

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

Menu Name: Millburn Elementary Lunch

Include Cost: No

Site:

Report Style: Detailed

Monday - 01/09/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991160 Pancake and Sausage Bites, JTM, P-688592	6 Each	20	256	0.91	586	11	5.08	0.11	29	36.99	3.91	16.62	114	69.9	51.00	2.90
990561 Tater Tots, ORE-IDA, P-284787	1/2 C (8 ea)	100	116	0.89	277	0	5.36	0.00	0	14.29	1.79	1.79	0	0.0	3.21	0.16
990557 Baby Carrots, 1.25 oz	1/4 Cup	50	16	0.00	19	2	0.00	0.00	0	3.75	1.25	0.62	2812	12.5	3.00	0.22
991136 Syrup, 1.5 oz Cup, Madeira, P-1779	Each	20	120	0.00	20	22	0.00	0.00	0	30.00	0.00	0.00	0	0.0	0.00	0.00
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990031 Cheeseburger on WG Bun, P-369328	1 Each	59	320	6.20	733	4	15.00	0.00	46	28.00	3.00	21.50	*0	173.0	*0.00	3.00
990052 Hamburger, WG P-369328	Each	1	270	3.70	513	3	10.50	0.00	34	27.00	3.00	19.00	*0	103.0	*0.00	3.00
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	100	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			688	7.21	1362	*48	20.44	0.02	52	97.53	7.73	30.56	*3224	*398.8	*36.69	*3.57
% of Calories				9.43%		*27.9%	26.7%	0.0%		56.7%		17.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 01/10/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990947 Cheese Quesadilla, 9"	1 quesadilla	20	362	10.60	525	3	19.69	0.00	46	33.05	3.00	17.16	*0	437.9	*0.00	1.54
991249 Fiesta Beans, P-370923	1/2 Cup	50	163	0.00	175	*0	1.04	*0.00	0	28.68	11.14	10.14	2	56.5	0.11	2.52

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Arbor Management Inc

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990124 Salsa, Mild, Red Gold, P-886718	2 Ounces	50	20	0.00	140	2	0.00	0.00	0	4.00	1.00	0.00	1000	40.0	12.00	0.72
000256 BROCCOLI,raw: fresh	1/4 Cup	50	8	0.03	8	0	0.08	0.00	0	1.51	0.59	0.64	142	10.7	20.29	0.17
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990375 Chicken Nuggets, Goldkist, P-470452	5 Each	60	200	2.00	400	0	10.00	0.00	35	13.00	2.00	15.00	100	20.0	78.00	1.80
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	60	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			635	6.08	1040	*38	18.01	*0.00	49	89.08	11.50	31.28	*2427	*440.6	*84.78	*4.44
% of Calories				8.62%		*23.9%	25.5%	*0.0%		56.1%		19.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 01/11/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990937 Creamy Chicken Alfredo, WG	#6 Scoop	20	336	6.83	640	*4	15.31	0.00	75	28.40	3.20	24.80	*95	331.5	*0.60	2.22
990906 Garlic Bread, Texas Toast, WG, P-392110	Each	20	90	0.50	190	1	2.50	*N/A*	0	15.00	2.00	3.00	400	8.7	0.00	0.90
990055 Seasoned Green Beans, Arbor E-13	1/2 Cup	50	30	0.00	2	1	0.01	0.00	0	6.34	2.98	1.55	*0	*1.5	*0.08	*0.04
000377 CUCUMBER,RAW, Sliced	1/4 Cup	50	3	0.02	1	0	0.05	0.00	0	0.64	0.21	0.18	21	4.2	0.95	0.06
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990738 Corn Dog, Turkey, Mini, JTM, P-597483	6 Each	60	257	1.80	362	11	10.00	0.00	37	35.00	0.00	10.00	114	55.0	51.00	2.00
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			543	5.00	816	*45	14.70	*0.00	56	82.35	5.37	24.68	*1973	*379.4	*53.01	*2.79
% of Calories				8.29%		*33.1%	24.4%	*0.0%		60.7%		18.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/12/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991085 Corn Dog, Chicken, Foster Farms, P-909561	Each	20	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00	0	80.0	0.00	1.80
000433 MIXED VEGETABLES:frozen,boiled	1/2 CUP	50	59	0.03	32	3	0.14	0.00	0	11.91	4.00	2.60	3892	22.8	2.91	0.75
990741 Marinated Green Beans, E-37	1/4 Cup	50	15	0.00	62	1	0.00	0.00	0	3.11	1.20	0.60	*0	*0.0	*0.00	*0.00
990048 Crispy Chicken Sandwich, GoldKist, P-470164	Each	59	340	2.50	650	3	12.50	0.00	35	39.00	4.00	21.00	100	86.0	78.00	2.80
990644 Spicy Chicken Sandwich, Tyson, P-373370	Each	1	372	3.08	593	4	15.38	0.00	21	40.60	4.58	18.88	86	100.3	0.00	1.86
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70

