340                      | 2.50                   | 650                    | 3          | 12.50     | 0.00                    | 35          | 39.00    | 4.00      | 21.00     | 100        | 86.0      | 78.00      | 2.80      |
| 990396 Broccoli, West Creek, 1/2C, 2g                  | 1/2 Cup      | 50        | 11                       | 0.00                   | 10                     | 0          | 0.00      | 0.00                    | 0           | 2.00     | 1.50      | 1.50      | 450        | 25.0      | 25.20      | 0.36      |
| 991077 PEPPERS,SWEET,GREEN,RAW                         | 1/2 Cup      | 50        | 9                        | 0.03                   | 1                      | 1          | 0.08      | 0.00                    | 0           | 2.13     | 0.78      | 0.40      | 170        | 4.6       | 36.98      | 0.16      |
| 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      |
| 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        | 224                      | 0.00                   | 4                      | 47         | 0.00      | 0.00                    | 0           | 58.00    | 4.00      | 1.00      | *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                   | 180                    | 18         | 0.00      | 0.00                    | 5           | 20.00    | 0.00      | 8.00      | 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      |

# Base Menu Spreadsheet

## Portion Values

Jan 1, 2022 thru Jan 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990956 Turkey & Cheese Sandwich, Jennie-O P-26381 | Each         | 10        | 300                      | 5.75                   | 875                    | 5          | 13.18     | 0.00                    | 48          | 27.10    | 1.93      | 19.29     | 0          | 136.7                  | 0.00       | 2.11      |
| Weighted Daily Average                            |              |           | 585                      | 3.75                   | 987                    | 43         | 14.19     | 0.00                    | 45          | 87.19    | 7.48      | 30.35     | *1365      | *360.1                 | *120.94    | *3.63     |
| % of Calories                                     |              |           |                          | 5.77%                  |                        | 29.4%      | 21.8%     | 0.0%                    |             | 59.6%    |           | 20.8%     |            |                        |            |           |
| Weekly Nutrient Guideline                         |              |           | 600 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Thursday - 01/27/2022

### Reimbursable Meal Total 1

|  | 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) |
|--|-----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990552 Salisbury Steak, Reduced Sodium, JTM, P-369313  | Each            | 90        | 158                      | 3.40                   | 328                    | 1          | 9.00      | 0.60                    | 43          | 5.00     | 1.00      | 14.00     | 40         | 45.0                   | 1.00       | 2.00      |
| 990525 Biscuit, 1 oz, Pillsbury, Whole Grain, P-376522 | Each            | 90        | 100                      | 3.50                   | 210                    | 1          | 4.50      | 0.00                    | 0           | 14.00    | 1.00      | 2.00      | 0          | 60.0                   | 0.00       | 0.36      |
| 990834 Potato, Smiles, McCain, P-384399                | 1/2 Cup(4 each) | 50        | 130                      | 0.50                   | 180                    | 0          | 4.50      | 0.00                    | 0           | 20.00    | 2.00      | 2.00      | 0          | 0.0                    | 2.40       | 0.36      |
| 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      |
| 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        | 224                      | 0.00                   | 4                      | 47         | 0.00      | 0.00                    | 0           | 58.00    | 4.00      | 1.00      | *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

Jan 1, 2022 thru Jan 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                   | 180                    | 18         | 0.00      | 0.00                    | 5           | 20.00    | 0.00      | 8.00      | 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      |
| 990956 Turkey & Cheese Sandwich, Jennie-O P-26381 | Each         | 10        | 300                      | 5.75                   | 875                    | 5          | 13.18     | 0.00                    | 48          | 27.10    | 1.93      | 19.29     | 0          | 136.7                  | 0.00       | 2.11      |
| Weighted Daily Average                            |              |           | 55947                    | 797.42                 | 88552                  | 3964       | 1735.24   | 54.00                   | 5245        | 7576.84  | 574.36    | 2607.66   | *102202    | *36653.8               | *2269.55   | *322.54   |
| % of Calories                                     |              |           |                          | 12.83%                 |                        | 28.3%      | 27.9%     | 0.9%                    |             | 54.2%    |           | 18.6%     |            |                        |            |           |
| Weekly Nutrient Guideline                         |              |           | 600 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Friday - 01/28/2022

