

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

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

Monday - 02/03/2020

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990680 Whole Grain PizzaBoli, P-610314 | Each | 40 | 310 | 6.00 | 640 | 6 | 12.00 | 0.00 | 35 | 34.00 | 0.00 | 14.00 | 0 | 339.0 | 0.00 | 2.00 |
| 990257 Tomato Basil Sauce, Arbor E-18 | 2 oz. | 40 | 22 | 0.00 | 126 | 2 | 0.00 | 0.00 | 0 | 4.40 | 0.72 | 0.75 | 520 | 1.3 | 3.33 | 0.77 |
| 990048 Crispy Chicken Sandwich B-11 | Each | 5 | 340 | 2.50 | 650 | 3 | 12.50 | 0.00 | 35 | 39.00 | 4.00 | 21.00 | 100 | 86.0 | 78.00 | 2.80 |
| 990309 Spicy Chicken Sandwich, Arbor B-13 | Sandwiches | 5 | 330 | 2.00 | 480 | 3 | 10.50 | 0.00 | 35 | 39.00 | 3.00 | 21.00 | 200 | 86.0 | 0.00 | 3.70 |
| 990031 Cheeseburger on WG Bun, Arbor B-1 | 1 Each | 5 | 323 | 6.20 | 589 | 4 | 15.00 | 0.00 | 48 | 28.00 | 3.00 | 21.50 | 0 | 138.0 | 0.00 | 2.00 |
| 990682 Veggie Burger on a Bun, B-110 | Each | 2 | 280 | 1.00 | 670 | 6 | 7.00 | 0.00 | 0 | 35.00 | 5.00 | 22.00 | 0 | 126.0 | 0.00 | 2.44 |
| 990052 Hamburger, WG, Arbor B-2 | Each | 2 | 268 | 3.70 | 389 | 3 | 10.50 | 0.00 | 35 | 27.00 | 3.00 | 19.00 | 0 | 88.0 | 0.00 | 2.00 |
| 990502 Nacho Supreme, Arbor A-10 | 1 Each | 8 | 398 | 4.11 | 602 | 4 | 16.30 | 0.00 | 43 | 42.30 | 5.16 | 19.38 | 681 | 198.5 | 4.14 | 7.02 |
| 990648 Triple Decker SunButter & Jelly Sandwich, B-36 | Each | 3 | 715 | 4.00 | 690 | *12 | 35.00 | 0.00 | 0 | 80.00 | 11.00 | 20.00 | 0 | 97.0 | 0.00 | 5.88 |
| 990690 Meatless Meatball Sub, B-112 delete | 1 Sub | 5 | 346 | 1.35 | 863 | 6 | 7.63 | 0.03 | 4 | 45.33 | 4.23 | 24.93 | 722 | 191.6 | 4.46 | 4.52 |
| 990276 Pizza, Cheese, WG, MAX, P-913346 | Slice | 10 | 270 | 3.00 | 730 | 5 | 10.00 | 0.00 | 10 | 32.00 | 5.00 | 15.00 | *N/A* | 240.0 | *N/A* | 2.10 |
| 990512 Pizza, Pepperoni, WG, Slice, MAX | Slice | 5 | 296 | 4.12 | 817 | 5 | 12.42 | 0.00 | 17 | 32.00 | 5.00 | 15.93 | *0 | 240.0 | *0.00 | 2.17 |
| 990285 Crispy Chicken Caesar Wrap, Arbor C-17a | 1 Each | 5 | 560 | 7.50 | 793 | *2 | 34.50 | 0.00 | 44 | 43.87 | 6.13 | 20.57 | 4919 | 102.7 | 80.04 | 4.21 |
| 990036 Crispy Chicken Salad, Arbor F-6a | Each | 5 | 340 | 2.29 | 834 | *1 | 13.61 | 0.02 | 35 | 36.32 | 4.15 | 18.92 | 4989 | 62.1 | 81.83 | 3.70 |

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Portion Values

Feb 1, 2020 thru Feb 29, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990040 Milk, Chocolate, Skim, Prairie Farms | Cup | 60 | 110 | 0.00 | 180 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 990265 Milk, 1% Plain, Prairie Farms, 11g | 1 Cup | 40 | 100 | 1.50 | 120 | 12 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | *N/A* |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 70 | 0.00 | 5 | *6 | 0.03 | 0.00 | 0 | 17.57 | 1.99 | 0.46 | *114 | 12.3 | *11.36 | 0.23 |
| 990038 Fruit & Veggie Bar - Veggies | 1/2 Cup | 100 | 48 | 0.05 | 60 | *1 | 0.59 | 0.00 | 0 | 8.59 | 2.48 | 2.93 | 576 | 24.8 | 14.39 | 1.02 |
| 990343 BARBECUE SAUCE | 2 TBSP | 20 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 990336 RANCH DRESSING | 2 TBSP | 40 | 40 | 0.56 | 186 | *2 | 3.06 | *0.01 | 4 | 2.55 | 0.11 | 1.12 | 20 | 34.9 | 0.46 | 0.07 |
| 000222 KETCHUP: individual | Pkt 6g | 20 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000223 MUSTARD: individual PC | Pkt 5g | 20 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 990825 Peppers, Jalapeno, Slcd, Canned, Del Sol, P-910561 | Tablespoon | 8 | 5 | 0.00 | 198 | 1 | 0.00 | 0.00 | 0 | 1.07 | 0.54 | 0.54 | 0 | 10.7 | 0.00 | 0.00 |
| Weighted Daily Average | | | 596 | 5.42 | 1071 | *30 | 16.70 | *0.01 | 41 | 83.59 | 7.78 | 29.52 | *2024 | 581.7 | *41.14 | *4.85 |
| % of Calories | | | | 8.18% | | *20.1% | 25.2% | *0.0% | | 56.1% | | 19.8% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Tuesday - 02/04/2020

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990375 Chicken Nuggets, Goldkist, P-470452 | 5 Each | 45 | 182 | 1.62 | 328 | 0 | 9.90 | 0.00 | 34 | 9.50 | 0.00 | 13.50 | 79 | 22.0 | 87.00 | 1.00 |
| 990679 Ultra Loco Garlic & Herb Breadstick, P-609619 | Each | 45 | 60 | 0.00 | 80 | 0 | 0.50 | 0.00 | 0 | 12.00 | 1.00 | 2.00 | 0 | 10.0 | 0.00 | 0.70 |
| 990226 Black Bean & Corn Salsa, Arbor E-21 | 1/2 Cup | 45 | 156 | 0.01 | 292 | *0 | 0.54 | *0.00 | 0 | 25.74 | 7.01 | 8.05 | 7 | 55.9 | 0.76 | 3.07 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990048 Crispy Chicken Sandwich B-11 | Each | 5 | 340 | 2.50 | 650 | 3 | 12.50 | 0.00 | 35 | 39.00 | 4.00 | 21.00 | 100 | 86.0 | 78.00 | 2.80 |
| 990309 Spicy Chicken Sandwich, Arbor B-13 | Sandwiches | 5 | 330 | 2.00 | 480 | 3 | 10.50 | 0.00 | 35 | 39.00 | 3.00 | 21.00 | 200 | 86.0 | 0.00 | 3.70 |
| 990031 Cheeseburger on WG Bun, Arbor B-1 | 1 Each | 5 | 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 | 5 | 268 | 3.70 | 389 | 3 | 10.50 | 0.00 | 35 | 27.00 | 3.00 | 19.00 | 0 | 88.0 | 0.00 | 2.00 |
| 990682 Veggie Burger on a Bun, B-110 | Each | 2 | 280 | 1.00 | 670 | 6 | 7.00 | 0.00 | 0 | 35.00 | 5.00 | 22.00 | 0 | 126.0 | 0.00 | 2.44 |
| 990502 Nacho Supreme, Arbor A-10 | 1 Each | 5 | 398 | 4.11 | 602 | 4 | 16.30 | 0.00 | 43 | 42.30 | 5.16 | 19.38 | 681 | 198.5 | 4.14 | 7.02 |
| 990648 Triple Decker SunButter & Jelly Sandwich, B-36 | Each | 3 | 715 | 4.00 | 690 | *12 | 35.00 | 0.00 | 0 | 80.00 | 11.00 | 20.00 | 0 | 97.0 | 0.00 | 5.88 |
| 990840 Chickenless Buddha Bowl, B-113 | Each | 5 | 417 | 1.19 | 829 | 9 | 12.30 | 0.00 | 10 | 54.73 | 7.65 | 22.16 | 4391 | 152.5 | 3.20 | 3.99 |
| 990088 Turkey & Cheese Wrap C-14a | Each | 5 | 296 | 5.53 | 947 | 5 | 11.11 | 0.00 | 38 | 33.51 | 3.60 | 15.98 | 250 | 119.6 | 1.41 | 2.01 |
| 990057 Cheese Stuffed Sticks, The Max, 6", P-43901 | 2 Each | 10 | 300 | 5.00 | 780 | *N/A* | 14.00 | 0.00 | 10 | 32.00 | 4.00 | 14.00 | 0 | 300.0 | 0.00 | 1.44 |
| 990058 Marinara Sauce, Red Pack | 1/4 Cup | 10 | 25 | 0.00 | 210 | *N/A* | 0.75 | 0.00 | 0 | 4.50 | 1.00 | 1.00 | 250 | 10.0 | 4.50 | 0.36 |
| 990284 Chicken Caesar Salad, Crispy, Arbor F-5b | 1 Each | 5 | 529 | 7.18 | 1138 | *0 | 37.15 | 0.12 | 56 | 29.64 | 3.13 | 23.80 | 5057 | 183.6 | 80.04 | 2.84 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Cup | 60 | 110 | 0.00 | 180 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 990265 Milk, 1% Plain, Prairie Farms, 11g | 1 Cup | 40 | 100 | 1.50 | 120 | 12 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | *N/A* |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 70 | 0.00 | 5 | *6 | 0.03 | 0.00 | 0 | 17.57 | 1.99 | 0.46 | *114 | 12.3 | *11.36 | 0.23 |
| 990038 Fruit & Veggie Bar - Veggies | 1/2 Cup | 100 | 48 | 0.05 | 60 | *1 | 0.59 | 0.00 | 0 | 8.59 | 2.48 | 2.93 | 576 | 24.8 | 14.39 | 1.02 |
| 990343 BARBECUE SAUCE | 2 TBSP | 40 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 990336 RANCH DRESSING | 2 TBSP | 40 | 40 | 0.56 | 186 | *2 | 3.06 | *0.01 | 4 | 2.55 | 0.11 | 1.12 | 20 | 34.9 | 0.46 | 0.07 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000222 KETCHUP: individual | Pkt 6g | 60 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000223 MUSTARD: individual PC | Pkt 5g | 20 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 990825 Peppers, Jalapeno, Slcd, Canned, Del Sol, P-910561 | Tablespoon | 5 | 5 | 0.00 | 198 | 1 | 0.00 | 0.00 | 0 | 1.07 | 0.54 | 0.54 | 0 | 10.7 | 0.00 | 0.00 |
| Weighted Daily Average | | | 635 | 3.88 | 1118 | *28 | 16.75 | *0.01 | 42 | 89.08 | 10.77 | 33.33 | *1839 | 482.5 | *75.75 | *5.44 |
| % of Calories | | | | 5.50% | | *17.6% | 23.7% | *0.0% | | 56.1% | | 21.0% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Wednesday - 02/05/2020

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990738 Corn Dog, Turkey, Mini, JTM, P-597483 | 6 Each | 40 | 267 | 1.90 | 365 | 12 | 11.00 | 0.00 | 34 | 33.00 | 3.00 | 9.00 | 114 | 66.0 | 51.00 | 1.00 |
| 990543 Baked Beans, Bush's P-37604 | 1/2 Cup | 40 | 158 | 0.00 | 619 | 14 | 1.12 | 0.00 | 0 | 32.62 | 5.62 | 6.75 | 0 | 45.0 | 0.00 | 2.02 |
| 990048 Crispy Chicken Sandwich B-11 | Each | 5 | 340 | 2.50 | 650 | 3 | 12.50 | 0.00 | 35 | 39.00 | 4.00 | 21.00 | 100 | 86.0 | 78.00 | 2.80 |
| 990309 Spicy Chicken Sandwich, Arbor B-13 | Sandwiches | 5 | 330 | 2.00 | 480 | 3 | 10.50 | 0.00 | 35 | 39.00 | 3.00 | 21.00 | 200 | 86.0 | 0.00 | 3.70 |
| 990031 Cheeseburger on WG Bun, Arbor B-1 | 1 Each | 5 | 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 | 5 | 268 | 3.70 | 389 | 3 | 10.50 | 0.00 | 35 | 27.00 | 3.00 | 19.00 | 0 | 88.0 | 0.00 | 2.00 |
| 990682 Veggie Burger on a Bun, B-110 | Each | 2 | 280 | 1.00 | 670 | 6 | 7.00 | 0.00 | 0 | 35.00 | 5.00 | 22.00 | 0 | 126.0 | 0.00 | 2.44 |
| 990502 Nacho Supreme, Arbor A-10 | 1 Each | 5 | 398 | 4.11 | 602 | 4 | 16.30 | 0.00 | 43 | 42.30 | 5.16 | 19.38 | 681 | 198.5 | 4.14 | 7.02 |
| 990648 Triple Decker SunButter & Jelly Sandwich, B-36 | Each | 3 | 715 | 4.00 | 690 | *12 | 35.00 | 0.00 | 0 | 80.00 | 11.00 | 20.00 | 0 | 97.0 | 0.00 | 5.88 |

