

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

**Menu Name:** Millburn Middle School Lunch

**Include Cost:** No

**Site:**

**Report Style:** Detailed

**Monday - 10/03/2022**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protrn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990913 Hot Dog, Chicago Style, Beef, Farmland, P-156116	Each	20	327	7.34	738	5	18.11	0.03	35	28.63	2.30	11.23	0	51.0	1.20	1.78
000042 PICKLES,DILL SPEAR	EACH	20	4	0.03	283	0	0.10	0.00	0	0.84	0.35	0.18	44	20.0	0.80	0.09
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
000377 CUCUMBER,RAW, Sliced	1/4 Cup	50	3	0.02	1	0	0.05	0.00	0	0.64	0.21	0.18	21	4.2	0.95	0.06
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	20	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
991259 MUSTARD,PREPARED,YELLOW P-194581	Each-5.5 gm	5	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	20	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990031 Cheeseburger on WG Bun, P-369328	1 Each	59	325	6.20	713	4	15.00	0.00	46	28.00	3.00	21.50	*0	153.0	*0.00	3.00
990052 Hamburger, WG P-369328	Each	1	270	3.70	513	3	10.50	0.00	34	27.00	3.00	19.00	*0	103.0	*0.00	3.00
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	4	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
990955 Turkey & Cheese Sandwich, MI Turkey P-433691	Each	4	328	5.69	1501	6	13.68	0.00	59	29.85	1.93	23.17	0	164.2	0.00	2.43
991215 Turkey and Cheese Sandwich, Commodity	Each	4	299	5.27	886	4	12.27	0.01	43	29.43	2.08	18.62	*0	*156.0	*0.00	*1.35
990707 Popcorn Chicken Salad, Arbor P-416812	Each	4	277	3.00	557	*0	13.11	0.00	70	20.76	4.43	19.91	5074	50.7	3.54	2.20

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990711 Dinner Rolls, Whole Grain, Split Top, IW, P-472861	Each	4	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
991093 Garden Veggies Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			608	7.63	1233	*41	17.77	0.01	55	82.39	7.69	30.88	*1722	*375.6	*20.07	*3.98
% of Calories				11.29%		*27.0%	26.3%	0.0%		54.2%		20.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 10/04/2022

Reimbursable Meal Total 100

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990261 Toasted Cheese Sandwich, Arbor B-30	1 Sandwich	10	428	14.71	1170	6	27.58	0.00	70	30.06	2.00	14.21	227	242.7	0.00	2.02
990192 3 Cheese Grilled Cheese, Arbor B-108	1 Each	10	475	17.08	1370	*6	31.36	0.00	82	31.01	2.00	16.58	527	340.2	0.00	2.02
991264 Tomato Soup, Campbell's, P-26091	4 oz	25	45	0.00	242	6	0.00	0.00	0	10.00	0.50	1.00	*0	11.8	*0.00	0.30
990245 Classic Tomato Soup, Arbor E-31	1/2 Cup	25	28	0.03	33	*0	0.15	0.00	0	6.47	1.34	1.41	488	12.1	7.03	0.97
991198 Green Salad	1/2 Cup	50	6	0.03	10	0	0.21	0.00	0	0.93	0.73	0.56	1688	35.9	12.15	0.39
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
990375 Chicken Nuggets, Goldkist, P-470452	5 Each	60	200	2.00	400	0	10.00	0.00	35	13.00	2.00	15.00	100	20.0	78.00	1.80
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	60	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	4	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
990955 Turkey & Cheese Sandwich, MI Turkey P-433691	Each	4	328	5.69	1501	6	13.68	0.00	59	29.85	1.93	23.17	0	164.2	0.00	2.43
991215 Turkey and Cheese Sandwich, Commodity	Each	4	299	5.27	886	4	12.27	0.01	43	29.43	2.08	18.62	*0	*156.0	*0.00	*1.35
990707 Popcorn Chicken Salad, Arbor P-416812	Each	4	277	3.00	557	*0	13.11	0.00	70	20.76	4.43	19.91	5074	50.7	3.54	2.20
990711 Dinner Rolls, Whole Grain, Split Top, IW, P-472861	Each	4	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991183 Frozen Fruit, Commodity, _____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity, _____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			584	7.15	1126	*39	19.58	0.00	57	76.46	5.77	26.79	*2754	*374.1	*73.23	*3.30
% of Calories				11.02%		*26.7%	30.2%	0.0%		52.4%		18.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Wednesday - 10/05/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990645 Chicken Drumstick, Breaded, FC, Tyson, P-428479	Each	20	190	2.50	450	0	11.00	0.00	50	5.00	1.00	16.00	100	20.0	0.00	1.08
990711 Dinner Rolls, Whole Grain, Split Top, IW, P-472861	Each	20	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
990629 French Fries, Crinkle Cut 1/2", P-960111	1/2 Cup	100	90	0.00	20	0	2.00	0.00	0	13.00	2.00	1.00	0	0.0	3.60	0.18
990523 CELERY STICKS	1/4 Cup	50	5	0.02	30	0	0.06	0.00	0	1.10	0.59	0.26	167	14.9	1.15	0.07
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

