

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

Menu Name:	Millburn Elementary Lunch	Include Cost:	Yes
Site:		Report Style:	Detailed
Use Alternate Menu Name:	No		

Wednesday - 11/01/2023 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
991085 Corn Dog, Chicken, Foster Farms, P-909561	Each	20	240	2.50	390	5	*N/A*	8.00	0.00	40	30.00	5.00	9.00	0	80.0	0.00	1.80	\$0.522
000433 MIXED VEGETABLES:frozen,boiled	1/2 CUP	50	59	0.03	32	3	*N/A*	0.14	0.00	0	11.91	4.00	2.60	3892	22.8	2.91	0.75	\$0.000
991198 Green Salad	1/2 Cup	50	6	0.03	10	0	*N/A*	0.21	0.00	0	0.93	0.73	0.56	1688	35.9	12.15	0.39	\$0.000
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00	\$0.097
990801 Bosco Sticks, 2 each, 6", WG, R/F, P-346808	2 Each	60	375	5.46	471	3	0	17.34	0.05	30	36.27	4.45	20.45	0	*309.1	0.00	*2.40	\$0.874
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	*N/A*	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25	\$0.206
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	*N/A*	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00	\$0.286
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	*N/A*	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17	\$0.423
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.245
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70	\$0.294
991341 Milk, Skim, White, Prairie Farms	1/2 Pint	5	80	0.00	120	11	*N/A*	0.00	0.00	5	11.00	0.00	8.00	750	250.0	0.00	0.10	\$0.280
991340 Milk, Skim, Chocolate, Prairie Farms	1/2 Pint	85	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00	\$0.310
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	*N/A*	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11	\$0.781

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Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	*N/A*	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03	\$1.129
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	60	0.00	115	0	0	0.00	0.00	0	11.00	1.01	1.00	*N/A*	19.9	*N/A*	1.50	\$0.202
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	*N/A*	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72	\$0.260
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	*N/A*	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77	\$1.047
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	*N/A*	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80	\$0.295
Weighted Daily Average			566	5.19	802	*38	*0	15.52	0.03	41	80.02	8.77	27.89	*4411	*571.2	*40.56	*3.31	\$1.476
% of Calories				8.25%		*26.9%	*0%	24.7%	0.0%		56.6%		19.7%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Thursday - 11/02/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
991181 Chicken & Cheese Quesadilla	Quesadilla	20	374	10.28	541	2	*N/A*	19.27	0.00	64	32.04	3.00	20.11	0	333.1	0.00	1.57	\$0.797
990124 Salsa, Mild, Red Gold, P-886718	2 Ounces	50	20	0.00	140	2	*N/A*	0.00	0.00	0	4.00	1.00	0.00	1000	40.0	12.00	0.72	\$0.057
990176 Seasoned Black Beans, Arbor E-9	1/2 Cup	50	106	0.00	147	*0	*N/A*	0.02	*0.00	0	19.12	6.34	7.35	1	43.4	0.16	2.89	\$0.245
990557 Baby Carrots, 1.25 oz	1/4 Cup	50	16	0.00	19	2	*N/A*	0.00	0.00	0	3.75	1.25	0.62	2812	12.5	3.00	0.22	\$0.105
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00	\$0.097
990048 Crispy Chicken Sandwich, GoldKist, P-470164	Each	59	340	2.50	650	3	*N/A*	12.50	0.00	35	39.00	4.00	21.00	100	86.0	78.00	2.80	\$0.859

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990644 Spicy Chicken Sandwich, Tyson, P-373370	Each	1	372	3.08	593	4	*N/A*	15.38	0.00	21	40.60	4.58	18.88	86	100.3	0.00	1.86	\$0.869
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	*N/A*	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25	\$0.206
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	*N/A*	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00	\$0.286
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	*N/A*	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17	\$0.423
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.245
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70	\$0.294
991341 Milk, Skim, White, Prairie Farms	1/2 Pint	5	80	0.00	120	11	*N/A*	0.00	0.00	5	11.00	0.00	8.00	750	250.0	0.00	0.10	\$0.280
991340 Milk, Skim, Chocolate, Prairie Farms	1/2 Pint	85	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00	\$0.310
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	*N/A*	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11	\$0.781
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	*N/A*	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03	\$1.129
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	60	0.00	115	0	0	0.00	0.00	0	11.00	1.01	1.00	*N/A*	19.9	*N/A*	1.50	\$0.202
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	*N/A*	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72	\$0.260
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	*N/A*	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77	\$1.047
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	*N/A*	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80	\$0.295
Weighted Daily Average			610	4.95	1071	*38	*0	14.74	*0.00	49	89.09	10.04	32.83	*3587	*506.8	*86.63	*4.84	\$1.726
% of Calories				7.30%		*24.9%	*0%	21.7%	*0.0%		58.4%		21.5%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2023 thru Nov 30, 2023