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Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990704 Lentil Penne Pasta with Marinara, Arbor A-82 | 2.5 OZ-1/2 Cup | 5 | 215 | 0.00 | 126 | 3 | 0.00 | 0.00 | 0 | 41.04 | 3.62 | 12.32 | 520 | 10.9 | 3.33 | 3.47 |
| 990844 Garlic Bread, Arbor D-14 | 1 Bun | 5 | 281 | 9.93 | 401 | 3 | 17.63 | *0.00 | 41 | 27.13 | 2.13 | 6.81 | 466 | 93.7 | 0.02 | 1.13 |
| 990276 Pizza, Cheese, WG, MAX, P-913346 | Slice | 10 | 270 | 3.00 | 730 | 5 | 10.00 | 0.00 | 10 | 32.00 | 5.00 | 15.00 | *N/A* | 240.0 | *N/A* | 2.10 |
| 990512 Pizza, Pepperoni, WG, Slice, MAX | Slice | 5 | 296 | 4.12 | 817 | 5 | 12.42 | 0.00 | 17 | 32.00 | 5.00 | 15.93 | *0 | 240.0 | *0.00 | 2.17 |
| 990164 Ranch Crispy Chicken Wrap, Arbor C-12 | Each | 5 | 415 | 4.50 | 938 | *2 | 14.80 | 0.00 | 35 | 51.30 | 7.10 | 20.20 | 8810 | 113.0 | 82.02 | 4.21 |
| 990036 Crispy Chicken Salad, Arbor F-6a | Each | 5 | 340 | 2.29 | 834 | *1 | 13.61 | 0.02 | 35 | 36.32 | 4.15 | 18.92 | 4989 | 62.1 | 81.83 | 3.70 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Cup | 60 | 110 | 0.00 | 180 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 990265 Milk, 1% Plain, Prairie Farms, 11g | 1 Cup | 40 | 100 | 1.50 | 120 | 12 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | *N/A* |
| 990821 Slushie, Blue Raspberry, Cool Tropics, P-453064 | Each | 85 | 60 | 0.00 | 15 | 12 | 0.00 | 0.00 | 0 | 15.00 | 0.00 | 0.00 | 500 | 0.0 | 60.00 | 0.36 |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 15 | 70 | 0.00 | 5 | *6 | 0.03 | 0.00 | 0 | 17.57 | 1.99 | 0.46 | *114 | 12.3 | *11.36 | 0.23 |
| 990038 Fruit & Veggie Bar - Veggies | 1/2 Cup | 100 | 48 | 0.05 | 60 | *1 | 0.59 | 0.00 | 0 | 8.59 | 2.48 | 2.93 | 576 | 24.8 | 14.39 | 1.02 |
| 000222 KETCHUP: individual | Pkt 6g | 40 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 990343 BARBECUE SAUCE | 2 TBSP | 40 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 990336 RANCH DRESSING | 2 TBSP | 40 | 40 | 0.56 | 186 | *2 | 3.06 | *0.01 | 4 | 2.55 | 0.11 | 1.12 | 20 | 34.9 | 0.46 | 0.07 |
| 000223 MUSTARD: individual PC | Pkt 5g | 20 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |

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Portion Values

Feb 1, 2020 thru Feb 29, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990825 Peppers, Jalapeno, Slcd, Canned, Del Sol, P-910561 | Tablespoon | 5 | 5 | 0.00 | 198 | 1 | 0.00 | 0.00 | 0 | 1.07 | 0.54 | 0.54 | 0 | 10.7 | 0.00 | 0.00 |
| Weighted Daily Average | | | 625 | 4.05 | 1173 | *43 | 16.07 | *0.01 | 41 | 94.43 | 9.30 | 29.23 | *2394 | 472.8 | *101.61 | *4.93 |
| % of Calories | | | | 5.83% | | *27.5% | 23.1% | *0.0% | | 60.4% | | 18.7% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Thursday - 02/06/2020

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990757 MACARONI AND CHEESE USDA D-26 | 2/3 CUP | 40 | 361 | 12.36 | 868 | 5 | 22.10 | 0.00 | 61 | 24.81 | 0.80 | 15.11 | 832 | 385.2 | 0.29 | 0.82 |
| 990396 Broccoli, West Creek, 1/2C, 2g | 1/2 Cup | 80 | 11 | 0.00 | 10 | 0 | 0.00 | 0.00 | 0 | 2.00 | 1.50 | 1.50 | 450 | 25.0 | 25.20 | 0.36 |
| 990865 Happy Birthday Cookies, Mini, P-616402 | Bag | 100 | 140 | 1.50 | 95 | 10 | 5.00 | 0.00 | 0 | 24.00 | 1.00 | 1.00 | 0 | 0.0 | 0.00 | 0.72 |
| 990048 Crispy Chicken Sandwich B-11 | Each | 5 | 340 | 2.50 | 650 | 3 | 12.50 | 0.00 | 35 | 39.00 | 4.00 | 21.00 | 100 | 86.0 | 78.00 | 2.80 |
| 990309 Spicy Chicken Sandwich, Arbor B-13 | Sandwiches | 5 | 330 | 2.00 | 480 | 3 | 10.50 | 0.00 | 35 | 39.00 | 3.00 | 21.00 | 200 | 86.0 | 0.00 | 3.70 |
| 990052 Hamburger, WG, Arbor B-2 | Each | 5 | 268 | 3.70 | 389 | 3 | 10.50 | 0.00 | 35 | 27.00 | 3.00 | 19.00 | 0 | 88.0 | 0.00 | 2.00 |
| 990682 Veggie Burger on a Bun, B-110 | Each | 2 | 280 | 1.00 | 670 | 6 | 7.00 | 0.00 | 0 | 35.00 | 5.00 | 22.00 | 0 | 126.0 | 0.00 | 2.44 |
| 990031 Cheeseburger on WG Bun, Arbor B-1 | 1 Each | 5 | 323 | 6.20 | 589 | 4 | 15.00 | 0.00 | 48 | 28.00 | 3.00 | 21.50 | 0 | 138.0 | 0.00 | 2.00 |
| 990502 Nacho Supreme, Arbor A-10 | 1 Each | 10 | 398 | 4.11 | 602 | 4 | 16.30 | 0.00 | 43 | 42.30 | 5.16 | 19.38 | 681 | 198.5 | 4.14 | 7.02 |
| 990648 Triple Decker SunButter & Jelly Sandwich, B-36 | Each | 3 | 715 | 4.00 | 690 | *12 | 35.00 | 0.00 | 0 | 80.00 | 11.00 | 20.00 | 0 | 97.0 | 0.00 | 5.88 |
| 990845 Chickenless Nugget Plate, A-88 | Each | 5 | 285 | 1.00 | 585 | 3 | 8.50 | 0.00 | 0 | 35.50 | 5.50 | 15.50 | 0 | 70.0 | 0.00 | 2.70 |

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|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990506 Pizza, Cheese Stuffed Crust, The Max, P-190914 | Each | 10 | 340 | 4.50 | 770 | 4 | 14.00 | 0.00 | 15 | 38.00 | 2.00 | 15.00 | 0 | 250.0 | 0.00 | 0.00 |
| 990088 Turkey & Cheese Wrap C-14a | Each | 5 | 296 | 5.53 | 947 | 5 | 11.11 | 0.00 | 38 | 33.51 | 3.60 | 15.98 | 250 | 119.6 | 1.41 | 2.01 |
| 990284 Chicken Caesar Salad, Crispy, Arbor F-5b | 1 Each | 5 | 529 | 7.18 | 1138 | *0 | 37.15 | 0.12 | 56 | 29.64 | 3.13 | 23.80 | 5057 | 183.6 | 80.04 | 2.84 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Cup | 60 | 110 | 0.00 | 180 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 990265 Milk, 1% Plain, Prairie Farms, 11g | 1 Cup | 40 | 100 | 1.50 | 120 | 12 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | *N/A* |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 70 | 0.00 | 5 | *6 | 0.03 | 0.00 | 0 | 17.57 | 1.99 | 0.46 | *114 | 12.3 | *11.36 | 0.23 |
| 990038 Fruit & Veggie Bar - Veggies | 1/2 Cup | 100 | 48 | 0.05 | 60 | *1 | 0.59 | 0.00 | 0 | 8.59 | 2.48 | 2.93 | 576 | 24.8 | 14.39 | 1.02 |
| 990343 BARBECUE SAUCE | 2 TBSP | 20 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 990336 RANCH DRESSING | 2 TBSP | 40 | 40 | 0.56 | 186 | *2 | 3.06 | *0.01 | 4 | 2.55 | 0.11 | 1.12 | 20 | 34.9 | 0.46 | 0.07 |
| 000222 KETCHUP: individual | Pkt 6g | 20 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000223 MUSTARD: individual PC | Pkt 5g | 20 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 990825 Peppers, Jalapeno, Slcd, Canned, Del Sol, P-910561 | Tablespoon | 10 | 5 | 0.00 | 198 | 1 | 0.00 | 0.00 | 0 | 1.07 | 0.54 | 0.54 | 0 | 10.7 | 0.00 | 0.00 |
| Weighted Daily Average | | | 758 | 9.73 | 1215 | *39 | 26.21 | *0.01 | 53 | 103.09 | 9.55 | 31.58 | *2257 | 616.4 | *55.92 | *4.72 |
| % of Calories | | | | 11.55% | | *20.6% | 31.1% | *0.0% | | 54.4% | | 16.7% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Friday - 02/07/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990771 Sloppy Joe on a Bun, Beef, Pre-made, B-43c | Serving | 40 | 285 | 2.70 | 667 | 11 | 8.50 | 0.00 | 44 | 36.00 | 4.00 | 19.00 | 459 | 100.0 | 6.00 | 3.00 |
| 990296 Corn, Golden Sweet | 1/2 Cup | 40 | 70 | 0.00 | 0 | 2 | 0.50 | 0.00 | 0 | 18.00 | 2.00 | 3.00 | 200 | 0.0 | 6.00 | 0.36 |
| 990048 Crispy Chicken Sandwich B-11 | Each | 5 | 340 | 2.50 | 650 | 3 | 12.50 | 0.00 | 35 | 39.00 | 4.00 | 21.00 | 100 | 86.0 | 78.00 | 2.80 |
| 990309 Spicy Chicken Sandwich, Arbor B-13 | Sandwiches | 5 | 330 | 2.00 | 480 | 3 | 10.50 | 0.00 | 35 | 39.00 | 3.00 | 21.00 | 200 | 86.0 | 0.00 | 3.70 |
| 990052 Hamburger, WG, Arbor B-2 | Each | 5 | 268 | 3.70 | 389 | 3 | 10.50 | 0.00 | 35 | 27.00 | 3.00 | 19.00 | 0 | 88.0 | 0.00 | 2.00 |
| 990031 Cheeseburger on WG Bun, Arbor B-1 | 1 Each | 5 | 323 | 6.20 | 589 | 4 | 15.00 | 0.00 | 48 | 28.00 | 3.00 | 21.50 | 0 | 138.0 | 0.00 | 2.00 |
| 990682 Veggie Burger on a Bun, B-110 | Each | 2 | 280 | 1.00 | 670 | 6 | 7.00 | 0.00 | 0 | 35.00 | 5.00 | 22.00 | 0 | 126.0 | 0.00 | 2.44 |
| 990502 Nacho Supreme, Arbor A-10 | 1 Each | 8 | 398 | 4.11 | 602 | 4 | 16.30 | 0.00 | 43 | 42.30 | 5.16 | 19.38 | 681 | 198.5 | 4.14 | 7.02 |
| 990648 Triple Decker SunButter & Jelly Sandwich, B-36 | Each | 5 | 715 | 4.00 | 690 | *12 | 35.00 | 0.00 | 0 | 80.00 | 11.00 | 20.00 | 0 | 97.0 | 0.00 | 5.88 |
| 990685 Southwest Chickenless Wrap, E-53 | Each | 5 | 401 | 2.90 | 674 | *4 | 9.72 | 0.00 | 0 | 53.09 | 10.71 | *22.74 | *4855 | *114.9 | *8.01 | *3.65 |
| 990175 Cheese Pizza, 16" Dough, Arbor P-1a | 1 Slice | 5 | 390 | 8.10 | 782 | 2 | 14.41 | 0.00 | 30 | 44.54 | 1.74 | 21.93 | 377 | 415.4 | 1.12 | 2.78 |
| 990193 Pepperoni Pizza, Turkey, The Max, P-369077 | 1 Slice | 5 | 280 | 3.00 | 600 | *N/A* | 9.00 | 0.00 | 15 | 37.00 | 4.00 | 16.00 | 400 | 250.0 | 0.00 | 3.60 |
| 990285 Crispy Chicken Caesar Wrap, Arbor C-17a | 1 Each | 5 | 560 | 7.50 | 793 | *2 | 34.50 | 0.00 | 44 | 43.87 | 6.13 | 20.57 | 4919 | 102.7 | 80.04 | 4.21 |
| 990036 Crispy Chicken Salad, Arbor F-6a | Each | 5 | 340 | 2.29 | 834 | *1 | 13.61 | 0.02 | 35 | 36.32 | 4.15 | 18.92 | 4989 | 62.1 | 81.83 | 3.70 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Cup | 60 | 110 | 0.00 | 180 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 990265 Milk, 1% Plain, Prairie Farms, 11g | 1 Cup | 40 | 100 | 1.50 | 120 | 12 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | *N/A* |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 70 | 0.00 | 5 | *6 | 0.03 | 0.00 | 0 | 17.57 | 1.99 | 0.46 | *114 | 12.3 | *11.36 | 0.23 |
| 990038 Fruit & Veggie Bar - Veggies | 1/2 Cup | 100 | 48 | 0.05 | 60 | *1 | 0.59 | 0.00 | 0 | 8.59 | 2.48 | 2.93 | 576 | 24.8 | 14.39 | 1.02 |