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991259 MUSTARD,PREPARED,YELLOW P-194581	Each-5.5 gm	10	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
991248 Hot Italian Sub, Jennie-O P-372462	Sub	60	503	15.06	1187	7	30.09	0.00	95	36.52	2.45	24.00	*646	340.2	*0.62	1.88
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	4	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
990955 Turkey & Cheese Sandwich, MI Turkey P-433691	Each	4	328	5.69	1501	6	13.68	0.00	59	29.85	1.93	23.17	0	164.2	0.00	2.43
991215 Turkey and Cheese Sandwich, Commodity	Each	4	299	5.27	886	4	12.27	0.01	43	29.43	2.08	18.62	*0	*156.0	*0.00	*1.35
990707 Popcorn Chicken Salad, Arbor P-416812	Each	4	277	3.00	557	*0	13.11	0.00	70	20.76	4.43	19.91	5074	50.7	3.54	2.20
990711 Dinner Rolls, Whole Grain, Split Top, IW, P-472861	Each	4	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			747	12.00	1411	*43	27.54	0.00	87	90.69	6.94	31.78	*2143	*487.8	*23.14	*2.58
% of Calories				14.46%		*23.0%	33.2%	0.0%		48.6%		17.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 10/06/2022

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)
991237 Sweet and Sour Meatball Bowl, JTM, Com, P-850570	1 Bowl	20	400	3.50	400	9	10.75	0.52	36	57.80	3.36	17.54	1245	61.9	0.44	2.38
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*
990364 Spicy Garlic Lime Edamame, Arbor E-46	1/4 Cup	50	87	0.65	68	*0	5.88	*0.00	0	4.99	2.12	5.68	88	77.7	13.40	1.42
990048 Crispy Chicken Sandwich, GoldKist, P-470164	Each	59	340	2.50	650	3	12.50	0.00	35	39.00	4.00	21.00	100	86.0	78.00	2.80
990644 Spicy Chicken Sandwich, Tyson, P-373370	Each	1	372	3.08	593	4	15.38	0.00	21	40.60	4.58	18.88	86	100.3	0.00	1.86
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	4	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
990955 Turkey & Cheese Sandwich, MI Turkey P-433691	Each	4	328	5.69	1501	6	13.68	0.00	59	29.85	1.93	23.17	0	164.2	0.00	2.43
991215 Turkey and Cheese Sandwich, Commodity	Each	4	299	5.27	886	4	12.27	0.01	43	29.43	2.08	18.62	*0	*156.0	*0.00	*1.35
990707 Popcorn Chicken Salad, Arbor P-416812	Each	4	277	3.00	557	*0	13.11	0.00	70	20.76	4.43	19.91	5074	50.7	3.54	2.20

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990711 Dinner Rolls, Whole Grain, Split Top, IW, P-472861	Each	4	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			628	4.98	908	*40	17.76	*0.10	48	88.54	8.38	33.06	*2005	*370.8	*71.40	*3.73
% of Calories				7.14%		*25.5%	25.5%	*0.1%		56.4%		21.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 10/07/2022

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991189 Pepperoni Pizza, Turkey, The Max, P-593816	Each	19	300	6.00	650	4	11.00	0.00	35	34.00	3.00	17.00	0	300.0	0.00	0.00
990086 Pepperoni Pizza, Tony's, *PORK, 4x6, P-368537	Each	1	310	5.00	530	8	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990638 Glazed Carrots	1/2 Cup	50	71	0.97	67	10	2.00	*0.00	4	13.49	2.99	0.55	15399	37.6	2.09	0.53
000264 CAULIFLOWER,raw: fresh	1/4 Cup	50	7	0.03	8	1	0.07	0.00	0	1.33	0.54	0.51	0	5.9	12.89	0.11
991136 Syrup, 1.5 oz Cup, Madeira, P-1779	Each	20	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
991256 Pizza, Cheese, 4x6, WG, 4.65oz, P-26016	Each (4.65 oz)	40	260	4.00	600	4	7.00	0.00	20	35.00	4.00	16.00	0	200.0	0.00	2.50
991185 SMART WHOLE GRAIN CHEESE PIZZA 50 -50 P-349370	Pizza	19	300	4.00	480	8	11.00	0.00	15	35.00	4.00	16.00	450	306.0	0.00	2.60
990717 4"X6" WG Thin Crust Cheese Pizza, P-388895	Piece	1	300	5.00	440	8	11.00	0.00	25	34.00	4.00	16.00	270	263.0	0.00	2.30
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	4	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
990955 Turkey & Cheese Sandwich, MI Turkey P-433691	Each	4	328	5.69	1501	6	13.68	0.00	59	29.85	1.93	23.17	0	164.2	0.00	2.43
991215 Turkey and Cheese Sandwich, Commodity	Each	4	299	5.27	886	4	12.27	0.01	43	29.43	2.08	18.62	*0	*156.0	*0.00	*1.35
990707 Popcorn Chicken Salad, Arbor P-416812	Each	4	277	3.00	557	*0	13.11	0.00	70	20.76	4.43	19.91	5074	50.7	3.54	2.20
990711 Dinner Rolls, Whole Grain, Split Top, IW, P-472861	Each	4	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
991093 Garden Veggies Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			579	6.55	961	*50	13.39	*0.00	40	90.77	7.52	26.15	*9440	*509.6	*26.09	*2.71
% of Calories				10.18%		*34.5%	20.8%	*0.0%		62.7%		18.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Tuesday - 10/11/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990925 Rotini Pasta Bolognese, WG Barilla	1 Cup	20	286	4.61	244	4	13.81	0.72	43	25.98	5.59	18.42	0	57.0	0.00	3.52
990906 Garlic Bread, Texas Toast, WG, P-392110	Each	20	90	0.50	190	1	2.50	*N/A*	0	15.00	2.00	3.00	400	8.7	0.00	0.90
990583 Peas, Frozen, Simplot Classic	1/2 Cup	50	60	0.00	0	*N/A*	0.00	0.00	0	10.00	4.00	4.00	400	0.0	12.00	1.08