### Reimbursable Meal Total 1

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990057 Pizza Dippers, The Max, P-43901                 | 2 Each       | 90        | 300                      | 5.00                   | 740                    | 6          | 12.00     | 0.00                    | 10          | 34.00    | 4.00      | 14.00     | 200        | 300.0                  | 0.00       | 0.26      |
| 991070 Marinara Sauce, Red Pack, P-971691              | 1/2 Cup      | 90        | 60                       | 0.00                   | 134                    | 6          | 1.49      | 0.00                    | 0           | 9.92     | 1.98      | 1.98      | 0          | 39.7                   | 0.00       | 1.07      |
| 990954 Fresh Coleslaw, T. Marzetti's                   | 1/2 Cup      | 100       | 78                       | 1.09                   | 155                    | 3          | 6.61      | 0.00                    | 8           | 4.43     | 0.27      | 0.42      | 45         | 14.8                   | 16.03      | 0.16      |
| 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

Jan 1, 2022 thru Jan 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        | 224                      | 0.00                   | 4                      | 47         | 0.00      | 0.00                    | 0           | 58.00    | 4.00      | 1.00      | *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                   | 180                    | 18         | 0.00      | 0.00                    | 5           | 20.00    | 0.00      | 8.00      | 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      |
| 990956 Turkey & Cheese Sandwich, Jennie-O P-26381 | Each         | 10        | 300                      | 5.75                   | 875                    | 5          | 13.18     | 0.00                    | 48          | 27.10    | 1.93      | 19.29     | 0          | 136.7                  | 0.00       | 2.11      |
| Weighted Daily Average                            |              |           | 65589                    | 708.30                 | 118937                 | 5081       | 2165.52   | 0.00                    | 3111        | 9098.77  | 838.82    | 2530.26   | *118914    | *58844.0               | *3567.75   | *221.46   |
| % of Calories                                     |              |           |                          | 9.72%                  |                        | 31.0%      | 29.7%     | 0.0%                    |             | 55.5%    |           | 15.4%     |            |                        |            |           |
| Weekly Nutrient Guideline                         |              |           | 600 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Monday - 01/31/2022

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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990375 Chicken Nuggets, Goldkist, P-470452              | 5 Each       | 90        | 200                      | 2.00                   | 400                    | 0          | 10.00     | 0.00                    | 35          | 13.00    | 2.00      | 15.00     | 100        | 20.0                   | 78.00      | 1.80      |
| 990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969 | Each         | 90        | 100                      | 0.50                   | 170                    | 0          | 4.00      | 0.00                    | 0           | 14.00    | 1.00      | 2.00      | 0          | 20.0                   | 0.00       | 0.72      |
| 990907 Seasoned Spiral Fries, McCain, P-531785          | 1/2 Cup      | 50        | 100                      | 0.00                   | 150                    | 0          | 3.00      | 0.00                    | 0           | 17.00    | 1.00      | 1.00      | 0          | 0.0                    | 2.40       | 0.00      |
| 990363 Garbanzo Beans, Bushs, P-284297                  | 1/2 Cup      | 50        | 120                      | 0.00                   | 230                    | 3          | 2.00      | 0.00                    | 0           | 20.00    | 5.00      | 6.00      | 0          | 40.0                   | 0.00       | 1.80      |



# Base Menu Spreadsheet

## Portion Values

Jan 1, 2022 thru Jan 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 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      |
| 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        | 224                      | 0.00                   | 4                      | 47         | 0.00      | 0.00                    | 0           | 58.00    | 4.00      | 1.00      | *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                   | 180                    | 18         | 0.00      | 0.00                    | 5           | 20.00    | 0.00      | 8.00      | 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      |
| 990956 Turkey & Cheese Sandwich, Jennie-O P-26381 | Each         | 10        | 300                      | 5.75                   | 875                    | 5          | 13.18     | 0.00                    | 48          | 27.10    | 1.93      | 19.29     | 0          | 136.7      | 0.00       | 2.11      |
| Weighted Daily Average                            |              |           | 644                      | 3.74                   | 1036                   | 41         | 18.00     | 0.00                    | 45          | 91.83    | 8.44      | 29.30     | *1055      | *323.9     | *91.04     | *4.02     |
| % of Calories                                     |              |           |                          | 5.23%                  |                        | 25.5%      | 25.2%     | 0.0%                    |             | 57.0%    |           | 18.2%     |            |            |            |           |
| Weekly Nutrient Guideline                         |              |           | 600 - 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 | 40001                    | 351                    | 60777                  | *3160      | 1020.81   | *2.72                   | 2920        | 5936.14  | 553.43    | 1807.98   | *139534    | *29631.4   | *2589.48   | *220.23   |
| % of Calories     |                          | 7.90%                  |                        | *31.6%     | 23.0%     | *0.1%                   |             | 59.4%    |           | 18.1%     |            |            |            |           |

# Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 1, 2022 thru Jan 31, 2022

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

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

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

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