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990343 BARBECUE SAUCE | 2 TBSP | 20 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 990336 RANCH DRESSING | 2 TBSP | 40 | 40 | 0.56 | 186 | *2 | 3.06 | *0.01 | 4 | 2.55 | 0.11 | 1.12 | 20 | 34.9 | 0.46 | 0.07 |
| 000222 KETCHUP: individual | Pkt 6g | 20 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000223 MUSTARD: individual PC | Pkt 5g | 20 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 990825 Peppers, Jalapeno, Slcd, Canned, Del Sol, P-910561 | Tablespoon | 8 | 5 | 0.00 | 198 | 1 | 0.00 | 0.00 | 0 | 1.07 | 0.54 | 0.54 | 0 | 10.7 | 0.00 | 0.00 |
| Weighted Daily Average | | | 622 | 4.42 | 1002 | *32 | 16.16 | *0.01 | 46 | 91.91 | 10.06 | *32.88 | *2325 | *483.6 | *44.84 | *5.22 |
| % of Calories | | | | 6.40% | | *20.6% | 23.4% | *0.0% | | 59.1% | | *21.1% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Monday - 02/10/2020

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990642 BBQ Rib Sandwich Arbor B-42 | Each | 40 | 352 | 3.34 | 1008 | 16 | 12.11 | 0.03 | 40 | 40.63 | 3.30 | 19.23 | 200 | 71.0 | 3.60 | 2.50 |
| 990700 Seasoned 1/2" Crinkle Fries, P-602150 | 1/2 Cup | 80 | 94 | 0.49 | 171 | 0 | 3.11 | 0.05 | 0 | 15.24 | 0.00 | 1.38 | 0 | 0.0 | 0.00 | 0.00 |
| 990048 Crispy Chicken Sandwich B-11 | Each | 5 | 340 | 2.50 | 650 | 3 | 12.50 | 0.00 | 35 | 39.00 | 4.00 | 21.00 | 100 | 86.0 | 78.00 | 2.80 |
| 990309 Spicy Chicken Sandwich, Arbor B-13 | Sandwiches | 5 | 330 | 2.00 | 480 | 3 | 10.50 | 0.00 | 35 | 39.00 | 3.00 | 21.00 | 200 | 86.0 | 0.00 | 3.70 |
| 990052 Hamburger, WG, Arbor B-2 | Each | 2 | 268 | 3.70 | 389 | 3 | 10.50 | 0.00 | 35 | 27.00 | 3.00 | 19.00 | 0 | 88.0 | 0.00 | 2.00 |
| 990031 Cheeseburger on WG Bun, Arbor B-1 | 1 Each | 5 | 323 | 6.20 | 589 | 4 | 15.00 | 0.00 | 48 | 28.00 | 3.00 | 21.50 | 0 | 138.0 | 0.00 | 2.00 |
| 990682 Veggie Burger on a Bun, B-110 | Each | 5 | 280 | 1.00 | 670 | 6 | 7.00 | 0.00 | 0 | 35.00 | 5.00 | 22.00 | 0 | 126.0 | 0.00 | 2.44 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990502 Nacho Supreme, Arbor A-10 | 1 Each | 5 | 398 | 4.11 | 602 | 4 | 16.30 | 0.00 | 43 | 42.30 | 5.16 | 19.38 | 681 | 198.5 | 4.14 | 7.02 |
| 990648 Triple Decker SunButter & Jelly Sandwich, B-36 | Each | 3 | 715 | 4.00 | 690 | *12 | 35.00 | 0.00 | 0 | 80.00 | 11.00 | 20.00 | 0 | 97.0 | 0.00 | 5.88 |
| 990690 Meatless Meatball Sub, B-112 delete | 1 Sub | 5 | 346 | 1.35 | 863 | 6 | 7.63 | 0.03 | 4 | 45.33 | 4.23 | 24.93 | 722 | 191.6 | 4.46 | 4.52 |
| 990276 Pizza, Cheese, WG, MAX, P-913346 | Slice | 10 | 270 | 3.00 | 730 | 5 | 10.00 | 0.00 | 10 | 32.00 | 5.00 | 15.00 | *N/A* | 240.0 | *N/A* | 2.10 |
| 990512 Pizza, Pepperoni, WG, Slice, MAX | Slice | 5 | 296 | 4.12 | 817 | 5 | 12.42 | 0.00 | 17 | 32.00 | 5.00 | 15.93 | *0 | 240.0 | *0.00 | 2.17 |
| 990285 Crispy Chicken Caesar Wrap, Arbor C-17a | 1 Each | 5 | 560 | 7.50 | 793 | *2 | 34.50 | 0.00 | 44 | 43.87 | 6.13 | 20.57 | 4919 | 102.7 | 80.04 | 4.21 |
| 990036 Crispy Chicken Salad, Arbor F-6a | Each | 5 | 340 | 2.29 | 834 | *1 | 13.61 | 0.02 | 35 | 36.32 | 4.15 | 18.92 | 4989 | 62.1 | 81.83 | 3.70 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Cup | 70 | 110 | 0.00 | 180 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 990265 Milk, 1% Plain, Prairie Farms, 11g | 1 Cup | 30 | 100 | 1.50 | 120 | 12 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | *N/A* |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 70 | 0.00 | 5 | *6 | 0.03 | 0.00 | 0 | 17.57 | 1.99 | 0.46 | *114 | 12.3 | *11.36 | 0.23 |
| 990038 Fruit & Veggie Bar - Veggies | 1/2 Cup | 100 | 48 | 0.05 | 60 | *1 | 0.59 | 0.00 | 0 | 8.59 | 2.48 | 2.93 | 576 | 24.8 | 14.39 | 1.02 |
| 990343 BARBECUE SAUCE | 2 TBSP | 20 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 990336 RANCH DRESSING | 2 TBSP | 20 | 40 | 0.56 | 186 | *2 | 3.06 | *0.01 | 4 | 2.55 | 0.11 | 1.12 | 20 | 34.9 | 0.46 | 0.07 |
| 000222 KETCHUP: individual | Pkt 6g | 20 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000223 MUSTARD: individual PC | Pkt 5g | 20 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990825 Peppers, Jalapeno, Slcd, Canned, Del Sol, P-910561 | Tablespoon | 5 | 5 | 0.00 | 198 | 1 | 0.00 | 0.00 | 0 | 1.07 | 0.54 | 0.54 | 0 | 10.7 | 0.00 | 0.00 |
| Weighted Daily Average | | | 669 | 4.40 | 1269 | *34 | 18.09 | *0.06 | 40 | 96.82 | 8.77 | 32.25 | *1872 | 464.6 | *41.03 | *4.63 |
| % of Calories | | | | 5.92% | | *20.3% | 24.3% | *0.1% | | 57.9% | | 19.3% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Tuesday - 02/11/2020