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990523 CELERY STICKS	1/4 Cup	50	5	0.02	30	0	0.06	0.00	0	1.10	0.59	0.26	167	14.9	1.15	0.07
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
990375 Chicken Nuggets, Goldkist, P-470452	5 Each	60	200	2.00	400	0	10.00	0.00	35	13.00	2.00	15.00	100	20.0	78.00	1.80
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	60	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	4	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
990955 Turkey & Cheese Sandwich, MI Turkey P-433691	Each	4	328	5.69	1501	6	13.68	0.00	59	29.85	1.93	23.17	0	164.2	0.00	2.43
991215 Turkey and Cheese Sandwich, Commodity	Each	4	299	5.27	886	4	12.27	0.01	43	29.43	2.08	18.62	*0	*156.0	*0.00	*1.35
990707 Popcorn Chicken Salad, Arbor P-416812	Each	4	277	3.00	557	*0	13.11	0.00	70	20.76	4.43	19.91	5074	50.7	3.54	2.20
990711 Dinner Rolls, Whole Grain, Split Top, IW, P-472861	Each	4	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			580	4.98	899	*37	16.83	*0.14	50	79.52	8.36	29.24	*2075	*312.4	*71.97	*3.84
% of Calories				7.73%		*25.5%	26.1%	*0.2%		54.8%		20.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Wednesday - 10/12/2022

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	20	200	2.00	400	0	10.00	0.00	35	13.00	2.00	15.00	100	20.0	78.00	1.80
990521 Waffle, Echo Lake, P-392062	Each	20	65	0.25	180	2	1.75	0.00	2	11.50	1.50	2.00	0	30.0	0.00	0.54
991136 Syrup, 1.5 oz Cup, Madeira, P-1779	Each	20	120	0.00	20	22	0.00	0.00	0	30.00	0.00	0.00	0	0.0	0.00	0.00
990625 Honey Chipotle Sweet Potatoes E-8	1/2 Cup	50	330	1.41	96	35	2.27	*0.00	6	72.15	3.79	5.69	17845	40.3	33.70	2.76
990059 Tomato, Cherry, Packer	1/4 Cup	50	12	0.02	10	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
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
991248 Hot Italian Sub, Jennie-O P-372462	Sub	60	503	15.06	1187	7	30.09	0.00	95	36.52	2.45	24.00	*646	340.2	*0.62	1.88
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	4	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990955 Turkey & Cheese Sandwich, MI Turkey P-433691	Each	4	328	5.69	1501	6	13.68	0.00	59	29.85	1.93	23.17	0	164.2	0.00	2.43
991215 Turkey and Cheese Sandwich, Commodity	Each	4	299	5.27	886	4	12.27	0.01	43	29.43	2.08	18.62	*0	*156.0	*0.00	*1.35
990707 Popcorn Chicken Salad, Arbor P-416812	Each	4	277	3.00	557	*0	13.11	0.00	70	20.76	4.43	19.91	5074	50.7	3.54	2.20
990711 Dinner Rolls, Whole Grain, Split Top, IW, P-472861	Each	4	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991296 Cookie, Farmer's Market, Dick and Jane	1 Package 29 gm	100	120	0.00	65	6	4.00	0.00	0	22.00	2.00	2.00	*N/A*	4.0	*N/A*	1.00
Weighted Daily Average			962	12.66	1406	*69	30.69	*0.00	88	141.95	9.29	35.55	*11107	*511.4	*52.91	*5.21
% of Calories				11.84%		*28.7%	28.7%	*0.0%		59.0%		14.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Thursday - 10/13/2022

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990031 Cheeseburger on WG Bun, P-369328	1 Each	19	325	6.20	713	4	15.00	0.00	46	28.00	3.00	21.50	*0	153.0	*0.00	3.00
990052 Hamburger, WG P-369328	Each	1	270	3.70	513	3	10.50	0.00	34	27.00	3.00	19.00	*0	103.0	*0.00	3.00
990629 French Fries, Crinkle Cut 1/2", P-960111	1/2 Cup	100	90	0.00	20	0	2.00	0.00	0	13.00	2.00	1.00	0	0.0	3.60	0.18
991211 Broccoli Salad, USDA	1/2 Cup	50	164	1.25	134	*22	5.58	*0.00	6	28.88	1.42	*1.47	*200	*17.4	*28.57	*0.24
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	100	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
991259 MUSTARD,PREPARED,YELLOW P-194581	Each-5.5 gm	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990048 Crispy Chicken Sandwich, GoldKist, P-470164	Each	59	340	2.50	650	3	12.50	0.00	35	39.00	4.00	21.00	100	86.0	78.00	2.80
990644 Spicy Chicken Sandwich, Tyson, P-373370	Each	1	372	3.08	593	4	15.38	0.00	21	40.60	4.58	18.88	86	100.3	0.00	1.86
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	4	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
990955 Turkey & Cheese Sandwich, MI Turkey P-433691	Each	4	328	5.69	1501	6	13.68	0.00	59	29.85	1.93	23.17	0	164.2	0.00	2.43

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991215 Turkey and Cheese Sandwich, Commodity	Each	4	299	5.27	886	4	12.27	0.01	43	29.43	2.08	18.62	*0	*156.0	*0.00	*1.35
990707 Popcorn Chicken Salad, Arbor P-416812	Each	4	277	3.00	557	*0	13.11	0.00	70	20.76	4.43	19.91	5074	50.7	3.54	2.20
990711 Dinner Rolls, Whole Grain, Split Top, IW, P-472861	Each	4	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			738	5.80	1106	*52	20.45	*0.00	53	107.07	8.50	*31.26	*1813	*359.0	*82.51	*3.46
% of Calories				7.07%		*28.2%	24.9%	*0.0%		58.0%		*16.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 10/14/2022