Friday - 11/03/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990801 Bosco Sticks, 2 each, 6", WG, R/F, P-346808	2 Each	20	375	5.46	471	3	0	17.34	0.05	30	36.27	4.45	20.45	0	*309.1	0.00	*2.40	\$0.874
990415 Broccoli, FZ, USDA, 1/2C, 5g	1/2 Cup	50	26	0.00	22	1	*N/A*	0.00	0.00	0	5.00	3.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000377 CUCUMBER,RAW, Sliced	1/4 Cup	50	3	0.02	1	0	*N/A*	0.05	0.00	0	0.64	0.21	0.18	21	4.2	0.95	0.06	\$0.102
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00	\$0.097
991256 Pizza, Cheese, 4x6, WG, 4.65oz, P-26016	Each (4.65 oz)	40	260	4.00	600	4	*N/A*	7.00	0.00	20	35.00	4.00	16.00	0	200.0	0.00	2.50	\$0.653
991185 WHOLE GRAIN CHEESE PIZZA Wedge 50 -50 P-349370	Pizza	19	280	3.51	460	8	3	11.05	0.00	16	31.98	4.03	14.95	367	300.3	0.00	2.34	\$0.698
990717 4"X6" WG Thin Crust Cheese Pizza, P-388895	Piece	1	300	5.00	440	8	*N/A*	11.00	0.00	25	34.00	4.00	16.00	288	263.0	0.00	2.30	\$0.591
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	*N/A*	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25	\$0.206
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	*N/A*	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00	\$0.286
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	*N/A*	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17	\$0.423
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.245
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70	\$0.294
991341 Milk, Skim, White, Prairie Farms	1/2 Pint	5	80	0.00	120	11	*N/A*	0.00	0.00	5	11.00	0.00	8.00	750	250.0	0.00	0.10	\$0.280
991340 Milk, Skim, Chocolate, Prairie Farms	1/2 Pint	85	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00	\$0.310
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	*N/A*	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11	\$0.781

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	*N/A*	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03	\$1.129
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	60	0.00	115	0	0	0.00	0.00	0	11.00	1.01	1.00	*N/A*	19.9	*N/A*	1.50	\$0.202
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	*N/A*	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72	\$0.260
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	*N/A*	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77	\$1.047
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	*N/A*	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80	\$0.295
Weighted Daily Average			509	4.81	858	*38	*0	11.85	0.01	32	76.33	7.63	27.32	*1704	*544.0	*33.50	*2.92	\$1.473
% of Calories				8.50%		*29.9%	*0%	21.0%	0.0%		60.0%		21.5%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Monday - 11/06/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
991147 Beef Soft Tacos, JTM, Shred Ched, Azteca	2 Tacos	20	349	7.33	537	4	*N/A*	14.05	0.00	47	36.40	5.80	19.62	645	184.4	5.39	3.24	\$0.956
991249 Fiesta Beans, P-370923	1/2 Cup	50	163	0.00	175	*0	*N/A*	1.04	*0.00	0	28.68	11.14	10.14	2	56.5	0.11	2.52	\$0.320
991262 PEPPERS,SWEET,RED,R AW	1/4 Cup	50	6	0.01	1	1	*N/A*	0.07	0.00	0	1.39	0.48	0.23	720	1.6	29.37	0.10	\$0.000
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00	\$0.097
990124 Salsa, Mild, Red Gold, P-886718	2 Ounces	20	20	0.00	140	2	*N/A*	0.00	0.00	0	4.00	1.00	0.00	1000	40.0	12.00	0.72	\$0.057
990031 Cheeseburger on WG Bun, P-369328	1 Each	59	338	6.64	769	4	0	16.09	0.00	51	28.14	3.14	23.27	*0	178.0	*0.00	3.27	\$0.933

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990052 Hamburger, WG P-369328	Each	1	288	4.14	549	3	0	11.59	0.00	39	27.14	3.14	20.77	*0	108.0	*0.00	3.27	\$0.853
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	*N/A*	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25	\$0.206
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	*N/A*	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00	\$0.286
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	*N/A*	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17	\$0.423
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.245
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70	\$0.294
991341 Milk, Skim, White, Prairie Farms	1/2 Pint	5	80	0.00	120	11	*N/A*	0.00	0.00	5	11.00	0.00	8.00	750	250.0	0.00	0.10	\$0.280
991340 Milk, Skim, Chocolate, Prairie Farms	1/2 Pint	85	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00	\$0.310
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	*N/A*	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11	\$0.781
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	*N/A*	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03	\$1.129
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	60	0.00	115	0	0	0.00	0.00	0	11.00	1.01	1.00	*N/A*	19.9	*N/A*	1.50	\$0.202
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	*N/A*	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72	\$0.260
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	*N/A*	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77	\$1.047
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	*N/A*	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80	\$0.295
Weighted Daily Average			620	6.82	1103	*37	*0	16.32	*0.00	55	85.82	11.78	35.29	*2310	*520.5	*51.25	*5.01	\$1.769
% of Calories				9.90%		*23.9%	*0%	23.7%	*0.0%		55.4%		22.8%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