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990369 Pizza Quesadilla, The Max, P-245774 | Slice | 40 | 320 | 3.00 | 810 | 3 | 12.00 | 0.00 | 10 | 39.00 | 4.00 | 18.00 | 300 | 150.0 | 0.00 | 2.70 |
| 990048 Crispy Chicken Sandwich B-11 | Each | 5 | 340 | 2.50 | 650 | 3 | 12.50 | 0.00 | 35 | 39.00 | 4.00 | 21.00 | 100 | 86.0 | 78.00 | 2.80 |
| 990309 Spicy Chicken Sandwich, Arbor B-13 | Sandwiches | 5 | 330 | 2.00 | 480 | 3 | 10.50 | 0.00 | 35 | 39.00 | 3.00 | 21.00 | 200 | 86.0 | 0.00 | 3.70 |
| 990031 Cheeseburger on WG Bun, Arbor B-1 | 1 Each | 5 | 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 | 5 | 268 | 3.70 | 389 | 3 | 10.50 | 0.00 | 35 | 27.00 | 3.00 | 19.00 | 0 | 88.0 | 0.00 | 2.00 |
| 990682 Veggie Burger on a Bun, B-110 | Each | 5 | 280 | 1.00 | 670 | 6 | 7.00 | 0.00 | 0 | 35.00 | 5.00 | 22.00 | 0 | 126.0 | 0.00 | 2.44 |
| 990502 Nacho Supreme, Arbor A-10 | 1 Each | 5 | 398 | 4.11 | 602 | 4 | 16.30 | 0.00 | 43 | 42.30 | 5.16 | 19.38 | 681 | 198.5 | 4.14 | 7.02 |
| 990648 Triple Decker SunButter & Jelly Sandwich, B-36 | Each | 5 | 715 | 4.00 | 690 | *12 | 35.00 | 0.00 | 0 | 80.00 | 11.00 | 20.00 | 0 | 97.0 | 0.00 | 5.88 |
| 990840 Chickenless Buddha Bowl, B-113 | Each | 5 | 417 | 1.19 | 829 | 9 | 12.30 | 0.00 | 10 | 54.73 | 7.65 | 22.16 | 4391 | 152.5 | 3.20 | 3.99 |
| 990057 Cheese Stuffed Sticks, The Max, 6", P-43901 | 2 Each | 10 | 300 | 5.00 | 780 | *N/A* | 14.00 | 0.00 | 10 | 32.00 | 4.00 | 14.00 | 0 | 300.0 | 0.00 | 1.44 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|-----------|------------|-----------|
| 990058 Marinara Sauce, Red Pack | 1/4 Cup | 10 | 25 | 0.00 | 210 | *N/A* | 0.75 | 0.00 | 0 | 4.50 | 1.00 | 1.00 | 250 | 10.0 | 4.50 | 0.36 |
| 990088 Turkey & Cheese Wrap C-14a | Each | 5 | 296 | 5.53 | 947 | 5 | 11.11 | 0.00 | 38 | 33.51 | 3.60 | 15.98 | 250 | 119.6 | 1.41 | 2.01 |
| 990284 Chicken Caesar Salad, Crispy, Arbor F-5b | 1 Each | 5 | 529 | 7.18 | 1138 | *0 | 37.15 | 0.12 | 56 | 29.64 | 3.13 | 23.80 | 5057 | 183.6 | 80.04 | 2.84 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Cup | 70 | 110 | 0.00 | 180 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 990265 Milk, 1% Plain, Prairie Farms, 11g | 1 Cup | 30 | 100 | 1.50 | 120 | 12 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | *N/A* |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 70 | 0.00 | 5 | *6 | 0.03 | 0.00 | 0 | 17.57 | 1.99 | 0.46 | *114 | 12.3 | *11.36 | 0.23 |
| 990038 Fruit & Veggie Bar - Veggies | 1/2 Cup | 100 | 48 | 0.05 | 60 | *1 | 0.59 | 0.00 | 0 | 8.59 | 2.48 | 2.93 | 576 | 24.8 | 14.39 | 1.02 |
| 990343 BARBECUE SAUCE | 2 TBSP | 20 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 990336 RANCH DRESSING | 2 TBSP | 20 | 40 | 0.56 | 186 | *2 | 3.06 | *0.01 | 4 | 2.55 | 0.11 | 1.12 | 20 | 34.9 | 0.46 | 0.07 |
| 000222 KETCHUP: individual | Pkt 6g | 20 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000223 MUSTARD: individual PC | Pkt 5g | 20 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 990825 Peppers, Jalapeno, Slcd, Canned, Del Sol, P-910561 | Tablespoon | 5 | 5 | 0.00 | 198 | 1 | 0.00 | 0.00 | 0 | 1.07 | 0.54 | 0.54 | 0 | 10.7 | 0.00 | 0.00 |
| Weighted Daily Average | | | 594 | 4.19 | 1085 | *28 | 16.66 | *0.01 | 29 | 84.85 | 9.10 | 30.71 | *1890 | 500.7 | *35.96 | *4.57 |
| % of Calories | | | | 6.35% | | *18.9% | 25.2% | *0.0% | | 57.1% | | 20.7% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Wednesday - 02/12/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990106 Hot Dog, Turkey, WG, Arbor B-6 | Each | 40 | 267 | 3.34 | 888 | *4 | 11.11 | 0.03 | 35 | 30.63 | 2.30 | 12.23 | 0 | 91.0 | 2.40 | 1.78 |
| 990700 Seasoned 1/2" Crinkle Fries, P-602150 | 1/2 Cup | 80 | 94 | 0.49 | 171 | 0 | 3.11 | 0.05 | 0 | 15.24 | 0.00 | 1.38 | 0 | 0.0 | 0.00 | 0.00 |
| 990048 Crispy Chicken Sandwich B-11 | Each | 5 | 340 | 2.50 | 650 | 3 | 12.50 | 0.00 | 35 | 39.00 | 4.00 | 21.00 | 100 | 86.0 | 78.00 | 2.80 |
| 990309 Spicy Chicken Sandwich, Arbor B-13 | Sandwiches | 5 | 330 | 2.00 | 480 | 3 | 10.50 | 0.00 | 35 | 39.00 | 3.00 | 21.00 | 200 | 86.0 | 0.00 | 3.70 |
| 990031 Cheeseburger on WG Bun, Arbor B-1 | 1 Each | 5 | 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 | 5 | 268 | 3.70 | 389 | 3 | 10.50 | 0.00 | 35 | 27.00 | 3.00 | 19.00 | 0 | 88.0 | 0.00 | 2.00 |
| 990682 Veggie Burger on a Bun, B-110 | Each | 5 | 280 | 1.00 | 670 | 6 | 7.00 | 0.00 | 0 | 35.00 | 5.00 | 22.00 | 0 | 126.0 | 0.00 | 2.44 |
| 990502 Nacho Supreme, Arbor A-10 | 1 Each | 5 | 398 | 4.11 | 602 | 4 | 16.30 | 0.00 | 43 | 42.30 | 5.16 | 19.38 | 681 | 198.5 | 4.14 | 7.02 |
| 990648 Triple Decker SunButter & Jelly Sandwich, B-36 | Each | 5 | 715 | 4.00 | 690 | *12 | 35.00 | 0.00 | 0 | 80.00 | 11.00 | 20.00 | 0 | 97.0 | 0.00 | 5.88 |
| 990704 Lentil Penne Pasta with Marinara, Arbor A-82 | 2.5 OZ-1/2 Cup | 5 | 215 | 0.00 | 126 | 3 | 0.00 | 0.00 | 0 | 41.04 | 3.62 | 12.32 | 520 | 10.9 | 3.33 | 3.47 |
| 990844 Garlic Bread, Arbor D-14 | 1 Bun | 5 | 281 | 9.93 | 401 | 3 | 17.63 | *0.00 | 41 | 27.13 | 2.13 | 6.81 | 466 | 93.7 | 0.02 | 1.13 |
| 990276 Pizza, Cheese, WG, MAX, P-913346 | Slice | 5 | 270 | 3.00 | 730 | 5 | 10.00 | 0.00 | 10 | 32.00 | 5.00 | 15.00 | *N/A* | 240.0 | *N/A* | 2.10 |
| 990512 Pizza, Pepperoni, WG, Slice, MAX | Slice | 5 | 296 | 4.12 | 817 | 5 | 12.42 | 0.00 | 17 | 32.00 | 5.00 | 15.93 | *0 | 240.0 | *0.00 | 2.17 |
| 990164 Ranch Crispy Chicken Wrap, Arbor C-12 | Each | 5 | 415 | 4.50 | 938 | *2 | 14.80 | 0.00 | 35 | 51.30 | 7.10 | 20.20 | 8810 | 113.0 | 82.02 | 4.21 |
| 990036 Crispy Chicken Salad, Arbor F-6a | Each | 5 | 340 | 2.29 | 834 | *1 | 13.61 | 0.02 | 35 | 36.32 | 4.15 | 18.92 | 4989 | 62.1 | 81.83 | 3.70 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Cup | 70 | 110 | 0.00 | 180 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 990265 Milk, 1% Plain, Prairie Farms, 11g | 1 Cup | 30 | 100 | 1.50 | 120 | 12 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | *N/A* |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 70 | 0.00 | 5 | *6 | 0.03 | 0.00 | 0 | 17.57 | 1.99 | 0.46 | *114 | 12.3 | *11.36 | 0.23 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990038 Fruit & Veggie Bar - Veggies | 1/2 Cup | 100 | 48 | 0.05 | 60 | *1 | 0.59 | 0.00 | 0 | 8.59 | 2.48 | 2.93 | 576 | 24.8 | 14.39 | 1.02 |
| 000222 KETCHUP: individual | Pkt 6g | 40 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 990343 BARBECUE SAUCE | 2 TBSP | 20 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 990336 RANCH DRESSING | 2 TBSP | 20 | 40 | 0.56 | 186 | *2 | 3.06 | *0.01 | 4 | 2.55 | 0.11 | 1.12 | 20 | 34.9 | 0.46 | 0.07 |
| 000223 MUSTARD: individual PC | Pkt 5g | 20 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 000224 RELISH: individual PC | PC packet | 40 | 10 | 0.00 | 61 | 2 | 0.04 | 0.00 | 0 | 2.63 | 0.08 | 0.03 | 91 | 0.2 | 0.08 | 0.06 |
| 990825 Peppers, Jalapeno, Slcd, Canned, Del Sol, P-910561 | Tablespoon | 5 | 5 | 0.00 | 198 | 1 | 0.00 | 0.00 | 0 | 1.07 | 0.54 | 0.54 | 0 | 10.7 | 0.00 | 0.00 |
| Weighted Daily Average | | | 650 | 4.72 | 1241 | *30 | 17.74 | *0.06 | 40 | 96.69 | 8.59 | 29.39 | *2046 | 461.7 | *40.70 | *4.45 |
| % of Calories | | | | 6.54% | | *18.5% | 24.6% | *0.1% | | 59.5% | | 18.1% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Thursday - 02/13/2020

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990168 Homestyle Popcorn Chicken Bowl, Arbor A-43 | Bowl | 45 | 320 | 3.21 | 553 | 1 | 12.70 | 0.00 | 35 | 35.48 | 3.86 | 17.22 | 234 | 27.3 | 19.52 | 2.22 |
| 990048 Crispy Chicken Sandwich B-11 | Each | 5 | 340 | 2.50 | 650 | 3 | 12.50 | 0.00 | 35 | 39.00 | 4.00 | 21.00 | 100 | 86.0 | 78.00 | 2.80 |
| 990309 Spicy Chicken Sandwich, Arbor B-13 | Sandwiches | 5 | 330 | 2.00 | 480 | 3 | 10.50 | 0.00 | 35 | 39.00 | 3.00 | 21.00 | 200 | 86.0 | 0.00 | 3.70 |
| 990052 Hamburger, WG, Arbor B-2 | Each | 5 | 268 | 3.70 | 389 | 3 | 10.50 | 0.00 | 35 | 27.00 | 3.00 | 19.00 | 0 | 88.0 | 0.00 | 2.00 |
| 990031 Cheeseburger on WG Bun, Arbor B-1 | 1 Each | 5 | 323 | 6.20 | 589 | 4 | 15.00 | 0.00 | 48 | 28.00 | 3.00 | 21.50 | 0 | 138.0 | 0.00 | 2.00 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990682 Veggie Burger on a Bun, B-110 | Each | 5 | 280 | 1.00 | 670 | 6 | 7.00 | 0.00 | 0 | 35.00 | 5.00 | 22.00 | 0 | 126.0 | 0.00 | 2.44 |
| 990502 Nacho Supreme, Arbor A-10 | 1 Each | 5 | 398 | 4.11 | 602 | 4 | 16.30 | 0.00 | 43 | 42.30 | 5.16 | 19.38 | 681 | 198.5 | 4.14 | 7.02 |
| 990648 Triple Decker SunButter & Jelly Sandwich, B-36 | Each | 5 | 715 | 4.00 | 690 | *12 | 35.00 | 0.00 | 0 | 80.00 | 11.00 | 20.00 | 0 | 97.0 | 0.00 | 5.88 |
| 990845 Chickenless Nugget Plate, A-88 | Each | 5 | 285 | 1.00 | 585 | 3 | 8.50 | 0.00 | 0 | 35.50 | 5.50 | 15.50 | 0 | 70.0 | 0.00 | 2.70 |
| 990506 Pizza, Cheese Stuffed Crust, The Max, P-190914 | Each | 5 | 340 | 4.50 | 770 | 4 | 14.00 | 0.00 | 15 | 38.00 | 2.00 | 15.00 | 0 | 250.0 | 0.00 | 0.00 |
| 990088 Turkey & Cheese Wrap C-14a | Each | 5 | 296 | 5.53 | 947 | 5 | 11.11 | 0.00 | 38 | 33.51 | 3.60 | 15.98 | 250 | 119.6 | 1.41 | 2.01 |
| 990284 Chicken Caesar Salad, Crispy, Arbor F-5b | 1 Each | 5 | 529 | 7.18 | 1138 | *0 | 37.15 | 0.12 | 56 | 29.64 | 3.13 | 23.80 | 5057 | 183.6 | 80.04 | 2.84 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Cup | 70 | 110 | 0.00 | 180 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 990265 Milk, 1% Plain, Prairie Farms, 11g | 1 Cup | 30 | 100 | 1.50 | 120 | 12 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | *N/A* |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 70 | 0.00 | 5 | *6 | 0.03 | 0.00 | 0 | 17.57 | 1.99 | 0.46 | *114 | 12.3 | *11.36 | 0.23 |
| 990038 Fruit & Veggie Bar - Veggies | 1/2 Cup | 100 | 48 | 0.05 | 60 | *1 | 0.59 | 0.00 | 0 | 8.59 | 2.48 | 2.93 | 576 | 24.8 | 14.39 | 1.02 |
| 990343 BARBECUE SAUCE | 2 TBSP | 20 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 990336 RANCH DRESSING | 2 TBSP | 20 | 40 | 0.56 | 186 | *2 | 3.06 | *0.01 | 4 | 2.55 | 0.11 | 1.12 | 20 | 34.9 | 0.46 | 0.07 |
| 000222 KETCHUP: individual | Pkt 6g | 20 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000223 MUSTARD: individual PC | Pkt 5g | 20 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990825 Peppers, Jalapeno, Slcd, Canned, Del Sol, P-910561 | Tablespoon | 5 | 5 | 0.00 | 198 | 1 | 0.00 | 0.00 | 0 | 1.07 | 0.54 | 0.54 | 0 | 10.7 | 0.00 | 0.00 |
| Weighted Daily Average | | | 587 | 4.15 | 937 | *28 | 16.61 | *0.01 | 40 | 82.51 | 8.73 | 30.18 | *1631 | 430.3 | *44.13 | *4.25 |
| % of Calories | | | | 6.36% | | *19.1% | 25.5% | *0.0% | | 56.2% | | 20.6% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Friday - 02/14/2020