Reimbursable Meal Total 20

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990940 Walking Taco Doritos	Each	20	298	6.96	530	1	16.35	0.00	42	24.71	2.90	14.35	322	258.7	2.69	1.20
990176 Seasoned Black Beans, Arbor E-9	1/2 Cup	50	106	0.00	147	*0	0.02	*0.00	0	19.12	6.34	7.35	1	43.4	0.16	2.89
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
991256 Pizza, Cheese, 4x6, WG, 4.65oz, P-26016	Each (4.65 oz)	40	260	4.00	600	4	7.00	0.00	20	35.00	4.00	16.00	0	200.0	0.00	2.50
991185 SMART WHOLE GRAIN CHEESE PIZZA 50 -50 P-349370	Pizza	19	300	4.00	480	8	11.00	0.00	15	35.00	4.00	16.00	450	306.0	0.00	2.60
990717 4"X6" WG Thin Crust Cheese Pizza, P-388895	Piece	1	300	5.00	440	8	11.00	0.00	25	34.00	4.00	16.00	270	263.0	0.00	2.30
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	4	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
990955 Turkey & Cheese Sandwich, MI Turkey P-433691	Each	4	328	5.69	1501	6	13.68	0.00	59	29.85	1.93	23.17	0	164.2	0.00	2.43
991215 Turkey and Cheese Sandwich, Commodity	Each	4	299	5.27	886	4	12.27	0.01	43	29.43	2.08	18.62	*0	*156.0	*0.00	*1.35
990707 Popcorn Chicken Salad, Arbor P-416812	Each	4	277	3.00	557	*0	13.11	0.00	70	20.76	4.43	19.91	5074	50.7	3.54	2.20
990711 Dinner Rolls, Whole Grain, Split Top, IW, P-472861	Each	4	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991184 Dried Fruit, Commodity,	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			2916	31.27	5240	*208	67.12	*0.00	199	440.30	49.48	143.87	*14026	*2610.3	*156.06	*23.94
% of Calories				9.65%		*28.5%	20.7%	*0.0%		60.4%		19.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 10/17/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990517 Pancakes, Whole Wheat, Echo Lake, P-392047	2 Each	10	160	0.00	200	6	2.00	0.00	0	30.00	2.00	4.00	0	40.0	0.00	1.44
991130 Omelet, Cheddar Cheese, 2 oz, Papetti's, P-230810	Each-2 oz	9	130	3.50	290	0	11.00	0.00	170	1.00	0.00	7.00	*N/A*	67.0	*N/A*	1.00
991221 Cheesy Scrambled Egg, Papettis, P-516568	2 oz	1	80	2.70	106	1	5.86	0.00	128	1.39	0.00	5.72	0	83.9	0.00	0.78
990182 Yogurt, Strawberry, Upstate Farms, P-74086	1/2 Cup	10	90	0.00	50	15	0.00	0.00	0	19.00	0.00	3.00	0	200.0	0.00	0.00
990698 String Cheese Mozz Stick, BONGARDS, P-574456	Each	10	80	3.50	200	0	6.00	0.00	15	0.00	0.00	6.00	0	150.0	0.00	0.00
990202 Muffin, Blueberry, WG, Smart Choice, P-370303	2 oz=1 Each	10	160	0.50	95	14	5.00	0.00	26	26.00	1.00	3.00	0	20.0	0.00	1.08

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990558 Hash Brown Patty, Oval, Potato, P-284808	2 Each	100	270	1.00	500	0	15.00	0.00	0	31.00	3.00	2.00	0	20.0	6.00	0.72
990557 Baby Carrots, 1.25 oz	1/4 Cup	50	16	0.00	19	2	0.00	0.00	0	3.75	1.25	0.62	2812	12.5	3.00	0.22
991136 Syrup, 1.5 oz Cup, Madeira, P-1779	Each	10	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
990031 Cheeseburger on WG Bun, P-369328	1 Each	59	325	6.20	713	4	15.00	0.00	46	28.00	3.00	21.50	*0	153.0	*0.00	3.00
990052 Hamburger, WG P-369328	Each	1	270	3.70	513	3	10.50	0.00	34	27.00	3.00	19.00	*0	103.0	*0.00	3.00
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	4	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
990955 Turkey & Cheese Sandwich, MI Turkey P-433691	Each	4	328	5.69	1501	6	13.68	0.00	59	29.85	1.93	23.17	0	164.2	0.00	2.43
991215 Turkey and Cheese Sandwich, Commodity	Each	4	299	5.27	886	4	12.27	0.01	43	29.43	2.08	18.62	*0	*156.0	*0.00	*1.35
990707 Popcorn Chicken Salad, Arbor P-416812	Each	4	277	3.00	557	*0	13.11	0.00	70	20.76	4.43	19.91	5074	50.7	3.54	2.20
990711 Dinner Rolls, Whole Grain, Split Top, IW, P-472861	Each	4	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			816	7.59	1430	*41	30.94	0.00	68	104.84	8.47	30.20	*2933	*462.3	*27.60	*4.12
% of Calories				8.37%		*20.1%	34.1%	0.0%		51.4%		14.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 10/18/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990947 Cheese Quesadilla, 9"	1 quesadilla	20	362	10.60	525	3	19.69	0.00	46	33.05	3.00	17.16	*0	437.9	*0.00	1.54
991249 Fiesta Beans, P-370923	1/2 Cup	50	163	0.00	175	*0	1.04	*0.00	0	28.68	11.14	10.14	2	56.5	0.11	2.52
990124 Salsa, Mild, Red Gold, P-886718	2 Ounces	50	20	0.00	140	2	0.00	0.00	0	4.00	1.00	0.00	1000	40.0	12.00	0.72
000256 BROCCOLI,raw: fresh	1/4 Cup	50	8	0.03	8	0	0.08	0.00	0	1.51	0.59	0.64	142	10.7	20.29	0.17
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
990375 Chicken Nuggets, Goldkist, P-470452	5 Each	60	200	2.00	400	0	10.00	0.00	35	13.00	2.00	15.00	100	20.0	78.00	1.80
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	60	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	4	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
990955 Turkey & Cheese Sandwich, MI Turkey P-433691	Each	4	328	5.69	1501	6	13.68	0.00	59	29.85	1.93	23.17	0	164.2	0.00	2.43
991215 Turkey and Cheese Sandwich, Commodity	Each	4	299	5.27	886	4	12.27	0.01	43	29.43	2.08	18.62	*0	*156.0	*0.00	*1.35
990707 Popcorn Chicken Salad, Arbor P-416812	Each	4	277	3.00	557	*0	13.11	0.00	70	20.76	4.43	19.91	5074	50.7	3.54	2.20
990711 Dinner Rolls, Whole Grain, Split Top, IW, P-472861	Each	4	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
Weighted Daily Average			618	5.79	1019	*34	17.54	*0.00	50	84.47	11.51	31.75	*2159	*462.0	*83.10	*4.66
% of Calories				8.43%		*22.0%	25.5%	*0.0%		54.7%		20.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Wednesday - 10/19/2022