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Arbor Management Inc

Portion Values

Nov 1, 2023 thru Nov 30, 2023

Tuesday - 11/07/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
991048 Chicken, Orange, Yang's, P-435353	3.6 oz	20	150	0.50	280	10	*N/A*	3.00	0.00	40	19.00	0.00	11.00	0	0.0	1.20	0.72	\$0.926
990184 Brown Rice, Uncle Ben's, P-43257	1 Cup Cooked	20	205	0.00	0	0	*N/A*	1.81	0.00	0	42.22	2.41	4.82	0	0.0	0.00	0.87	\$0.146
990055 Seasoned Green Beans, Arbor E-13	1/2 Cup	50	30	0.00	2	1	*N/A*	0.01	0.00	0	6.34	2.98	1.55	*0	*1.5	*0.08	*0.04	\$0.006
990557 Baby Carrots, 1.25 oz	1/4 Cup	50	16	0.00	19	2	*N/A*	0.00	0.00	0	3.75	1.25	0.62	2812	12.5	3.00	0.22	\$0.105
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00	\$0.097
990375 Chicken Nuggets, Goldkist, P-470452	5 Each	60	200	2.00	400	0	*N/A*	10.00	0.00	35	13.00	2.00	15.00	100	20.0	78.00	1.80	\$0.628
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	60	100	0.50	170	0	*N/A*	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72	\$0.260
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	*N/A*	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25	\$0.206
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	*N/A*	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00	\$0.286
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	*N/A*	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17	\$0.423
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.245
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70	\$0.294
991341 Milk, Skim, White, Prairie Farms	1/2 Pint	5	80	0.00	120	11	*N/A*	0.00	0.00	5	11.00	0.00	8.00	750	250.0	0.00	0.10	\$0.280
991340 Milk, Skim, Chocolate, Prairie Farms	1/2 Pint	85	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00	\$0.310
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	*N/A*	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11	\$0.781

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	*N/A*	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03	\$1.129
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	60	0.00	115	0	0	0.00	0.00	0	11.00	1.01	1.00	*N/A*	19.9	*N/A*	1.50	\$0.202
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	*N/A*	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72	\$0.260
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	*N/A*	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77	\$1.047
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	*N/A*	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80	\$0.295
Weighted Daily Average			533	2.99	829	*38	*0	12.71	0.00	44	79.33	7.13	26.69	*3087	*371.5	*81.61	*2.90	\$1.650
% of Calories				5.05%		*28.5%	*0%	21.5%	0.0%		59.5%		20.0%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Wednesday - 11/08/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990757 MACARONI AND CHEESE USDA D-26	2/3 CUP	10	344	12.49	959	6	*N/A*	22.33	0.00	62	24.86	0.80	15.24	232	368.6	0.29	0.82	\$0.458
990914 Homemade Macaroni & Cheese, JTM Cheese Sauce	#6 Scoop	5	289	6.53	714	8	*N/A*	11.55	0.00	38	31.78	0.51	13.83	433	375.0	0.00	16.69	\$0.582
991154 Macaroni & Cheese, Stick Pasta, WG, JTM, P-472598	6 oz	5	312	8.92	800	3	*N/A*	15.38	0.00	47	26.67	0.00	16.41	671	375.4	0.00	1.03	\$0.788
990530 Pretzel Rod, Soft, 1 oz, Whole Grain, P-882698	Each	20	70	0.00	40	0	*N/A*	0.50	0.00	0	14.00	1.00	2.00	0	0.0	0.00	0.72	\$0.154
990415 Broccoli, FZ, USDA, 1/2C, 5g	1/2 Cup	50	26	0.00	22	1	*N/A*	0.00	0.00	0	5.00	3.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990059 Tomato, Cherry, Packer	1/4 Cup	50	12	0.02	10	*N/A*	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72	\$0.286

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00	\$0.097
990801 Bosco Sticks, 2 each, 6", WG, R/F, P-346808	2 Each	60	375	5.46	471	3	0	17.34	0.05	30	36.27	4.45	20.45	0	*309.1	0.00	*2.40	\$0.874
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	*N/A*	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25	\$0.206
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	*N/A*	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00	\$0.286
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	*N/A*	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17	\$0.423
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.245
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70	\$0.294
991341 Milk, Skim, White, Prairie Farms	1/2 Pint	5	80	0.00	120	11	*N/A*	0.00	0.00	5	11.00	0.00	8.00	750	250.0	0.00	0.10	\$0.280
991340 Milk, Skim, Chocolate, Prairie Farms	1/2 Pint	85	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00	\$0.310
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	*N/A*	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11	\$0.781
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	*N/A*	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03	\$1.129
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	60	0.00	115	0	0	0.00	0.00	0	11.00	1.01	1.00	*N/A*	19.9	*N/A*	1.50	\$0.202
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	*N/A*	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72	\$0.260
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	*N/A*	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77	\$1.047