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990517 Pancakes, Whole Wheat, Echo Lake, P-392047 | 2 Each | 40 | 160 | 0.00 | 200 | 6 | 2.00 | 0.00 | 0 | 30.00 | 2.00 | 4.00 | 0 | 40.0 | 0.00 | 1.44 |
| 990084 Turkey Sausage Patty, 1.03 oz, Jennie-O | Each | 40 | 60 | 1.00 | 100 | *N/A* | 4.00 | 0.00 | 30 | 0.00 | 0.00 | 6.00 | 0 | 20.0 | 0.00 | 0.36 |
| 990561 Tater Tots, ORE-IDA, P-284787 | 1/2 C (8 ea) | 80 | 116 | 0.89 | 277 | 0 | 5.36 | 0.00 | 0 | 14.29 | 1.79 | 1.79 | 0 | 0.0 | 3.21 | 0.16 |
| 990048 Crispy Chicken Sandwich B-11 | Each | 5 | 340 | 2.50 | 650 | 3 | 12.50 | 0.00 | 35 | 39.00 | 4.00 | 21.00 | 100 | 86.0 | 78.00 | 2.80 |
| 990309 Spicy Chicken Sandwich, Arbor B-13 | Sandwiches | 5 | 330 | 2.00 | 480 | 3 | 10.50 | 0.00 | 35 | 39.00 | 3.00 | 21.00 | 200 | 86.0 | 0.00 | 3.70 |
| 990052 Hamburger, WG, Arbor B-2 | Each | 5 | 268 | 3.70 | 389 | 3 | 10.50 | 0.00 | 35 | 27.00 | 3.00 | 19.00 | 0 | 88.0 | 0.00 | 2.00 |
| 990031 Cheeseburger on WG Bun, Arbor B-1 | 1 Each | 5 | 323 | 6.20 | 589 | 4 | 15.00 | 0.00 | 48 | 28.00 | 3.00 | 21.50 | 0 | 138.0 | 0.00 | 2.00 |
| 990682 Veggie Burger on a Bun, B-110 | Each | 5 | 280 | 1.00 | 670 | 6 | 7.00 | 0.00 | 0 | 35.00 | 5.00 | 22.00 | 0 | 126.0 | 0.00 | 2.44 |
| 990502 Nacho Supreme, Arbor A-10 | 1 Each | 5 | 398 | 4.11 | 602 | 4 | 16.30 | 0.00 | 43 | 42.30 | 5.16 | 19.38 | 681 | 198.5 | 4.14 | 7.02 |
| 990648 Triple Decker SunButter & Jelly Sandwich, B-36 | Each | 5 | 715 | 4.00 | 690 | *12 | 35.00 | 0.00 | 0 | 80.00 | 11.00 | 20.00 | 0 | 97.0 | 0.00 | 5.88 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990685 Southwest Chickenless Wrap, E-53 | Each | 5 | 401 | 2.90 | 674 | *4 | 9.72 | 0.00 | 0 | 53.09 | 10.71 | *22.74 | *4855 | *114.9 | *8.01 | *3.65 |
| 990276 Pizza, Cheese, WG, MAX, P-913346 | Slice | 5 | 270 | 3.00 | 730 | 5 | 10.00 | 0.00 | 10 | 32.00 | 5.00 | 15.00 | *N/A* | 240.0 | *N/A* | 2.10 |
| 990512 Pizza, Pepperoni, WG, Slice, MAX | Slice | 5 | 296 | 4.12 | 817 | 5 | 12.42 | 0.00 | 17 | 32.00 | 5.00 | 15.93 | *0 | 240.0 | *0.00 | 2.17 |
| 990285 Crispy Chicken Caesar Wrap, Arbor C-17a | 1 Each | 5 | 560 | 7.50 | 793 | *2 | 34.50 | 0.00 | 44 | 43.87 | 6.13 | 20.57 | 4919 | 102.7 | 80.04 | 4.21 |
| 990036 Crispy Chicken Salad, Arbor F-6a | Each | 5 | 340 | 2.29 | 834 | *1 | 13.61 | 0.02 | 35 | 36.32 | 4.15 | 18.92 | 4989 | 62.1 | 81.83 | 3.70 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Cup | 60 | 110 | 0.00 | 180 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 990265 Milk, 1% Plain, Prairie Farms, 11g | 1 Cup | 40 | 100 | 1.50 | 120 | 12 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | *N/A* |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 70 | 0.00 | 5 | *6 | 0.03 | 0.00 | 0 | 17.57 | 1.99 | 0.46 | *114 | 12.3 | *11.36 | 0.23 |
| 990038 Fruit & Veggie Bar - Veggies | 1/2 Cup | 100 | 48 | 0.05 | 60 | *1 | 0.59 | 0.00 | 0 | 8.59 | 2.48 | 2.93 | 576 | 24.8 | 14.39 | 1.02 |
| 000222 KETCHUP: individual | Pkt 6g | 20 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000223 MUSTARD: individual PC | Pkt 5g | 20 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 990336 RANCH DRESSING | 2 TBSP | 20 | 40 | 0.56 | 186 | *2 | 3.06 | *0.01 | 4 | 2.55 | 0.11 | 1.12 | 20 | 34.9 | 0.46 | 0.07 |
| 990343 BARBECUE SAUCE | 2 TBSP | 20 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 990825 Peppers, Jalapeno, Slcd, Canned, Del Sol, P-910561 | Tablespoon | 5 | 5 | 0.00 | 198 | 1 | 0.00 | 0.00 | 0 | 1.07 | 0.54 | 0.54 | 0 | 10.7 | 0.00 | 0.00 |
| 990291 Syrup Packet, Madeira, 1 oz. packet | 1 Packet | 40 | 79 | 0.02 | 20 | 14 | 0.02 | 0.02 | 0 | 20.16 | 0.02 | 0.01 | 3 | 1.9 | 0.01 | 0.06 |
| Weighted Daily Average | | | 676 | 4.06 | 1052 | *35 | 18.32 | *0.01 | 37 | 100.17 | 10.07 | *29.00 | *2000 | *449.7 | *42.34 | *4.49 |
| % of Calories | | | | 5.41% | | *20.7% | 24.4% | *0.0% | | 59.3% | | *17.2% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

Wednesday - 02/19/2020

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc (mg) | Vit-C (mg) | Iron (mg) |
|---|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|-----------|------------|-----------|
| 990105 Pizza Burger, B-3 | Each | 40 | 368 | 7.70 | 628 | 4 | 16.50 | 0.00 | 50 | 30.45 | 3.49 | 26.49 | 469 | 288.0 | 2.36 | 2.53 |
| 990700 Seasoned 1/2" Crinkle Fries, P-602150 | 1/2 Cup | 80 | 94 | 0.49 | 171 | 0 | 3.11 | 0.05 | 0 | 15.24 | 0.00 | 1.38 | 0 | 0.0 | 0.00 | 0.00 |
| 990048 Crispy Chicken Sandwich B-11 | Each | 5 | 340 | 2.50 | 650 | 3 | 12.50 | 0.00 | 35 | 39.00 | 4.00 | 21.00 | 100 | 86.0 | 78.00 | 2.80 |
| 990309 Spicy Chicken Sandwich, Arbor B-13 | Sandwiches | 5 | 330 | 2.00 | 480 | 3 | 10.50 | 0.00 | 35 | 39.00 | 3.00 | 21.00 | 200 | 86.0 | 0.00 | 3.70 |
| 990031 Cheeseburger on WG Bun, Arbor B-1 | 1 Each | 5 | 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 | 5 | 268 | 3.70 | 389 | 3 | 10.50 | 0.00 | 35 | 27.00 | 3.00 | 19.00 | 0 | 88.0 | 0.00 | 2.00 |
| 990682 Veggie Burger on a Bun, B-110 | Each | 5 | 280 | 1.00 | 670 | 6 | 7.00 | 0.00 | 0 | 35.00 | 5.00 | 22.00 | 0 | 126.0 | 0.00 | 2.44 |
| 990502 Nacho Supreme, Arbor A-10 | 1 Each | 5 | 398 | 4.11 | 602 | 4 | 16.30 | 0.00 | 43 | 42.30 | 5.16 | 19.38 | 681 | 198.5 | 4.14 | 7.02 |
| 990648 Triple Decker SunButter & Jelly Sandwich, B-36 | Each | 5 | 715 | 4.00 | 690 | *12 | 35.00 | 0.00 | 0 | 80.00 | 11.00 | 20.00 | 0 | 97.0 | 0.00 | 5.88 |
| 990704 Lentil Penne Pasta with Marinara, Arbor A-82 | 2.5 OZ-1/2 Cup | 5 | 215 | 0.00 | 126 | 3 | 0.00 | 0.00 | 0 | 41.04 | 3.62 | 12.32 | 520 | 10.9 | 3.33 | 3.47 |
| 990844 Garlic Bread, Arbor D-14 | 1 Bun | 5 | 281 | 9.93 | 401 | 3 | 17.63 | *0.00 | 41 | 27.13 | 2.13 | 6.81 | 466 | 93.7 | 0.02 | 1.13 |
| 990276 Pizza, Cheese, WG, MAX, P-913346 | Slice | 5 | 270 | 3.00 | 730 | 5 | 10.00 | 0.00 | 10 | 32.00 | 5.00 | 15.00 | *N/A* | 240.0 | *N/A* | 2.10 |
| 990512 Pizza, Pepperoni, WG, Slice, MAX | Slice | 5 | 296 | 4.12 | 817 | 5 | 12.42 | 0.00 | 17 | 32.00 | 5.00 | 15.93 | *0 | 240.0 | *0.00 | 2.17 |
| 990164 Ranch Crispy Chicken Wrap, Arbor C-12 | Each | 5 | 415 | 4.50 | 938 | *2 | 14.80 | 0.00 | 35 | 51.30 | 7.10 | 20.20 | 8810 | 113.0 | 82.02 | 4.21 |
| 990036 Crispy Chicken Salad, Arbor F-6a | Each | 5 | 340 | 2.29 | 834 | *1 | 13.61 | 0.02 | 35 | 36.32 | 4.15 | 18.92 | 4989 | 62.1 | 81.83 | 3.70 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Cup | 70 | 110 | 0.00 | 180 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990265 Milk, 1% Plain, Prairie Farms, 11g | 1 Cup | 30 | 100 | 1.50 | 120 | 12 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | *N/A* |
| 990820 Slushie, Kiwi Strawberry, Cool Tropics, P-279212 | Each | 85 | 60 | 0.00 | 15 | 12 | 0.00 | 0.00 | 0 | 15.00 | 0.00 | 0.00 | 500 | 0.0 | 60.00 | 0.36 |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 15 | 70 | 0.00 | 5 | *6 | 0.03 | 0.00 | 0 | 17.57 | 1.99 | 0.46 | *114 | 12.3 | *11.36 | 0.23 |
| 990038 Fruit & Veggie Bar - Veggies | 1/2 Cup | 100 | 48 | 0.05 | 60 | *1 | 0.59 | 0.00 | 0 | 8.59 | 2.48 | 2.93 | 576 | 24.8 | 14.39 | 1.02 |
| 000222 KETCHUP: individual | Pkt 6g | 40 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 990343 BARBECUE SAUCE | 2 TBSP | 20 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 990336 RANCH DRESSING | 2 TBSP | 20 | 40 | 0.56 | 186 | *2 | 3.06 | *0.01 | 4 | 2.55 | 0.11 | 1.12 | 20 | 34.9 | 0.46 | 0.07 |
| 000223 MUSTARD: individual PC | Pkt 5g | 20 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 990825 Peppers, Jalapeno, Slcd, Canned, Del Sol, P-910561 | Tablespoon | 5 | 5 | 0.00 | 198 | 1 | 0.00 | 0.00 | 0 | 1.07 | 0.54 | 0.54 | 0 | 10.7 | 0.00 | 0.00 |
| Weighted Daily Average | | | 678 | 6.46 | 1122 | *34 | 19.85 | *0.05 | 46 | 93.38 | 7.34 | 34.69 | *2525 | 529.9 | *82.00 | *4.84 |
| % of Calories | | | | 8.58% | | *20.1% | 26.3% | *0.1% | | 55.1% | | 20.5% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Thursday - 02/20/2020