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)
991154 Macaroni & Cheese, Stick Pasta, WG, JTM, P-472598	6 oz	10	312	8.92	800	3	15.38	0.00	47	26.67	0.00	16.41	671	375.4	0.00	1.03
990914 Homemade Macaroni & Cheese, JTM Cheese Sauce	#6 Scoop	10	289	6.53	714	8	11.55	0.00	38	31.78	0.51	13.83	433	375.0	0.00	16.69
990530 Pretzel Rod, Soft, 1 oz, Whole Grain, P-882698	Each	20	70	0.00	40	0	0.50	0.00	0	14.00	1.00	2.00	0	0.0	0.00	0.72
990055 Seasoned Green Beans, Arbor E-13	1/2 Cup	50	30	0.00	2	1	0.01	0.00	0	6.34	2.98	1.55	*0	*1.5	*0.08	*0.04
000377 CUCUMBER,RAW, Sliced	1/4 Cup	50	3	0.02	1	0	0.05	0.00	0	0.64	0.21	0.18	21	4.2	0.95	0.06
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
991248 Hot Italian Sub, Jennie-O P-372462	Sub	60	503	15.06	1187	7	30.09	0.00	95	36.52	2.45	24.00	*646	340.2	*0.62	1.88
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	4	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
990955 Turkey & Cheese Sandwich, MI Turkey P-433691	Each	4	328	5.69	1501	6	13.68	0.00	59	29.85	1.93	23.17	0	164.2	0.00	2.43
991215 Turkey and Cheese Sandwich, Commodity	Each	4	299	5.27	886	4	12.27	0.01	43	29.43	2.08	18.62	*0	*156.0	*0.00	*1.35

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990707 Popcorn Chicken Salad, Arbor P-416812	Each	4	277	3.00	557	*0	13.11	0.00	70	20.76	4.43	19.91	5074	50.7	3.54	2.20
990711 Dinner Rolls, Whole Grain, Split Top, IW, P-472861	Each	4	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			662	12.75	1283	*38	25.51	0.00	85	78.62	6.06	31.42	*2036	*578.9	*20.98	*4.23
% of Calories				17.33%		*23.0%	34.7%	0.0%		47.5%		19.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 10/20/2022

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990644 Spicy Chicken Sandwich, Tyson, P-373370	Each	20	372	3.08	593	4	15.38	0.00	21	40.60	4.58	18.88	86	100.3	0.00	1.86
991176 Vegetable Blend Stir Fry Supreme, P-41554	1/2 Cup	50	20	0.00	10	1	0.00	0.00	0	4.00	1.33	1.33	*N/A*	13.3	*N/A*	0.24
990741 Marinated Green Beans, E-37	1/4 Cup	50	15	0.00	62	1	0.00	0.00	0	3.11	1.20	0.60	*0	*0.0	*0.00	*0.00
990048 Crispy Chicken Sandwich, GoldKist, P-470164	Each	59	340	2.50	650	3	12.50	0.00	35	39.00	4.00	21.00	100	86.0	78.00	2.80
990644 Spicy Chicken Sandwich, Tyson, P-373370	Each	1	372	3.08	593	4	15.38	0.00	21	40.60	4.58	18.88	86	100.3	0.00	1.86
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	4	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
990955 Turkey & Cheese Sandwich, MI Turkey P-433691	Each	4	328	5.69	1501	6	13.68	0.00	59	29.85	1.93	23.17	0	164.2	0.00	2.43
991215 Turkey and Cheese Sandwich, Commodity	Each	4	299	5.27	886	4	12.27	0.01	43	29.43	2.08	18.62	*0	*156.0	*0.00	*1.35
990707 Popcorn Chicken Salad, Arbor P-416812	Each	4	277	3.00	557	*0	13.11	0.00	70	20.76	4.43	19.91	5074	50.7	3.54	2.20
990711 Dinner Rolls, Whole Grain, Split Top, IW, P-472861	Each	4	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			561	4.27	892	*36	15.25	0.00	45	78.66	7.33	30.05	*1604	*375.3	*66.12	*3.30
% of Calories				6.85%		*25.7%	24.5%	0.0%		56.1%		21.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Friday - 10/21/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991189 Pepperoni Pizza, Turkey, The Max, P-593816	Each	19	300	6.00	650	4	11.00	0.00	35	34.00	3.00	17.00	0	300.0	0.00	0.00
990086 Pepperoni Pizza, Tony's, *PORK, 4x6, P-368537	Each	1	310	5.00	530	8	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990565 Roasted Garlic Carrots E-33	1/2 Cup	50	41	0.05	74	5	0.50	0.00	0	9.01	3.64	0.94	15469	39.6	2.73	0.51
991198 Green Salad	1/2 Cup	50	6	0.03	10	0	0.21	0.00	0	0.93	0.73	0.56	1688	35.9	12.15	0.39
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
991256 Pizza, Cheese, 4x6, WG, 4.65oz, P-26016	Each (4.65 oz)	40	260	4.00	600	4	7.00	0.00	20	35.00	4.00	16.00	0	200.0	0.00	2.50