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	*N/A*	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80	\$0.295
Weighted Daily Average			582	6.70	899	*37	*0	17.44	0.03	44	79.81	7.69	29.72	*1824	*605.5	*34.56	*3.86	\$1.660
% of Calories				10.36 %		*25.4%	*0%	27.0%	0.0%		54.9%		20.4%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Monday - 11/13/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990913 Hot Dog, Chicago Style, Beef, Farmland, P-156116	Each	20	327	7.34	738	5	*N/A*	18.11	0.03	35	28.63	2.30	11.23	0	51.0	1.20	1.78	\$0.651
000042 PICKLES,DILL SPEAR	EACH	20	4	0.03	283	0	*N/A*	0.10	0.00	0	0.84	0.35	0.18	44	20.0	0.80	0.09	\$0.000
990927 Beans, Vegetarian in Tom Sauce, P-376745	1/2 Cup	50	110	0.00	330	2	*N/A*	0.00	0.00	0	19.99	5.00	6.00	100	0.0	1.20	1.80	\$0.138
000377 CUCUMBER,RAW, Sliced	1/4 Cup	50	3	0.02	1	0	*N/A*	0.05	0.00	0	0.64	0.21	0.18	21	4.2	0.95	0.06	\$0.102
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	20	10	0.00	85	2	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00	\$0.023
991259 MUSTARD,PREPARED,YELLOW P-194581	Each-5.5 gm	5	3	0.01	55	0	*N/A*	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08	\$0.034
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	20	10	0.00	125	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00	\$0.097
990031 Cheeseburger on WG Bun, P-369328	1 Each	59	338	6.64	769	4	0	16.09	0.00	51	28.14	3.14	23.27	*0	178.0	*0.00	3.27	\$0.933
990052 Hamburger, WG P-369328	Each	1	288	4.14	549	3	0	11.59	0.00	39	27.14	3.14	20.77	*0	108.0	*0.00	3.27	\$0.853
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	*N/A*	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25	\$0.206

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
991182 Canned Fruit, Commodity, Extra Light Syrup	1/2 Cup	25	58	0.00	5	12	*N/A*	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00	\$0.286
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	*N/A*	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17	\$0.423
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.245
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70	\$0.294
991341 Milk, Skim, White, Prairie Farms	1/2 Pint	5	80	0.00	120	11	*N/A*	0.00	0.00	5	11.00	0.00	8.00	750	250.0	0.00	0.10	\$0.280
991340 Milk, Skim, Chocolate, Prairie Farms	1/2 Pint	85	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00	\$0.310
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	*N/A*	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11	\$0.781
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	*N/A*	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03	\$1.129
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	60	0.00	115	0	0	0.00	0.00	0	11.00	1.01	1.00	*N/A*	19.9	*N/A*	1.50	\$0.202
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	*N/A*	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72	\$0.260
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	*N/A*	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77	\$1.047
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	*N/A*	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80	\$0.295
Weighted Daily Average			584	6.83	1232	*38	*0	16.63	0.01	53	78.73	7.76	31.55	*1690	*463.0	*34.51	*4.21	\$1.634
% of Calories				10.53 %		*26.0%	*0%	25.6%	0.0%		53.9%		21.6%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Tuesday - 11/14/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990261 Toasted Cheese Sandwich, Arbor B-30	1 Sandwich	10	408	14.71	1251	6	*N/A*	27.58	0.00	70	30.06	2.00	14.21	227	323.7	0.00	2.02	\$0.654
990192 3 Cheese Grilled Cheese, Arbor B-108	1 Each	10	410	14.58	1210	*6	*N/A*	26.86	0.00	70	30.01	2.00	14.08	377	305.2	0.00	2.02	\$0.635
991264 Tomato Soup, Campbell's, P-26091	6 oz	25	68	0.00	364	9	*N/A*	0.00	0.00	0	15.06	0.75	1.51	*0	17.7	*0.00	0.45	\$0.235
990245 Classic Tomato Soup, Arbor E-31	1/2 Cup	25	28	0.03	33	*0	*N/A*	0.15	0.00	0	6.47	1.34	1.41	488	12.1	7.03	0.97	\$0.001
991198 Green Salad	1/2 Cup	50	6	0.03	10	0	*N/A*	0.21	0.00	0	0.93	0.73	0.56	1688	35.9	12.15	0.39	\$0.000
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00	\$0.097
990375 Chicken Nuggets, Goldkist, P-470452	5 Each	60	200	2.00	400	0	*N/A*	10.00	0.00	35	13.00	2.00	15.00	100	20.0	78.00	1.80	\$0.628
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	60	100	0.50	170	0	*N/A*	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72	\$0.260
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	*N/A*	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25	\$0.206
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	*N/A*	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00	\$0.286
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	*N/A*	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17	\$0.423
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.245
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70	\$0.294
991341 Milk, Skim, White, Prairie Farms	1/2 Pint	5	80	0.00	120	11	*N/A*	0.00	0.00	5	11.00	0.00	8.00	750	250.0	0.00	0.10	\$0.280
991340 Milk, Skim, Chocolate, Prairie Farms	1/2 Pint	85	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00	\$0.310
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	*N/A*	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11	\$0.781
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	*N/A*	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03	\$1.129