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990082 Chicken Strips, WG, GoldKist, P-470150 | 3 Strips | 40 | 210 | 2.50 | 400 | 0 | 10.00 | 0.00 | 35 | 14.00 | 2.00 | 15.00 | 100 | 20.0 | 78.00 | 1.80 |
| 990679 Ultra Loco Garlic & Herb Breadstick, P-609619 | Each | 40 | 60 | 0.00 | 80 | 0 | 0.50 | 0.00 | 0 | 12.00 | 1.00 | 2.00 | 0 | 10.0 | 0.00 | 0.70 |
| 990413 Corn, Whole Kernel, USDA, 15g, 1/2C | 1/2 Cup | 40 | 65 | 0.00 | 15 | 3 | 1.00 | 0.00 | 0 | 15.00 | 2.00 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990048 Crispy Chicken Sandwich B-11 | Each | 5 | 340 | 2.50 | 650 | 3 | 12.50 | 0.00 | 35 | 39.00 | 4.00 | 21.00 | 100 | 86.0 | 78.00 | 2.80 |
| 990309 Spicy Chicken Sandwich, Arbor B-13 | Sandwiches | 5 | 330 | 2.00 | 480 | 3 | 10.50 | 0.00 | 35 | 39.00 | 3.00 | 21.00 | 200 | 86.0 | 0.00 | 3.70 |
| 990052 Hamburger, WG, Arbor B-2 | Each | 5 | 268 | 3.70 | 389 | 3 | 10.50 | 0.00 | 35 | 27.00 | 3.00 | 19.00 | 0 | 88.0 | 0.00 | 2.00 |
| 990031 Cheeseburger on WG Bun, Arbor B-1 | 1 Each | 5 | 323 | 6.20 | 589 | 4 | 15.00 | 0.00 | 48 | 28.00 | 3.00 | 21.50 | 0 | 138.0 | 0.00 | 2.00 |
| 990682 Veggie Burger on a Bun, B-110 | Each | 5 | 280 | 1.00 | 670 | 6 | 7.00 | 0.00 | 0 | 35.00 | 5.00 | 22.00 | 0 | 126.0 | 0.00 | 2.44 |
| 990502 Nacho Supreme, Arbor A-10 | 1 Each | 5 | 398 | 4.11 | 602 | 4 | 16.30 | 0.00 | 43 | 42.30 | 5.16 | 19.38 | 681 | 198.5 | 4.14 | 7.02 |
| 990845 Chickenless Nugget Plate, A-88 | Each | 5 | 285 | 1.00 | 585 | 3 | 8.50 | 0.00 | 0 | 35.50 | 5.50 | 15.50 | 0 | 70.0 | 0.00 | 2.70 |
| 990648 Triple Decker SunButter & Jelly Sandwich, B-36 | Each | 5 | 715 | 4.00 | 690 | *12 | 35.00 | 0.00 | 0 | 80.00 | 11.00 | 20.00 | 0 | 97.0 | 0.00 | 5.88 |
| 990506 Pizza, Cheese Stuffed Crust, The Max, P-190914 | Each | 10 | 340 | 4.50 | 770 | 4 | 14.00 | 0.00 | 15 | 38.00 | 2.00 | 15.00 | 0 | 250.0 | 0.00 | 0.00 |
| 990088 Turkey & Cheese Wrap C-14a | Each | 5 | 296 | 5.53 | 947 | 5 | 11.11 | 0.00 | 38 | 33.51 | 3.60 | 15.98 | 250 | 119.6 | 1.41 | 2.01 |
| 990284 Chicken Caesar Salad, Crispy, Arbor F-5b | 1 Each | 5 | 529 | 7.18 | 1138 | *0 | 37.15 | 0.12 | 56 | 29.64 | 3.13 | 23.80 | 5057 | 183.6 | 80.04 | 2.84 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Cup | 70 | 110 | 0.00 | 180 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 990265 Milk, 1% Plain, Prairie Farms, 11g | 1 Cup | 30 | 100 | 1.50 | 120 | 12 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | *N/A* |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 70 | 0.00 | 5 | *6 | 0.03 | 0.00 | 0 | 17.57 | 1.99 | 0.46 | *114 | 12.3 | *11.36 | 0.23 |
| 990038 Fruit & Veggie Bar - Veggies | 1/2 Cup | 100 | 48 | 0.05 | 60 | *1 | 0.59 | 0.00 | 0 | 8.59 | 2.48 | 2.93 | 576 | 24.8 | 14.39 | 1.02 |
| 990343 BARBECUE SAUCE | 2 TBSP | 20 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 990336 RANCH DRESSING | 2 TBSP | 20 | 40 | 0.56 | 186 | *2 | 3.06 | *0.01 | 4 | 2.55 | 0.11 | 1.12 | 20 | 34.9 | 0.46 | 0.07 |
| 000222 KETCHUP: individual | Pkt 6g | 20 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000223 MUSTARD: individual PC | Pkt 5g | 20 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 990825 Peppers, Jalapeno, Slcd, Canned, Del Sol, P-910561 | Tablespoon | 5 | 5 | 0.00 | 198 | 1 | 0.00 | 0.00 | 0 | 1.07 | 0.54 | 0.54 | 0 | 10.7 | 0.00 | 0.00 |
| Weighted Daily Average | | | 594 | 3.93 | 925 | *28 | 16.20 | *0.01 | 39 | 84.84 | 9.09 | 30.78 | *1566 | *442.6 | *66.55 | *4.25 |
| % of Calories | | | | 5.95% | | *18.9% | 24.5% | *0.0% | | 57.1% | | 20.7% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Friday - 02/21/2020

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990738 Corn Dog, Turkey, Mini, JTM, P-597483 | 6 Each | 40 | 267 | 1.90 | 365 | 12 | 11.00 | 0.00 | 34 | 33.00 | 3.00 | 9.00 | 114 | 66.0 | 51.00 | 1.00 |
| 990307 Fresh Coleslaw, Arbor E-16 | 1/4 Cup | 60 | 19 | 0.27 | 28 | *0 | 1.45 | *0.00 | 2 | 1.32 | 0.14 | 0.21 | 22 | 7.5 | 8.00 | 0.08 |
| 990048 Crispy Chicken Sandwich B-11 | Each | 5 | 340 | 2.50 | 650 | 3 | 12.50 | 0.00 | 35 | 39.00 | 4.00 | 21.00 | 100 | 86.0 | 78.00 | 2.80 |
| 990309 Spicy Chicken Sandwich, Arbor B-13 | Sandwiches | 5 | 330 | 2.00 | 480 | 3 | 10.50 | 0.00 | 35 | 39.00 | 3.00 | 21.00 | 200 | 86.0 | 0.00 | 3.70 |
| 990052 Hamburger, WG, Arbor B-2 | Each | 5 | 268 | 3.70 | 389 | 3 | 10.50 | 0.00 | 35 | 27.00 | 3.00 | 19.00 | 0 | 88.0 | 0.00 | 2.00 |
| 990031 Cheeseburger on WG Bun, Arbor B-1 | 1 Each | 5 | 323 | 6.20 | 589 | 4 | 15.00 | 0.00 | 48 | 28.00 | 3.00 | 21.50 | 0 | 138.0 | 0.00 | 2.00 |
| 990682 Veggie Burger on a Bun, B-110 | Each | 5 | 280 | 1.00 | 670 | 6 | 7.00 | 0.00 | 0 | 35.00 | 5.00 | 22.00 | 0 | 126.0 | 0.00 | 2.44 |
| 990502 Nacho Supreme, Arbor A-10 | 1 Each | 5 | 398 | 4.11 | 602 | 4 | 16.30 | 0.00 | 43 | 42.30 | 5.16 | 19.38 | 681 | 198.5 | 4.14 | 7.02 |
| 990685 Southwest Chickenless Wrap, E-53 | Each | 5 | 401 | 2.90 | 674 | *4 | 9.72 | 0.00 | 0 | 53.09 | 10.71 | *22.74 | *4855 | *114.9 | *8.01 | *3.65 |
| 990648 Triple Decker SunButter & Jelly Sandwich, B-36 | Each | 5 | 715 | 4.00 | 690 | *12 | 35.00 | 0.00 | 0 | 80.00 | 11.00 | 20.00 | 0 | 97.0 | 0.00 | 5.88 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990276 Pizza, Cheese, WG, MAX, P-913346 | Slice | 5 | 270 | 3.00 | 730 | 5 | 10.00 | 0.00 | 10 | 32.00 | 5.00 | 15.00 | *N/A* | 240.0 | *N/A* | 2.10 |
| 990512 Pizza, Pepperoni, WG, Slice, MAX | Slice | 5 | 296 | 4.12 | 817 | 5 | 12.42 | 0.00 | 17 | 32.00 | 5.00 | 15.93 | *0 | 240.0 | *0.00 | 2.17 |
| 990285 Crispy Chicken Caesar Wrap, Arbor C-17a | 1 Each | 5 | 560 | 7.50 | 793 | *2 | 34.50 | 0.00 | 44 | 43.87 | 6.13 | 20.57 | 4919 | 102.7 | 80.04 | 4.21 |
| 990036 Crispy Chicken Salad, Arbor F-6a | Each | 5 | 340 | 2.29 | 834 | *1 | 13.61 | 0.02 | 35 | 36.32 | 4.15 | 18.92 | 4989 | 62.1 | 81.83 | 3.70 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Cup | 60 | 110 | 0.00 | 180 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 990265 Milk, 1% Plain, Prairie Farms, 11g | 1 Cup | 40 | 100 | 1.50 | 120 | 12 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | *N/A* |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 70 | 0.00 | 5 | *6 | 0.03 | 0.00 | 0 | 17.57 | 1.99 | 0.46 | *114 | 12.3 | *11.36 | 0.23 |
| 990038 Fruit & Veggie Bar - Veggies | 1/2 Cup | 100 | 48 | 0.05 | 60 | *1 | 0.59 | 0.00 | 0 | 8.59 | 2.48 | 2.93 | 576 | 24.8 | 14.39 | 1.02 |
| 000222 KETCHUP: individual | Pkt 6g | 20 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000223 MUSTARD: individual PC | Pkt 5g | 20 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 990336 RANCH DRESSING | 2 TBSP | 20 | 40 | 0.56 | 186 | *2 | 3.06 | *0.01 | 4 | 2.55 | 0.11 | 1.12 | 20 | 34.9 | 0.46 | 0.07 |
| 990343 BARBECUE SAUCE | 2 TBSP | 20 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 990825 Peppers, Jalapeno, Slcd, Canned, Del Sol, P-910561 | Tablespoon | 5 | 5 | 0.00 | 198 | 1 | 0.00 | 0.00 | 0 | 1.07 | 0.54 | 0.54 | 0 | 10.7 | 0.00 | 0.00 |
| Weighted Daily Average | | | 581 | 3.86 | 865 | *31 | 16.90 | *0.00 | 40 | 82.66 | 9.12 | *27.30 | *2058 | *455.8 | *64.97 | *4.07 |
| % of Calories | | | | 5.98% | | *21.3% | 26.2% | *0.0% | | 56.9% | | *18.8% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Monday - 02/24/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990324 French Toast Sticks, Papettis, P-424950 | 3 each | 40 | 160 | 1.00 | 270 | 8 | 3.50 | 0.00 | 105 | 23.00 | 2.00 | 7.70 | 0 | 40.0 | 0.00 | 1.08 |
| 990291 Syrup Packet, Madeira, 1 oz. packet | 1 Packet | 40 | 79 | 0.02 | 20 | 14 | 0.02 | 0.02 | 0 | 20.16 | 0.02 | 0.01 | 3 | 1.9 | 0.01 | 0.06 |
| 990561 Tater Tots, ORE-IDA, P-284787 | 1/2 C (8 ea) | 40 | 116 | 0.89 | 277 | 0 | 5.36 | 0.00 | 0 | 14.29 | 1.79 | 1.79 | 0 | 0.0 | 3.21 | 0.16 |
| 990048 Crispy Chicken Sandwich B-11 | Each | 5 | 340 | 2.50 | 650 | 3 | 12.50 | 0.00 | 35 | 39.00 | 4.00 | 21.00 | 100 | 86.0 | 78.00 | 2.80 |
| 990309 Spicy Chicken Sandwich, Arbor B-13 | Sandwiches | 5 | 330 | 2.00 | 480 | 3 | 10.50 | 0.00 | 35 | 39.00 | 3.00 | 21.00 | 200 | 86.0 | 0.00 | 3.70 |
| 990052 Hamburger, WG, Arbor B-2 | Each | 5 | 268 | 3.70 | 389 | 3 | 10.50 | 0.00 | 35 | 27.00 | 3.00 | 19.00 | 0 | 88.0 | 0.00 | 2.00 |
| 990031 Cheeseburger on WG Bun, Arbor B-1 | 1 Each | 5 | 323 | 6.20 | 589 | 4 | 15.00 | 0.00 | 48 | 28.00 | 3.00 | 21.50 | 0 | 138.0 | 0.00 | 2.00 |
| 990682 Veggie Burger on a Bun, B-110 | Each | 5 | 280 | 1.00 | 670 | 6 | 7.00 | 0.00 | 0 | 35.00 | 5.00 | 22.00 | 0 | 126.0 | 0.00 | 2.44 |
| 990502 Nacho Supreme, Arbor A-10 | 1 Each | 5 | 398 | 4.11 | 602 | 4 | 16.30 | 0.00 | 43 | 42.30 | 5.16 | 19.38 | 681 | 198.5 | 4.14 | 7.02 |
| 990648 Triple Decker SunButter & Jelly Sandwich, B-36 | Each | 5 | 715 | 4.00 | 690 | *12 | 35.00 | 0.00 | 0 | 80.00 | 11.00 | 20.00 | 0 | 97.0 | 0.00 | 5.88 |
| 990690 Meatless Meatball Sub, B-112 delete | 1 Sub | 5 | 346 | 1.35 | 863 | 6 | 7.63 | 0.03 | 4 | 45.33 | 4.23 | 24.93 | 722 | 191.6 | 4.46 | 4.52 |
| 990276 Pizza, Cheese, WG, MAX, P-913346 | Slice | 5 | 270 | 3.00 | 730 | 5 | 10.00 | 0.00 | 10 | 32.00 | 5.00 | 15.00 | *N/A* | 240.0 | *N/A* | 2.10 |
| 990512 Pizza, Pepperoni, WG, Slice, MAX | Slice | 5 | 296 | 4.12 | 817 | 5 | 12.42 | 0.00 | 17 | 32.00 | 5.00 | 15.93 | *0 | 240.0 | *0.00 | 2.17 |
| 990285 Crispy Chicken Caesar Wrap, Arbor C-17a | 1 Each | 5 | 560 | 7.50 | 793 | *2 | 34.50 | 0.00 | 44 | 43.87 | 6.13 | 20.57 | 4919 | 102.7 | 80.04 | 4.21 |
| 990036 Crispy Chicken Salad, Arbor F-6a | Each | 5 | 340 | 2.29 | 834 | *1 | 13.61 | 0.02 | 35 | 36.32 | 4.15 | 18.92 | 4989 | 62.1 | 81.83 | 3.70 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Cup | 70 | 110 | 0.00 | 180 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 990265 Milk, 1% Plain, Prairie Farms, 11g | 1 Cup | 30 | 100 | 1.50 | 120 | 12 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | *N/A* |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 70 | 0.00 | 5 | *6 | 0.03 | 0.00 | 0 | 17.57 | 1.99 | 0.46 | *114 | 12.3 | *11.36 | 0.23 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990038 Fruit & Veggie Bar - Veggies | 1/2 Cup | 100 | 48 | 0.05 | 60 | *1 | 0.59 | 0.00 | 0 | 8.59 | 2.48 | 2.93 | 576 | 24.8 | 14.39 | 1.02 |
| 990343 BARBECUE SAUCE | 2 TBSP | 20 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 000222 KETCHUP: individual | Pkt 6g | 20 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000223 MUSTARD: individual PC | Pkt 5g | 20 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 990336 RANCH DRESSING | 2 TBSP | 40 | 40 | 0.56 | 186 | *2 | 3.06 | *0.01 | 4 | 2.55 | 0.11 | 1.12 | 20 | 34.9 | 0.46 | 0.07 |
| 990825 Peppers, Jalapeno, Slcd, Canned, Del Sol, P-910561 | Tablespoon | 5 | 5 | 0.00 | 198 | 1 | 0.00 | 0.00 | 0 | 1.07 | 0.54 | 0.54 | 0 | 10.7 | 0.00 | 0.00 |
| Weighted Daily Average | | | 612 | 3.59 | 982 | *37 | 15.43 | *0.02 | 67 | 92.67 | 9.05 | 27.70 | *1797 | 452.5 | *40.97 | *4.24 |
| % of Calories | | | | 5.28% | | *24.2% | 22.7% | *0.0% | | 60.6% | | 18.1% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Tuesday - 02/25/2020