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991185 SMART WHOLE GRAIN CHEESE PIZZA 50 -50 P-349370	Pizza	19	300	4.00	480	8	11.00	0.00	15	35.00	4.00	16.00	450	306.0	0.00	2.60
990717 4"X6" WG Thin Crust Cheese Pizza, P-388895	Piece	1	300	5.00	440	8	11.00	0.00	25	34.00	4.00	16.00	270	263.0	0.00	2.30
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	4	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
990955 Turkey & Cheese Sandwich, MI Turkey P-433691	Each	4	328	5.69	1501	6	13.68	0.00	59	29.85	1.93	23.17	0	164.2	0.00	2.43
991215 Turkey and Cheese Sandwich, Commodity	Each	4	299	5.27	886	4	12.27	0.01	43	29.43	2.08	18.62	*0	*156.0	*0.00	*1.35
990707 Popcorn Chicken Salad, Arbor P-416812	Each	4	277	3.00	557	*0	13.11	0.00	70	20.76	4.43	19.91	5074	50.7	3.54	2.20
990711 Dinner Rolls, Whole Grain, Split Top, IW, P-472861	Each	4	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
990570 Milk, 1% Lowfat, White, Dean's Dairy Pure	Half Pint	20	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	750	250.0	0.00	0.00
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	20	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	20	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	20	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	20	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			518	5.79	918	*38	12.21	0.00	38	77.33	7.94	26.47	*10194	*554.6	*27.53	*3.11
% of Calories				10.06%		*29.3%	21.2%	0.0%		59.7%		20.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 10/24/2022

### 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)
990375 Chicken Nuggets, Goldkist, P-470452	5 Each	20	200	2.00	400	0	10.00	0.00	35	13.00	2.00	15.00	100	20.0	78.00	1.80
990728 Biscuit, Honeywheat, WG, Bake Crafters, P-347669	Each	20	180	3.00	370	5	6.00	0.00	5	29.00	3.00	5.00	0	40.0	0.00	1.44
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
990523 CELERY STICKS	1/4 Cup	50	5	0.02	30	0	0.06	0.00	0	1.10	0.59	0.26	167	14.9	1.15	0.07
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	50	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990031 Cheeseburger on WG Bun, P-369328	1 Each	59	325	6.20	713	4	15.00	0.00	46	28.00	3.00	21.50	*0	153.0	*0.00	3.00
990052 Hamburger, WG P-369328	Each	1	270	3.70	513	3	10.50	0.00	34	27.00	3.00	19.00	*0	103.0	*0.00	3.00
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	4	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990955 Turkey & Cheese Sandwich, MI Turkey P-433691	Each	4	328	5.69	1501	6	13.68	0.00	59	29.85	1.93	23.17	0	164.2	0.00	2.43
991215 Turkey and Cheese Sandwich, Commodity	Each	4	299	5.27	886	4	12.27	0.01	43	29.43	2.08	18.62	*0	*156.0	*0.00	*1.35
990707 Popcorn Chicken Salad, Arbor P-416812	Each	4	277	3.00	557	*0	13.11	0.00	70	20.76	4.43	19.91	5074	50.7	3.54	2.20
990711 Dinner Rolls, Whole Grain, Split Top, IW, P-472861	Each	4	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			583	7.20	1114	*42	17.58	0.00	56	79.13	7.05	29.84	*7934	*391.4	*35.61	*3.55
% of Calories				11.11%		*28.8%	27.1%	0.0%		54.3%		20.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