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	60	0.00	115	0	0	0.00	0.00	0	11.00	1.01	1.00	*N/A*	19.9	*N/A*	1.50	\$0.202
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	*N/A*	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72	\$0.260
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	*N/A*	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77	\$1.047
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	*N/A*	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80	\$0.295
Weighted Daily Average			549	5.84	1113	*37	*0	17.33	0.00	50	73.89	5.82	26.28	*2707	*452.8	*87.66	*3.41	\$1.568
% of Calories				9.57%		*27.0%	*0%	28.4%	0.0%		53.8%		19.1%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Wednesday - 11/15/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990645 Chicken Drumstick, Breaded, FC, Tyson, P-428479	Each	20	190	2.50	450	0	*N/A*	11.00	0.00	50	5.00	1.00	16.00	100	20.0	0.00	1.08	\$1.385
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	20	60	0.00	115	0	0	0.00	0.00	0	11.00	1.01	1.00	*N/A*	19.9	*N/A*	1.50	\$0.202
990629 French Fries, Crinkle Cut 1/2", P-960111	1/2 Cup	100	90	0.00	20	0	*N/A*	2.00	0.00	0	13.00	2.00	1.00	0	0.0	3.60	0.18	\$0.105
990523 CELERY STICKS	1/4 Cup	50	5	0.02	30	0	*N/A*	0.06	0.00	0	1.10	0.59	0.26	167	14.9	1.15	0.07	\$0.045
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	100	10	0.00	85	2	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00	\$0.023
991259 MUSTARD,PREPARED,Y ELLOW P-194581	Each-5.5 gm	10	3	0.01	55	0	*N/A*	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08	\$0.034
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00	\$0.097

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990801 Bosco Sticks, 2 each, 6", WG, R/F, P-346808	2 Each	60	375	5.46	471	3	0	17.34	0.05	30	36.27	4.45	20.45	0	*309.1	0.00	*2.40	\$0.874
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	*N/A*	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25	\$0.206
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	*N/A*	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00	\$0.286
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	*N/A*	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17	\$0.423
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.245
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70	\$0.294
991341 Milk, Skim, White, Prairie Farms	1/2 Pint	5	80	0.00	120	11	*N/A*	0.00	0.00	5	11.00	0.00	8.00	750	250.0	0.00	0.10	\$0.280
991340 Milk, Skim, Chocolate, Prairie Farms	1/2 Pint	85	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00	\$0.310
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	*N/A*	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11	\$0.781
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	*N/A*	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03	\$1.129
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	60	0.00	115	0	0	0.00	0.00	0	11.00	1.01	1.00	*N/A*	19.9	*N/A*	1.50	\$0.202
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	*N/A*	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72	\$0.260
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	*N/A*	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77	\$1.047
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	*N/A*	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80	\$0.295
Weighted Daily Average			638	5.17	942	*38	*0	18.00	0.03	43	86.38	8.13	29.06	*1724	*541.6	*37.21	*3.13	\$1.843
% of Calories				7.29%		*23.8%	*0%	25.4%	0.0%		54.2%		18.2%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2023 thru Nov 30, 2023

Thursday - 11/16/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
991377 Turkey and Gravy with Mashed Potatoes	3.950 oz.	20	3	0.04	11	0	0	0.12	0.00	1	0.19	0.01	0.35	*0	*0.1	*0.07	*0.01	\$0.017
990413 Corn, Whole Kernel, USDA, 15g, 1/2C	1/2 Cup	100	65	0.00	15	3	*N/A*	1.00	0.00	0	15.00	2.00	2.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
991378 Holiday Themed Cookie	0.95 oz	100	120	1.00	65	8	8	4.00	0.00	0	18.00	1.00	2.00	*N/A*	*N/A*	*N/A*	1.00	\$0.000
990048 Crispy Chicken Sandwich, GoldKist, P-470164	Each	59	340	2.50	650	3	*N/A*	12.50	0.00	35	39.00	4.00	21.00	100	86.0	78.00	2.80	\$0.859
990644 Spicy Chicken Sandwich, Tyson, P-373370	Each	1	372	3.08	593	4	*N/A*	15.38	0.00	21	40.60	4.58	18.88	86	100.3	0.00	1.86	\$0.869
990967 Fresh Fruit, Whole	1/2 Cup	25	81	0.06	1	14	*N/A*	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25	\$0.206
991182 Canned Fruit, Commodity, Extra Light Syrup	1/2 Cup	25	58	0.00	5	12	*N/A*	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00	\$0.286
991183 Frozen Fruit, Commodity,	1/2 Cup	25	78	0.01	0	15	*N/A*	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17	\$0.423
991184 Dried Fruit, Commodity,	1/4 Cup	25	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.245
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70	\$0.294
991341 Milk, Skim, White, Prairie Farms	1/2 Pint	5	80	0.00	120	11	*N/A*	0.00	0.00	5	11.00	0.00	8.00	750	250.0	0.00	0.10	\$0.280
991340 Milk, Skim, Chocolate, Prairie Farms	1/2 Pint	85	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00	\$0.310
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	*N/A*	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11	\$0.781
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	*N/A*	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03	\$1.129
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	60	0.00	115	0	0	0.00	0.00	0	11.00	1.01	1.00	*N/A*	19.9	*N/A*	1.50	\$0.202