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990810 Chipotle Chicken Burrito Bowl, A-24 | 1 Bowl | 40 | 445 | 6.08 | 423 | *2 | 13.86 | *0.00 | 52 | 63.05 | 6.57 | 22.61 | 178 | 196.7 | 7.24 | 2.02 |
| 990737 Peppers, Jalapeno, SICD, Lake Valley, P-401642 | Teaspoon | 40 | 2 | 0.00 | 96 | 0 | 0.00 | 0.00 | 0 | 0.46 | 0.23 | 0.00 | 46 | 0.0 | 1.10 | 0.00 |
| 001051 SALSA:COMMODITY | OZ | 40 | 10 | 0.01 | 122 | *N/A* | 0.06 | *N/A* | 0 | 1.98 | 0.40 | 0.42 | 156 | 3.4 | 1.13 | 0.64 |
| 990372 Refried Beans, Santiago, 1/4C, 12g | 1/4 Cup | 40 | 85 | 0.75 | 275 | 0 | 2.25 | 0.00 | 1 | 12.00 | 4.00 | 4.00 | 0 | 20.0 | 0.60 | 0.90 |
| 990048 Crispy Chicken Sandwich B-11 | Each | 5 | 340 | 2.50 | 650 | 3 | 12.50 | 0.00 | 35 | 39.00 | 4.00 | 21.00 | 100 | 86.0 | 78.00 | 2.80 |
| 990309 Spicy Chicken Sandwich, Arbor B-13 | Sandwiches | 5 | 330 | 2.00 | 480 | 3 | 10.50 | 0.00 | 35 | 39.00 | 3.00 | 21.00 | 200 | 86.0 | 0.00 | 3.70 |

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990031 Cheeseburger on WG Bun, Arbor B-1 | 1 Each | 5 | 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 | 10 | 268 | 3.70 | 389 | 3 | 10.50 | 0.00 | 35 | 27.00 | 3.00 | 19.00 | 0 | 88.0 | 0.00 | 2.00 |
| 990682 Veggie Burger on a Bun, B-110 | Each | 2 | 280 | 1.00 | 670 | 6 | 7.00 | 0.00 | 0 | 35.00 | 5.00 | 22.00 | 0 | 126.0 | 0.00 | 2.44 |
| 990502 Nacho Supreme, Arbor A-10 | 1 Each | 5 | 398 | 4.11 | 602 | 4 | 16.30 | 0.00 | 43 | 42.30 | 5.16 | 19.38 | 681 | 198.5 | 4.14 | 7.02 |
| 990648 Triple Decker SunButter & Jelly Sandwich, B-36 | Each | 3 | 715 | 4.00 | 690 | *12 | 35.00 | 0.00 | 0 | 80.00 | 11.00 | 20.00 | 0 | 97.0 | 0.00 | 5.88 |
| 990840 Chickenless Buddha Bowl, B-113 | Each | 5 | 417 | 1.19 | 829 | 9 | 12.30 | 0.00 | 10 | 54.73 | 7.65 | 22.16 | 4391 | 152.5 | 3.20 | 3.99 |
| 990057 Cheese Stuffed Sticks, The Max, 6", P-43901 | 2 Each | 10 | 300 | 5.00 | 780 | *N/A* | 14.00 | 0.00 | 10 | 32.00 | 4.00 | 14.00 | 0 | 300.0 | 0.00 | 1.44 |
| 990058 Marinara Sauce, Red Pack | 1/4 Cup | 10 | 25 | 0.00 | 210 | *N/A* | 0.75 | 0.00 | 0 | 4.50 | 1.00 | 1.00 | 250 | 10.0 | 4.50 | 0.36 |
| 990088 Turkey & Cheese Wrap C-14a | Each | 5 | 296 | 5.53 | 947 | 5 | 11.11 | 0.00 | 38 | 33.51 | 3.60 | 15.98 | 250 | 119.6 | 1.41 | 2.01 |
| 990284 Chicken Caesar Salad, Crispy, Arbor F-5b | 1 Each | 5 | 529 | 7.18 | 1138 | *0 | 37.15 | 0.12 | 56 | 29.64 | 3.13 | 23.80 | 5057 | 183.6 | 80.04 | 2.84 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Cup | 60 | 110 | 0.00 | 180 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 990265 Milk, 1% Plain, Prairie Farms, 11g | 1 Cup | 40 | 100 | 1.50 | 120 | 12 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | *N/A* |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 70 | 0.00 | 5 | *6 | 0.03 | 0.00 | 0 | 17.57 | 1.99 | 0.46 | *114 | 12.3 | *11.36 | 0.23 |
| 990038 Fruit & Veggie Bar - Veggies | 1/2 Cup | 100 | 48 | 0.05 | 60 | *1 | 0.59 | 0.00 | 0 | 8.59 | 2.48 | 2.93 | 576 | 24.8 | 14.39 | 1.02 |
| 990343 BARBECUE SAUCE | 2 TBSP | 20 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 990336 RANCH DRESSING | 2 TBSP | 40 | 40 | 0.56 | 186 | *2 | 3.06 | *0.01 | 4 | 2.55 | 0.11 | 1.12 | 20 | 34.9 | 0.46 | 0.07 |
| 000222 KETCHUP: individual | Pkt 6g | 20 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000223 MUSTARD: individual PC | Pkt 5g | 20 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990825 Peppers, Jalapeno, Slcd, Canned, Del Sol, P-910561 | Tablespoon | 5 | 5 | 0.00 | 198 | 1 | 0.00 | 0.00 | 0 | 1.07 | 0.54 | 0.54 | 0 | 10.7 | 0.00 | 0.00 |
| Weighted Daily Average | | | 680 | 6.06 | 1144 | *27 | 18.81 | *0.01 | 49 | 98.56 | 11.78 | 34.44 | *1926 | 534.4 | *40.08 | *4.80 |
| % of Calories | | | | 8.02% | | *15.9% | 24.9% | *0.0% | | 58.0% | | 20.3% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Wednesday - 02/26/2020