Tuesday - 10/25/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990913 Hot Dog, Chicago Style, Beef, Farmland, P-156116	Each	10	327	7.34	738	5	18.11	0.03	35	28.63	2.30	11.23	0	51.0	1.20	1.78
991235 Hot Dog, Chili Cheese, Beef, Farmland, P-156116	Each	10	382	9.46	829	5	21.25	0.03	47	31.88	3.16	15.15	0	109.3	1.20	2.29
000042 PICKLES,DILL SPEAR	EACH	20	4	0.03	283	0	0.10	0.00	0	0.84	0.35	0.18	44	20.0	0.80	0.09
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
000256 BROCCOLI,raw: fresh	1/4 Cup	50	8	0.03	8	0	0.08	0.00	0	1.51	0.59	0.64	142	10.7	20.29	0.17
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	25	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
991259 MUSTARD,PREPARED,YELLOW P-194581	Each-5.5 gm	5	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	25	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990375 Chicken Nuggets, Goldkist, P-470452	5 Each	60	200	2.00	400	0	10.00	0.00	35	13.00	2.00	15.00	100	20.0	78.00	1.80
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	60	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	4	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
990955 Turkey & Cheese Sandwich, MI Turkey P-433691	Each	4	328	5.69	1501	6	13.68	0.00	59	29.85	1.93	23.17	0	164.2	0.00	2.43
991215 Turkey and Cheese Sandwich, Commodity	Each	4	299	5.27	886	4	12.27	0.01	43	29.43	2.08	18.62	*0	*156.0	*0.00	*1.35
990707 Popcorn Chicken Salad, Arbor P-416812	Each	4	277	3.00	557	*0	13.11	0.00	70	20.76	4.43	19.91	5074	50.7	3.54	2.20
990711 Dinner Rolls, Whole Grain, Split Top, IW, P-472861	Each	4	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			602	5.65	1172	*39	17.55	0.01	49	82.75	7.97	28.83	*1842	*317.4	*76.54	*3.79
% of Calories				8.45%		*25.9%	26.2%	0.0%		55.0%		19.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 10/26/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990921 Chicken Bacon Melt, Grilled, Commodity	Each	10	322	3.67	753	4	11.50	0.00	81	27.00	2.00	30.17	0	116.0	0.00	1.00

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991149 Chicken Bacon Melt, Grilled, Brakebush, P-460444	Each	9	382	6.17	943	4	20.00	0.00	56	31.00	2.00	22.17	0	156.0	0.00	1.72
990179 Chicken Bacon Melt, Crispy, Arbor B-94	Each	1	422	5.67	933	4	19.00	0.00	51	40.00	4.00	25.17	100	136.0	78.00	2.80
990907 Seasoned Spiral Fries, McCain, P-531785	1/2 Cup	100	100	0.00	150	0	3.00	0.00	0	17.00	1.00	1.00	0	0.0	2.40	0.00
990059 Tomato, Cherry, Packer	1/4 Cup	50	12	0.02	10	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	50	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
991248 Hot Italian Sub, Jennie-O P-372462	Sub	60	503	15.06	1187	7	30.09	0.00	95	36.52	2.45	24.00	*646	340.2	*0.62	1.88
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	4	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
990955 Turkey & Cheese Sandwich, MI Turkey P-433691	Each	4	328	5.69	1501	6	13.68	0.00	59	29.85	1.93	23.17	0	164.2	0.00	2.43
991215 Turkey and Cheese Sandwich, Commodity	Each	4	299	5.27	886	4	12.27	0.01	43	29.43	2.08	18.62	*0	*156.0	*0.00	*1.35
990707 Popcorn Chicken Salad, Arbor P-416812	Each	4	277	3.00	557	*0	13.11	0.00	70	20.76	4.43	19.91	5074	50.7	3.54	2.20
990711 Dinner Rolls, Whole Grain, Split Top, IW, P-472861	Each	4	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991184 Dried Fruit, Commodity,	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			775	12.48	1535	*42	29.34	0.00	91	96.87	6.11	33.57	*2165	*504.2	*23.65	*2.64
% of Calories				14.49%		*21.7%	34.1%	0.0%		50.0%		17.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 10/27/2022

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990925 Rotini Pasta Bolognese, WG Barilla	1 Cup	10	286	4.61	244	4	13.81	0.72	43	25.98	5.59	18.42	0	57.0	0.00	3.52
990906 Garlic Bread, Texas Toast, WG, P-392110	Each	10	90	0.50	190	1	2.50	*N/A*	0	15.00	2.00	3.00	400	8.7	0.00	0.90
990923 Meatball Sub, Italian, JTM, Commodity, P-850570	1 Sub	9	371	5.32	767	9	13.99	0.55	46	39.47	4.03	22.29	*744	211.2	*4.74	4.01
990945 Meatball Sub, Italian, JTM Meatball P-369634	1 Sub	1	350	4.85	721	8	12.77	0.47	41	38.65	3.92	20.55	*741	203.1	*4.74	3.80
990055 Seasoned Green Beans, Arbor E-13	1/2 Cup	50	30	0.00	2	1	0.01	0.00	0	6.34	2.98	1.55	*0	*1.5	*0.08	*0.04
991198 Green Salad	1/2 Cup	50	6	0.03	10	0	0.21	0.00	0	0.93	0.73	0.56	1688	35.9	12.15	0.39

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
990048 Crispy Chicken Sandwich, GoldKist, P-470164	Each	59	340	2.50	650	3	12.50	0.00	35	39.00	4.00	21.00	100	86.0	78.00	2.80
990644 Spicy Chicken Sandwich, Tyson, P-373370	Each	1	372	3.08	593	4	15.38	0.00	21	40.60	4.58	18.88	86	100.3	0.00	1.86
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	4	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
990955 Turkey & Cheese Sandwich, MI Turkey P-433691	Each	4	328	5.69	1501	6	13.68	0.00	59	29.85	1.93	23.17	0	164.2	0.00	2.43
991215 Turkey and Cheese Sandwich, Commodity	Each	4	299	5.27	886	4	12.27	0.01	43	29.43	2.08	18.62	*0	*156.0	*0.00	*1.35
990707 Popcorn Chicken Salad, Arbor P-416812	Each	4	277	3.00	557	*0	13.11	0.00	70	20.76	4.43	19.91	5074	50.7	3.54	2.20
990711 Dinner Rolls, Whole Grain, Split Top, IW, P-472861	Each	4	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			589	5.01	971	*40	15.79	*0.13	50	84.66	8.17	30.62	*2671	*365.9	*71.20	*3.59
% of Calories				7.66%		*27.2%	24.1%	*0.2%		57.5%		20.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Friday - 10/28/2022

