

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

**Menu Name:** Millburn Middle School Lunch

**Include Cost:** No

**Site:**

**Report Style:** Detailed

**Tuesday - 03/03/2020**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990375 Chicken Nuggets, Goldkist, P-470452	5 Each	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
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
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

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Arbor Management Inc

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Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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			658	4.59	1208	*28	20.79	*0.01	42	88.92	9.05	31.13	*1836	457.3	*77.98	*4.19
% of Calories				6.28%		*17.0%	28.4%	*0.0%		54.1%		18.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Wednesday - 03/04/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990738 Corn Dog, Turkey, Mini, JTM, P-597483	6 Each	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

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Arbor Management Inc

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Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990048 Crispy Chicken Sandwich 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
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

# Base Menu Spreadsheet

Arbor Management Inc

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Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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 - 03/05/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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

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Arbor Management Inc

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Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990031 Cheeseburger on WG Bun, Arbor B-1	1 Each	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
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

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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 - 03/06/2020

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	392	2.92	593	5	9.59	0.00	0	54.72	10.38	23.24	2850	127.9	12.82	4.86

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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	998	*32	16.16	*0.01	46	91.99	10.04	32.91	*2225	484.3	*45.08	*5.28
% of Calories				6.40%		*20.6%	23.4%	*0.0%		59.2%		21.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 03/09/2020

Reimbursable Meal Total 100

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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



# Base Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			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 - 03/10/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
990307 Fresh Coleslaw, Arbor E-16	1/4 Cup	70	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
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

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			607	4.38	1105	*28	17.68	*0.01	30	85.78	9.20	30.86	*1906	505.9	*41.56	*4.63
% of Calories				6.49%		*18.5%	26.2%	*0.0%		56.5%		20.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Wednesday - 03/11/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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 - 03/12/2020

Reimbursable Meal Total 100

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protrn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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, Sld, 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 - 03/13/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990517 Pancakes, Whole Wheat, Echo Lake, P-392047	2 Each	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

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
990685 Southwest Chickenless Wrap, E-53	Each	5	392	2.92	593	5	9.59	0.00	0	54.72	10.38	23.24	2850	127.9	12.82	4.86
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	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
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

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			679	4.06	1081	*36	18.31	*0.01	37	101.23	10.06	29.07	*1919	450.9	*42.73	*4.57
% of Calories				5.38%		*21.2%	24.3%	*0.0%		59.6%		17.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 03/16/2020

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990738 Corn Dog, Turkey, Mini, JTM, P-597483	6 Each	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	70	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
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



# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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	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			587	3.97	963	*33	17.32	*0.01	42	83.35	8.80	27.41	*1896	477.8	*65.96	*4.21
% of Calories				6.09%		*22.5%	26.6%	*0.0%		56.8%		18.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 03/17/2020

Reimbursable Meal Total 100

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
990898 Sugar Cookie, Topped with Sugar, P-371358	Each	100	144	1.53	142	14	4.37	*0.00	10	25.34	2.06	1.88	70	9.7	0.00	0.70
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	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

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	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			791	7.29	1177	*41	22.28	*0.01	59	119.10	12.24	34.72	*1997	536.1	*39.84	*5.14
% of Calories				8.29%		*20.7%	25.4%	*0.0%		60.2%		17.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Wednesday - 03/18/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990031 Cheeseburger on WG Bun, Arbor B-1	1 Each	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
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*
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	40	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			612	5.69	1018	*35	17.62	*0.01	40	84.74	7.74	31.63	*2556	603.3	*82.54	*4.83
% of Calories				8.37%		*22.9%	25.9%	*0.0%		55.4%		20.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 03/19/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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*
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

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
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
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 - 03/20/2020

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990064 French Toast Stick, WG, Papettis	3 Each	40	113	1.24	300	*N/A*	4.18	0.00	119	25.21	2.71	8.70	170	79.1	0.00	1.63
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)	90	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	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	392	2.92	593	5	9.59	0.00	0	54.72	10.38	23.24	2850	127.9	12.82	4.86
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*

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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	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	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			665	4.65	1141	*33	19.06	*0.01	76	102.38	10.36	29.24	*2050	477.3	*43.32	*4.77
% of Calories				6.29%		*19.8%	25.8%	*0.0%		61.6%		17.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 03/30/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990048 Crispy Chicken Sandwich B-11	Each	45	340	2.50	650	3	12.50	0.00	35	39.00	4.00	21.00	100	86.0	78.00	2.80
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
990410 Green Beans, FZ, USDA, 4g 1/2 C	1/2 Cup	60	19	0.00	1	1	0.00	0.00	0	4.00	2.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*
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



# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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	80	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

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			692	4.42	1211	*30	19.39	*0.05	41	99.91	10.31	33.78	*1885	*480.8	*71.23	*4.88
% of Calories				5.75%		*17.3%	25.2%	*0.1%		57.8%		19.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

## Tuesday - 03/31/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990516 Soft Tacos, Shredded Cheddar, Arbor B-24b	2 Tacos	45	295	9.12	348	*0	15.28	0.00	31	31.12	4.04	11.44	14	192.7	0.11	1.48
001051 SALSA:COMMODITY	OZ	45	10	0.01	122	*N/A*	0.06	*N/A*	0	1.98	0.40	0.42	156	3.4	1.13	0.64
990262 Black Beans, TFF, West Creek	1/4 Cup	45	54	0.00	70	0	0.00	0.00	0	10.00	4.00	3.50	8	61.5	0.00	2.51
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

# Base Menu Spreadsheet

Arbor Management Inc

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
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
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				618	7.25	1046	*28	18.72	*0.01	41	87.22	10.97	29.64	*1880	558.8	*36.81	*5.38
% of Calories					10.56%		*18.1%	27.3%	*0.0%		56.5%		19.2%				
Weekly Nutrient Guideline				600 - 650	<10	1230		<=0									

# Base Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			651	5	1107	*33	18.64	*0.02	44	93.94	9.55	30.86	*1995	*495.1	*56.06	*4.69
% of Calories				7.06%		*20.3%	25.8%	*0.0%		57.7%		19.0%				

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

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

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

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

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