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	*N/A*	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72	\$0.260
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	*N/A*	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77	\$1.047
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	*N/A*	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80	\$0.295
Weighted Daily Average			645	3.91	830	*46	*8	15.90	0.00	36	101.29	8.14	28.89	*1680	*392.2	*79.06	*3.61	\$1.318
% of Calories				5.46%		*28.5%	*5.0%	22.2%	0.0%		62.8%		17.9%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Friday - 11/17/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990323 Waffle, Mini Blueberry, Pillsbury, P-371733	70 g=1 Pouch	20	210	1.00	170	10	*N/A*	6.00	0.00	0	36.00	3.00	4.00	0	20.0	0.00	0.72	\$0.622
990078 Strawberry Banana Yogurt, Upstate Farms, P-24965	4 oz	20	90	0.00	55	15	*N/A*	0.00	0.00	0	19.00	0.00	3.00	0	200.0	0.00	0.00	\$0.402
990638 Glazed Carrots	1/2 Cup	50	71	0.97	67	10	*N/A*	2.00	*0.00	4	13.49	2.99	0.55	15399	37.6	2.09	0.53	\$0.016
000264 CAULIFLOWER,raw: fresh	1/4 Cup	50	7	0.03	8	1	*N/A*	0.07	0.00	0	1.33	0.54	0.51	0	5.9	12.89	0.11	\$0.000
991136 Syrup, 1.5 oz Cup, Madeira, P-1779	Each	20	120	0.00	20	22	*N/A*	0.00	0.00	0	30.00	0.00	0.00	0	0.0	0.00	0.00	\$0.129
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00	\$0.097
991256 Pizza, Cheese, 4x6, WG, 4.65oz, P-26016	Each (4.65 oz)	40	260	4.00	600	4	*N/A*	7.00	0.00	20	35.00	4.00	16.00	0	200.0	0.00	2.50	\$0.653
991185 WHOLE GRAIN CHEESE PIZZA Wedge 50 -50 P-349370	Pizza	19	280	3.51	460	8	3	11.05	0.00	16	31.98	4.03	14.95	367	300.3	0.00	2.34	\$0.698

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990717 4"X6" WG Thin Crust Cheese Pizza, P-388895	Piece	1	300	5.00	440	8	*N/A*	11.00	0.00	25	34.00	4.00	16.00	288	263.0	0.00	2.30	\$0.591
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	*N/A*	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25	\$0.206
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	*N/A*	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00	\$0.286
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	*N/A*	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17	\$0.423
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.245
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70	\$0.294
991341 Milk, Skim, White, Prairie Farms	1/2 Pint	5	80	0.00	120	11	*N/A*	0.00	0.00	5	11.00	0.00	8.00	750	250.0	0.00	0.10	\$0.280
991340 Milk, Skim, Chocolate, Prairie Farms	1/2 Pint	85	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00	\$0.310
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	*N/A*	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11	\$0.781
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	*N/A*	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03	\$1.129
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	60	0.00	115	0	0	0.00	0.00	0	11.00	1.01	1.00	*N/A*	19.9	*N/A*	1.50	\$0.202
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	*N/A*	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72	\$0.260
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	*N/A*	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77	\$1.047
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	*N/A*	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80	\$0.295
Weighted Daily Average			543	4.41	839	*52	*0	10.59	*0.00	28	90.66	7.50	23.57	*9393	*545.9	*40.52	*2.87	\$1.485
% of Calories				7.31%		*38.3%	*0%	17.6%	*0.0%		66.8%		17.4%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2023 thru Nov 30, 2023