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
991164 Fiesta Beef Nacho Supreme, JTM Cheese Sauce	1 Serving	10	387	5.45	794	6	20.50	0.00	44	35.20	3.30	17.33	725	269.4	3.89	11.48
991079 Nacho Supreme, Beef, Shred Chs	1 Serving (#16)	10	385	7.07	528	1	23.63	0.00	44	30.05	3.01	16.13	362	261.6	3.02	1.73
990224 Chili Lime Sweet Corn, Arbor E-45	1/2 Cup	50	86	1.06	17	*2	2.22	*0.00	5	18.21	2.04	3.04	283	3.4	6.15	0.39
990596 Jicama, Raw	1/4 Cup	50	11	0.01	1	1	0.03	0.00	0	2.65	1.47	0.22	6	3.6	6.06	0.18
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
991256 Pizza, Cheese, 4x6, WG, 4.65oz, P-26016	Each (4.65 oz)	40	260	4.00	600	4	7.00	0.00	20	35.00	4.00	16.00	0	200.0	0.00	2.50
991185 SMART WHOLE GRAIN CHEESE PIZZA 50 -50 P-349370	Pizza	19	300	4.00	480	8	11.00	0.00	15	35.00	4.00	16.00	450	306.0	0.00	2.60
990717 4"X6" WG Thin Crust Cheese Pizza, P-388895	Piece	1	300	5.00	440	8	11.00	0.00	25	34.00	4.00	16.00	270	263.0	0.00	2.30
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	4	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990955 Turkey & Cheese Sandwich, MI Turkey P-433691	Each	4	328	5.69	1501	6	13.68	0.00	59	29.85	1.93	23.17	0	164.2	0.00	2.43
991215 Turkey and Cheese Sandwich, Commodity	Each	4	299	5.27	886	4	12.27	0.01	43	29.43	2.08	18.62	*0	*156.0	*0.00	*1.35
990707 Popcorn Chicken Salad, Arbor P-416812	Each	4	277	3.00	557	*0	13.11	0.00	70	20.76	4.43	19.91	5074	50.7	3.54	2.20
990711 Dinner Rolls, Whole Grain, Split Top, IW, P-472861	Each	4	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			582	6.65	933	*41	15.68	*0.00	43	87.51	7.53	27.20	*1994	*465.2	*25.39	*3.99
% of Calories				10.28%		*28.2%	24.2%	*0.0%		60.1%		18.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

Monday - 10/31/2022

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 (mg)	Vit-C (mg)	Iron (mg)
990771 Sloppy Joe on a Bun, Beef, JTM, B-43c	Serving	20	298	2.90	709	11	8.50	0.00	47	37.00	4.00	20.00	459	108.0	6.00	3.00
990565 Roasted Garlic Carrots E-33	1/2 Cup	50	41	0.05	74	5	0.50	0.00	0	9.01	3.64	0.94	15469	39.6	2.73	0.51
990926 Fresh Coleslaw, T. Marzetti's	1/4 Cup	50	39	0.54	77	1	3.28	0.00	4	2.20	0.13	0.21	22	7.4	7.96	0.08
990031 Cheeseburger on WG Bun, P-369328	1 Each	59	325	6.20	713	4	15.00	0.00	46	28.00	3.00	21.50	*0	153.0	*0.00	3.00
990052 Hamburger, WG P-369328	Each	1	270	3.70	513	3	10.50	0.00	34	27.00	3.00	19.00	*0	103.0	*0.00	3.00
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	4	300	5.75	875	5	13.18	0.00	48	27.10	1.93	19.29	0	136.7	0.00	2.11
990955 Turkey & Cheese Sandwich, MI Turkey P-433691	Each	4	328	5.69	1501	6	13.68	0.00	59	29.85	1.93	23.17	0	164.2	0.00	2.43
991215 Turkey and Cheese Sandwich, Commodity	Each	4	299	5.27	886	4	12.27	0.01	43	29.43	2.08	18.62	*0	*156.0	*0.00	*1.35
990707 Popcorn Chicken Salad, Arbor P-416812	Each	4	277	3.00	557	*0	13.11	0.00	70	20.76	4.43	19.91	5074	50.7	3.54	2.20
990711 Dinner Rolls, Whole Grain, Split Top, IW, P-472861	Each	4	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17

# Base Menu Spreadsheet

## Portion Values

Oct 1, 2022 thru Oct 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991184 Dried Fruit, Commodity,	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	120	0.00	190	18	0.00	0.00	5	20.00	0.00	9.00	750	250.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
991297 SideKicks Celebrations Eeek! Frozen Smoothie	4.4 oz Each	100	93	0.12	14	21	0.26	0.00	0	22.58	0.19	0.39	296	85.2	59.11	1.34
Weighted Daily Average			674	7.15	1051	*65	17.95	0.00	60	100.94	7.42	30.47	*9785	*489.5	*84.25	*4.90
% of Calories				9.55%		*38.6%	24.0%	0.0%		59.9%		18.1%				
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	766	9	1330	*52	22.32	*0.02	66	107.67	9.87	*35.95	*4620	*543.9	*55.97	*4.73
% of Calories		10.19%		*27.2%	26.2%	*0.0%		56.2%		*18.8%				

\*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.