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990790 Pretzel, Soft, 51% WW, FZ, J&J, P-347992 | Each | 40 | 140 | 0.00 | 150 | 1 | 0.50 | 0.00 | 0 | 30.00 | 3.00 | 5.00 | 0 | 20.0 | 1.20 | 1.80 |
| 990699 Cheese Sauce USDA C-07A | 1 oz Serving | 40 | 142 | 5.59 | 359 | 4 | 9.71 | 0.00 | 28 | 7.54 | 0.13 | 6.20 | 212 | 150.7 | 0.30 | 0.15 |
| 000257 BROCCOLI: fresh, boiled | 1/2 Cup | 60 | 27 | 0.06 | 32 | 1 | 0.32 | 0.00 | 0 | 5.60 | 2.57 | 1.86 | 1207 | 31.2 | 50.62 | 0.52 |
| 990048 Crispy Chicken Sandwich B-11 | Each | 5 | 340 | 2.50 | 650 | 3 | 12.50 | 0.00 | 35 | 39.00 | 4.00 | 21.00 | 100 | 86.0 | 78.00 | 2.80 |
| 990309 Spicy Chicken Sandwich, Arbor B-13 | Sandwiches | 5 | 330 | 2.00 | 480 | 3 | 10.50 | 0.00 | 35 | 39.00 | 3.00 | 21.00 | 200 | 86.0 | 0.00 | 3.70 |
| 990031 Cheeseburger on WG Bun, Arbor B-1 | 1 Each | 5 | 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 | 5 | 268 | 3.70 | 389 | 3 | 10.50 | 0.00 | 35 | 27.00 | 3.00 | 19.00 | 0 | 88.0 | 0.00 | 2.00 |
| 990682 Veggie Burger on a Bun, B-110 | Each | 5 | 280 | 1.00 | 670 | 6 | 7.00 | 0.00 | 0 | 35.00 | 5.00 | 22.00 | 0 | 126.0 | 0.00 | 2.44 |
| 990502 Nacho Supreme, Arbor A-10 | 1 Each | 5 | 398 | 4.11 | 602 | 4 | 16.30 | 0.00 | 43 | 42.30 | 5.16 | 19.38 | 681 | 198.5 | 4.14 | 7.02 |
| 990648 Triple Decker SunButter & Jelly Sandwich, B-36 | Each | 5 | 715 | 4.00 | 690 | *12 | 35.00 | 0.00 | 0 | 80.00 | 11.00 | 20.00 | 0 | 97.0 | 0.00 | 5.88 |
| 990704 Lentil Penne Pasta with Marinara, Arbor A-82 | 2.5 OZ-1/2 Cup | 5 | 215 | 0.00 | 126 | 3 | 0.00 | 0.00 | 0 | 41.04 | 3.62 | 12.32 | 520 | 10.9 | 3.33 | 3.47 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990844 Garlic Bread, Arbor D-14 | 1 Bun | 5 | 281 | 9.93 | 401 | 3 | 17.63 | *0.00 | 41 | 27.13 | 2.13 | 6.81 | 466 | 93.7 | 0.02 | 1.13 |
| 990276 Pizza, Cheese, WG, MAX, P-913346 | Slice | 5 | 270 | 3.00 | 730 | 5 | 10.00 | 0.00 | 10 | 32.00 | 5.00 | 15.00 | *N/A* | 240.0 | *N/A* | 2.10 |
| 990512 Pizza, Pepperoni, WG, Slice, MAX | Slice | 5 | 296 | 4.12 | 817 | 5 | 12.42 | 0.00 | 17 | 32.00 | 5.00 | 15.93 | *0 | 240.0 | *0.00 | 2.17 |
| 990164 Ranch Crispy Chicken Wrap, Arbor C-12 | Each | 5 | 415 | 4.50 | 938 | *2 | 14.80 | 0.00 | 35 | 51.30 | 7.10 | 20.20 | 8810 | 113.0 | 82.02 | 4.21 |
| 990036 Crispy Chicken Salad, Arbor F-6a | Each | 5 | 340 | 2.29 | 834 | *1 | 13.61 | 0.02 | 35 | 36.32 | 4.15 | 18.92 | 4989 | 62.1 | 81.83 | 3.70 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Cup | 60 | 110 | 0.00 | 180 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 990265 Milk, 1% Plain, Prairie Farms, 11g | 1 Cup | 40 | 100 | 1.50 | 120 | 12 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | *N/A* |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 70 | 0.00 | 5 | *6 | 0.03 | 0.00 | 0 | 17.57 | 1.99 | 0.46 | *114 | 12.3 | *11.36 | 0.23 |
| 990038 Fruit & Veggie Bar - Veggies | 1/2 Cup | 100 | 48 | 0.05 | 60 | *1 | 0.59 | 0.00 | 0 | 8.59 | 2.48 | 2.93 | 576 | 24.8 | 14.39 | 1.02 |
| 000222 KETCHUP: individual | Pkt 6g | 40 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 990343 BARBECUE SAUCE | 2 TBSP | 20 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 990336 RANCH DRESSING | 2 TBSP | 40 | 40 | 0.56 | 186 | *2 | 3.06 | *0.01 | 4 | 2.55 | 0.11 | 1.12 | 20 | 34.9 | 0.46 | 0.07 |
| 000223 MUSTARD: individual PC | Pkt 5g | 20 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 990825 Peppers, Jalapeno, Slcd, Canned, Del Sol, P-910561 | Tablespoon | 5 | 5 | 0.00 | 198 | 1 | 0.00 | 0.00 | 0 | 1.07 | 0.54 | 0.54 | 0 | 10.7 | 0.00 | 0.00 |
| Weighted Daily Average | | | 600 | 5.52 | 979 | *30 | 15.92 | *0.01 | 39 | 89.18 | 10.46 | 29.21 | *2822 | 519.2 | *70.77 | *4.78 |
| % of Calories | | | | 8.28% | | *20.0% | 23.9% | *0.0% | | 59.5% | | 19.5% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Thursday - 02/27/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990429 Chicken Pot Pie w/ WG Biscuit, Arbor A-53 | 3/4 Cup | 40 | 376 | 3.70 | 804 | *10 | 11.75 | 0.01 | 82 | 42.41 | 3.79 | 28.53 | *438 | *147.1 | *1.10 | *1.86 |
| 990048 Crispy Chicken Sandwich B-11 | Each | 5 | 340 | 2.50 | 650 | 3 | 12.50 | 0.00 | 35 | 39.00 | 4.00 | 21.00 | 100 | 86.0 | 78.00 | 2.80 |
| 990309 Spicy Chicken Sandwich, Arbor B-13 | Sandwiches | 5 | 330 | 2.00 | 480 | 3 | 10.50 | 0.00 | 35 | 39.00 | 3.00 | 21.00 | 200 | 86.0 | 0.00 | 3.70 |
| 990052 Hamburger, WG, Arbor B-2 | Each | 5 | 268 | 3.70 | 389 | 3 | 10.50 | 0.00 | 35 | 27.00 | 3.00 | 19.00 | 0 | 88.0 | 0.00 | 2.00 |
| 990031 Cheeseburger on WG Bun, Arbor B-1 | 1 Each | 5 | 323 | 6.20 | 589 | 4 | 15.00 | 0.00 | 48 | 28.00 | 3.00 | 21.50 | 0 | 138.0 | 0.00 | 2.00 |
| 990682 Veggie Burger on a Bun, B-110 | Each | 5 | 280 | 1.00 | 670 | 6 | 7.00 | 0.00 | 0 | 35.00 | 5.00 | 22.00 | 0 | 126.0 | 0.00 | 2.44 |
| 990502 Nacho Supreme, Arbor A-10 | 1 Each | 5 | 398 | 4.11 | 602 | 4 | 16.30 | 0.00 | 43 | 42.30 | 5.16 | 19.38 | 681 | 198.5 | 4.14 | 7.02 |
| 990648 Triple Decker SunButter & Jelly Sandwich, B-36 | Each | 5 | 715 | 4.00 | 690 | *12 | 35.00 | 0.00 | 0 | 80.00 | 11.00 | 20.00 | 0 | 97.0 | 0.00 | 5.88 |
| 990845 Chickenless Nugget Plate, A-88 | Each | 5 | 285 | 1.00 | 585 | 3 | 8.50 | 0.00 | 0 | 35.50 | 5.50 | 15.50 | 0 | 70.0 | 0.00 | 2.70 |
| 990506 Pizza, Cheese Stuffed Crust, The Max, P-190914 | Each | 10 | 340 | 4.50 | 770 | 4 | 14.00 | 0.00 | 15 | 38.00 | 2.00 | 15.00 | 0 | 250.0 | 0.00 | 0.00 |
| 990088 Turkey & Cheese Wrap C-14a | Each | 5 | 296 | 5.53 | 947 | 5 | 11.11 | 0.00 | 38 | 33.51 | 3.60 | 15.98 | 250 | 119.6 | 1.41 | 2.01 |
| 990284 Chicken Caesar Salad, Crispy, Arbor F-5b | 1 Each | 5 | 529 | 7.18 | 1138 | *0 | 37.15 | 0.12 | 56 | 29.64 | 3.13 | 23.80 | 5057 | 183.6 | 80.04 | 2.84 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Cup | 60 | 110 | 0.00 | 180 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 990265 Milk, 1% Plain, Prairie Farms, 11g | 1 Cup | 40 | 100 | 1.50 | 120 | 12 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | *N/A* |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 70 | 0.00 | 5 | *6 | 0.03 | 0.00 | 0 | 17.57 | 1.99 | 0.46 | *114 | 12.3 | *11.36 | 0.23 |
| 990038 Fruit & Veggie Bar - Veggies | 1/2 Cup | 100 | 48 | 0.05 | 60 | *1 | 0.59 | 0.00 | 0 | 8.59 | 2.48 | 2.93 | 576 | 24.8 | 14.39 | 1.02 |
| 990343 BARBECUE SAUCE | 2 TBSP | 20 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 990336 RANCH DRESSING | 2 TBSP | 40 | 40 | 0.56 | 186 | *2 | 3.06 | *0.01 | 4 | 2.55 | 0.11 | 1.12 | 20 | 34.9 | 0.46 | 0.07 |

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 000222 KETCHUP: individual | Pkt 6g | 20 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000223 MUSTARD: individual PC | Pkt 5g | 20 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 990825 Peppers, Jalapeno, Slcd, Canned, Del Sol, P-910561 | Tablespoon | 5 | 5 | 0.00 | 198 | 1 | 0.00 | 0.00 | 0 | 1.07 | 0.54 | 0.54 | 0 | 10.7 | 0.00 | 0.00 |
| Weighted Daily Average | | | 618 | 4.67 | 1080 | *31 | 17.16 | *0.01 | 60 | 85.01 | 8.63 | 34.81 | *1705 | *496.4 | *35.88 | *3.96 |
| % of Calories | | | | 6.80% | | *20.1% | 25.0% | *0.0% | | 55.0% | | 22.5% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Friday - 02/28/2020

Reimbursable Meal Total 100

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990681 Mozzarella Sticks, WG, RS, P-609618 | 5 Sticks | 40 | 370 | 6.00 | 470 | 3 | 16.00 | 0.00 | 30 | 37.00 | 4.00 | 21.00 | 0 | 436.0 | 0.00 | 2.00 |
| 990257 Tomato Basil Sauce, Arbor E-18 | 2 oz. | 40 | 22 | 0.00 | 126 | 2 | 0.00 | 0.00 | 0 | 4.40 | 0.72 | 0.75 | 520 | 1.3 | 3.33 | 0.77 |
| 990048 Crispy Chicken Sandwich B-11 | Each | 5 | 340 | 2.50 | 650 | 3 | 12.50 | 0.00 | 35 | 39.00 | 4.00 | 21.00 | 100 | 86.0 | 78.00 | 2.80 |
| 990309 Spicy Chicken Sandwich, Arbor B-13 | Sandwiches | 5 | 330 | 2.00 | 480 | 3 | 10.50 | 0.00 | 35 | 39.00 | 3.00 | 21.00 | 200 | 86.0 | 0.00 | 3.70 |
| 990052 Hamburger, WG, Arbor B-2 | Each | 5 | 268 | 3.70 | 389 | 3 | 10.50 | 0.00 | 35 | 27.00 | 3.00 | 19.00 | 0 | 88.0 | 0.00 | 2.00 |
| 990031 Cheeseburger on WG Bun, Arbor B-1 | 1 Each | 5 | 323 | 6.20 | 589 | 4 | 15.00 | 0.00 | 48 | 28.00 | 3.00 | 21.50 | 0 | 138.0 | 0.00 | 2.00 |
| 990682 Veggie Burger on a Bun, B-110 | Each | 5 | 280 | 1.00 | 670 | 6 | 7.00 | 0.00 | 0 | 35.00 | 5.00 | 22.00 | 0 | 126.0 | 0.00 | 2.44 |
| 990502 Nacho Supreme, Arbor A-10 | 1 Each | 5 | 398 | 4.11 | 602 | 4 | 16.30 | 0.00 | 43 | 42.30 | 5.16 | 19.38 | 681 | 198.5 | 4.14 | 7.02 |
| 990648 Triple Decker SunButter & Jelly Sandwich, B-36 | Each | 5 | 715 | 4.00 | 690 | *12 | 35.00 | 0.00 | 0 | 80.00 | 11.00 | 20.00 | 0 | 97.0 | 0.00 | 5.88 |

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990685 Southwest Chickenless Wrap, E-53 | Each | 5 | 401 | 2.90 | 674 | *4 | 9.72 | 0.00 | 0 | 53.09 | 10.71 | *22.74 | *4855 | *114.9 | *8.01 | *3.65 |
| 990276 Pizza, Cheese, WG, MAX, P-913346 | Slice | 5 | 270 | 3.00 | 730 | 5 | 10.00 | 0.00 | 10 | 32.00 | 5.00 | 15.00 | *N/A* | 240.0 | *N/A* | 2.10 |
| 990512 Pizza, Pepperoni, WG, Slice, MAX | Slice | 5 | 296 | 4.12 | 817 | 5 | 12.42 | 0.00 | 17 | 32.00 | 5.00 | 15.93 | *0 | 240.0 | *0.00 | 2.17 |
| 990285 Crispy Chicken Caesar Wrap, Arbor C-17a | 1 Each | 5 | 560 | 7.50 | 793 | *2 | 34.50 | 0.00 | 44 | 43.87 | 6.13 | 20.57 | 4919 | 102.7 | 80.04 | 4.21 |
| 990036 Crispy Chicken Salad, Arbor F-6a | Each | 5 | 340 | 2.29 | 834 | *1 | 13.61 | 0.02 | 35 | 36.32 | 4.15 | 18.92 | 4989 | 62.1 | 81.83 | 3.70 |
| 990040 Milk, Chocolate, Skim, Prairie Farms | Cup | 60 | 110 | 0.00 | 180 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |
| 990265 Milk, 1% Plain, Prairie Farms, 11g | 1 Cup | 40 | 100 | 1.50 | 120 | 12 | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | *N/A* |
| 990039 Fruit & Veggie Bar - Fruit | 1/2 Cup | 100 | 70 | 0.00 | 5 | *6 | 0.03 | 0.00 | 0 | 17.57 | 1.99 | 0.46 | *114 | 12.3 | *11.36 | 0.23 |
| 990038 Fruit & Veggie Bar - Veggies | 1/2 Cup | 100 | 48 | 0.05 | 60 | *1 | 0.59 | 0.00 | 0 | 8.59 | 2.48 | 2.93 | 576 | 24.8 | 14.39 | 1.02 |
| 990343 BARBECUE SAUCE | 2 TBSP | 20 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 990336 RANCH DRESSING | 2 TBSP | 40 | 40 | 0.56 | 186 | *2 | 3.06 | *0.01 | 4 | 2.55 | 0.11 | 1.12 | 20 | 34.9 | 0.46 | 0.07 |
| 000223 MUSTARD: individual PC | Pkt 5g | 20 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 000222 KETCHUP: individual | Pkt 6g | 20 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 990825 Peppers, Jalapeno, Slcd, Canned, Del Sol, P-910561 | Tablespoon | 5 | 5 | 0.00 | 198 | 1 | 0.00 | 0.00 | 0 | 1.07 | 0.54 | 0.54 | 0 | 10.7 | 0.00 | 0.00 |
| Weighted Daily Average | | | 628 | 5.45 | 978 | *29 | 18.64 | *0.01 | 38 | 85.74 | 9.74 | *32.49 | *2211 | *606.8 | *41.19 | *4.74 |
| % of Calories | | | | 7.81% | | *18.5% | 26.7% | *0.0% | | 54.6% | | *20.7% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

| | | | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--|--|--|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
|--|--|--|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

| | | | | | | | | | | | | | | | | |
|-------------------|--|--|-----|-------|------|--------|-------|-------|----|-------|------|--------|-------|--------|--------|-------|
| Weighted Averages | | | 634 | 5 | 1069 | *32 | 17.68 | *0.02 | 44 | 90.84 | 9.33 | *31.08 | *2049 | *499.0 | *53.66 | *4.62 |
| % of Calories | | | | 6.98% | | *20.2% | 25.1% | *0.0% | | 57.3% | | *19.6% | | | | |

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

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

¹ - denotes required nutrient values

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

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