Monday - 11/27/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990517 Pancakes, Whole Wheat, Echo Lake, P-392047	2 Each	20	160	0.00	200	6	*N/A*	2.00	0.00	0	30.00	2.00	4.00	0	40.0	0.00	1.44	\$0.269
991136 Syrup, 1.5 oz Cup, Madeira, P-1779	Each	10	120	0.00	20	22	*N/A*	0.00	0.00	0	30.00	0.00	0.00	0	0.0	0.00	0.00	\$0.129
991157 Turkey Sausage Patty, 1.03 oz, P-51818	2 Each	20	120	2.00	160	0	*N/A*	8.00	0.00	60	0.00	0.00	12.00	0	40.0	0.00	1.44	\$0.538
990561 Tater Tots, ORE-IDA, P-284787	1/2 C (8 ea)	100	130	1.00	310	0	*N/A*	6.00	0.00	0	16.00	2.00	2.00	0	0.0	3.60	0.18	\$0.234
990557 Baby Carrots, 1.25 oz	1/4 Cup	50	16	0.00	19	2	*N/A*	0.00	0.00	0	3.75	1.25	0.62	2812	12.5	3.00	0.22	\$0.105
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00	\$0.097
990031 Cheeseburger on WG Bun, P-369328	1 Each	59	338	6.64	769	4	0	16.09	0.00	51	28.14	3.14	23.27	*0	178.0	*0.00	3.27	\$0.933
990052 Hamburger, WG P-369328	Each	1	288	4.14	549	3	0	11.59	0.00	39	27.14	3.14	20.77	*0	108.0	*0.00	3.27	\$0.853
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	*N/A*	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25	\$0.206
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	*N/A*	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00	\$0.286
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	*N/A*	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17	\$0.423
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.245
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70	\$0.294
991341 Milk, Skim, White, Prairie Farms	1/2 Pint	5	80	0.00	120	11	*N/A*	0.00	0.00	5	11.00	0.00	8.00	750	250.0	0.00	0.10	\$0.280
991340 Milk, Skim, Chocolate, Prairie Farms	1/2 Pint	85	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00	\$0.310

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	*N/A*	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11	\$0.781
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	*N/A*	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03	\$1.129
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	60	0.00	115	0	0	0.00	0.00	0	11.00	1.01	1.00	*N/A*	19.9	*N/A*	1.50	\$0.202
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	*N/A*	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72	\$0.260
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	*N/A*	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77	\$1.047
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	*N/A*	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80	\$0.295
Weighted Daily Average			668	6.75	1273	*40	*0	20.96	0.00	58	89.58	7.64	31.69	*3027	*468.8	*38.13	*3.77	\$1.867
% of Calories				9.09%		*24.0%	*0%	28.2%	0.0%		53.6%		19.0%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Tuesday - 11/28/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990947 Cheese Quesadilla, 9"	1 quesadilla	20	362	10.60	525	3	*N/A*	19.69	0.00	46	33.05	3.00	17.16	*0	437.9	*0.00	1.54	\$0.592
991249 Fiesta Beans, P-370923	1/2 Cup	50	163	0.00	175	*0	*N/A*	1.04	*0.00	0	28.68	11.14	10.14	2	56.5	0.11	2.52	\$0.320
990124 Salsa, Mild, Red Gold, P-886718	2 Ounces	50	20	0.00	140	2	*N/A*	0.00	0.00	0	4.00	1.00	0.00	1000	40.0	12.00	0.72	\$0.057
000256 BROCCOLI,raw: fresh	1/4 Cup	50	8	0.03	8	0	*N/A*	0.08	0.00	0	1.51	0.59	0.64	142	10.7	20.29	0.17	\$0.000
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00	\$0.097

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
990375 Chicken Nuggets, Goldkist, P-470452	5 Each	60	200	2.00	400	0	*N/A*	10.00	0.00	35	13.00	2.00	15.00	100	20.0	78.00	1.80	\$0.628
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	60	100	0.50	170	0	*N/A*	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72	\$0.260
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	*N/A*	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25	\$0.206
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	*N/A*	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00	\$0.286
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	*N/A*	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17	\$0.423
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.245
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70	\$0.294
991341 Milk, Skim, White, Prairie Farms	1/2 Pint	5	80	0.00	120	11	*N/A*	0.00	0.00	5	11.00	0.00	8.00	750	250.0	0.00	0.10	\$0.280
991340 Milk, Skim, Chocolate, Prairie Farms	1/2 Pint	85	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00	\$0.310
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	*N/A*	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11	\$0.781
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	*N/A*	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03	\$1.129
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	60	0.00	115	0	0	0.00	0.00	0	11.00	1.01	1.00	*N/A*	19.9	*N/A*	1.50	\$0.202
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	*N/A*	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72	\$0.260
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	*N/A*	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77	\$1.047

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	*N/A*	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80	\$0.295
Weighted Daily Average			608	5.03	1029	*35	*0	16.25	*0.00	45	85.74	11.50	31.26	*2252	*505.6	*96.03	*4.47	\$1.687
% of Calories				7.45%		*23.0%	*0%	24.1%	*0.0%		56.4%		20.6%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Wednesday - 11/29/2023 Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990757 MACARONI AND CHEESE USDA D-26	2/3 CUP	10	344	12.49	959	6	*N/A*	22.33	0.00	62	24.86	0.80	15.24	232	368.6	0.29	0.82	\$0.458
990914 Homemade Macaroni & Cheese, JTM Cheese Sauce	#6 Scoop	5	289	6.53	714	8	*N/A*	11.55	0.00	38	31.78	0.51	13.83	433	375.0	0.00	16.69	\$0.582
991154 Macaroni & Cheese, Stick Pasta, WG, JTM, P-472598	6 oz	5	312	8.92	800	3	*N/A*	15.38	0.00	47	26.67	0.00	16.41	671	375.4	0.00	1.03	\$0.788
990530 Pretzel Rod, Soft, 1 oz, Whole Grain, P-882698	Each	20	70	0.00	40	0	*N/A*	0.50	0.00	0	14.00	1.00	2.00	0	0.0	0.00	0.72	\$0.154
990055 Seasoned Green Beans, Arbor E-13	1/2 Cup	50	30	0.00	2	1	*N/A*	0.01	0.00	0	6.34	2.98	1.55	*0	*1.5	*0.08	*0.04	\$0.006
000377 CUCUMBER,RAW, Sliced	1/4 Cup	50	3	0.02	1	0	*N/A*	0.05	0.00	0	0.64	0.21	0.18	21	4.2	0.95	0.06	\$0.102
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	*N/A*	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00	\$0.097
990801 Bosco Sticks, 2 each, 6", WG, R/F, P-346808	2 Each	60	375	5.46	471	3	0	17.34	0.05	30	36.27	4.45	20.45	0	*309.1	0.00	*2.40	\$0.874
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	*N/A*	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25	\$0.206
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	*N/A*	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00	\$0.286

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
991183 Frozen Fruit, Commodity, _____	1/2 Cup	25	78	0.01	0	15	*N/A*	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17	\$0.423
991184 Dried Fruit, Commodity, _____	1/4 Cup	25	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.245
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70	\$0.294
991341 Milk, Skim, White, Prairie Farms	1/2 Pint	5	80	0.00	120	11	*N/A*	0.00	0.00	5	11.00	0.00	8.00	750	250.0	0.00	0.10	\$0.280
991340 Milk, Skim, Chocolate, Prairie Farms	1/2 Pint	85	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00	\$0.310
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	*N/A*	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11	\$0.781
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	*N/A*	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03	\$1.129
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	60	0.00	115	0	0	0.00	0.00	0	11.00	1.01	1.00	*N/A*	19.9	*N/A*	1.50	\$0.202
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	*N/A*	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72	\$0.260
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	*N/A*	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77	\$1.047
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	*N/A*	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80	\$0.295
Weighted Daily Average			580	6.70	884	*38	*0	17.46	0.03	44	79.30	7.31	28.81	*1709	*603.1	*33.57	*3.55	\$1.570
% of Calories				10.40 %		*26.2%	*0%	27.1%	0.0%		54.7%		19.9%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

Thursday - 11/30/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	Cost
991085 Corn Dog, Chicken, Foster Farms, P-909561	Each	20	240	2.50	390	5	*N/A*	8.00	0.00	40	30.00	5.00	9.00	0	80.0	0.00	1.80	\$0.522
000433 MIXED VEGETABLES:frozen,boiled	1/2 CUP	50	59	0.03	32	3	*N/A*	0.14	0.00	0	11.91	4.00	2.60	3892	22.8	2.91	0.75	\$0.000
990741 Marinated Green Beans, E-37	1/4 Cup	50	15	0.00	62	1	*N/A*	0.00	0.00	0	3.11	1.20	0.60	*0	*0.0	*0.00	*0.00	\$0.009
990048 Crispy Chicken Sandwich, GoldKist, P-470164	Each	59	340	2.50	650	3	*N/A*	12.50	0.00	35	39.00	4.00	21.00	100	86.0	78.00	2.80	\$0.859
990644 Spicy Chicken Sandwich, Tyson, P-373370	Each	1	372	3.08	593	4	*N/A*	15.38	0.00	21	40.60	4.58	18.88	86	100.3	0.00	1.86	\$0.869
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	*N/A*	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25	\$0.206
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	*N/A*	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00	\$0.286
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	*N/A*	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17	\$0.423
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	*N/A*	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.245
991107 Milk, 1% Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	*N/A*	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70	\$0.294
991341 Milk, Skim, White, Prairie Farms	1/2 Pint	5	80	0.00	120	11	*N/A*	0.00	0.00	5	11.00	0.00	8.00	750	250.0	0.00	0.10	\$0.280
991340 Milk, Skim, Chocolate, Prairie Farms	1/2 Pint	85	110	0.00	210	18	*N/A*	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00	\$0.310
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	*N/A*	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11	\$0.781
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	*N/A*	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03	\$1.129
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	60	0.00	115	0	0	0.00	0.00	0	11.00	1.01	1.00	*N/A*	19.9	*N/A*	1.50	\$0.202
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	*N/A*	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72	\$0.260

Base Menu Spreadsheet

Portion Values

Nov 1, 2023 thru Nov 30, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	*N/A*	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77	\$1.047
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	*N/A*	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80	\$0.295
Weighted Daily Average			544	3.41	873	*38	*0	12.54	0.00	44	81.76	8.74	28.22	*3626	*419.6	*80.50	*3.34	\$1.423
% of Calories				5.64%		*27.9%	*0%	20.7%	0.0%		60.1%		20.8%					
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0										

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	585	5	972	*39	*1	15.62	*0.01	44	83.85	8.37	29.27	*2982	*500.8	*57.02	*3.68	\$1.610
% of Calories		8.15%		*26.7%	*0.7%	24.0%	*0.0%		57.3%		20.0%					

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes required nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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