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Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			572	4.46	884	*41	14.30	0.00	47	85.11	8.74	28.24	*3801	*354.6	*69.25	*3.32
% of Calories				7.02%		*28.7%	22.5%	0.0%		59.5%		19.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 01/13/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991189 Pepperoni Pizza, Turkey, The Max, P-593816	Each	19	300	6.00	650	4	11.00	0.00	35	34.00	3.00	17.00	0	300.0	0.00	0.00
990086 Pepperoni Pizza, Tony's, *PORK, 4x6, P-368537	Each	1	310	5.00	530	8	12.00	0.00	25	34.00	4.00	16.00	0	2220.0	0.00	0.45
990565 Roasted Garlic Carrots E-33	1/2 Cup	50	41	0.05	74	5	0.50	0.00	0	9.01	3.64	0.94	15469	39.6	2.73	0.51
991198 Green Salad	1/2 Cup	50	6	0.03	10	0	0.21	0.00	0	0.93	0.73	0.56	1688	35.9	12.15	0.39
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
991256 Pizza, Cheese, 4x6, WG, 4.65oz, P-26016	Each (4.65 oz)	40	260	4.00	600	4	7.00	0.00	20	35.00	4.00	16.00	0	200.0	0.00	2.50
991185 SMART WHOLE GRAIN CHEESE PIZZA 50 -50 P-349370	Pizza	19	300	4.00	480	8	11.00	0.00	15	35.00	4.00	16.00	450	306.0	0.00	2.60
990717 4"X6" WG Thin Crust Cheese Pizza, P-388895	Piece	1	300	5.00	440	8	11.00	0.00	25	34.00	4.00	16.00	270	263.0	0.00	2.30

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			535	6.08	939	*43	12.67	0.00	37	81.94	7.93	26.00	*10462	*533.2	*29.22	*2.89
% of Calories				10.23%		*32.1%	21.3%	0.0%		61.3%		19.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

Tuesday - 01/17/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
990913 Hot Dog, Chicago Style, Beef, Farmland, P-156116	Each	20	327	7.34	738	5	18.11	0.03	35	28.63	2.30	11.23	0	51.0	1.20	1.78
000042 PICKLES,DILL SPEAR	EACH	20	4	0.03	283	0	0.10	0.00	0	0.84	0.35	0.18	44	20.0	0.80	0.09
990927 Beans, Vegetarian in Tom Sauce, P-376745	1/2 Cup	50	110	0.00	330	2	0.00	0.00	0	19.99	5.00	6.00	100	0.0	1.20	1.80
000256 BROCCOLI,raw: fresh	1/4 Cup	50	8	0.03	8	0	0.08	0.00	0	1.51	0.59	0.64	142	10.7	20.29	0.17
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	25	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
991259 MUSTARD,PREPARED,YELLOW P-194581	Each-5.5 gm	5	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	25	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990375 Chicken Nuggets, Goldkist, P-470452	5 Each	60	200	2.00	400	0	10.00	0.00	35	13.00	2.00	15.00	100	20.0	78.00	1.80
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	60	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
991093 Garden Veggies Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			592	5.43	1139	*39	17.20	0.01	47	82.04	7.87	28.07	*1985	*319.2	*79.73	*3.79
% of Calories				8.26%		*26.4%	26.1%	0.0%		55.4%		19.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 01/18/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991244 BBQ Chicken Sandwich, Grilled, BB, P-460444	Each	15	325	3.00	1035	7	13.50	0.00	40	35.84	2.00	18.00	0	106.0	0.00	1.72
991243 BBQ Chicken Sandwich, Grilled, Commodity	Each	5	265	0.50	845	7	5.00	0.00	65	31.84	2.00	26.00	0	66.0	0.00	1.00
990907 Seasoned Spiral Fries, McCain, P-531785	1/2 Cup	100	100	0.00	150	0	3.00	0.00	0	17.00	1.00	1.00	0	0.0	2.40	0.00

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990059 Tomato, Cherry, Packer	1/4 Cup	50	12	0.02	10	*N/A*	0.02	0.00	0	3.00	0.95	0.55	250	10.5	3.00	0.72
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	100	10	0.00	85	2	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990738 Corn Dog, Turkey, Mini, JTM, P-597483	6 Each	60	257	1.80	362	11	10.00	0.00	37	35.00	0.00	10.00	114	55.0	51.00	2.00
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			619	4.01	1087	*46	16.39	0.00	50	97.65	4.61	23.53	*1989	*332.9	*56.28	*2.79
% of Calories				5.83%		*29.7%	23.8%	0.0%		63.1%		15.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/19/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990216 Baked Penne Pasta, Arbor A-18	2/3 Cup	20	292	6.07	452	6	13.40	0.00	40	29.55	1.50	18.68	*0	425.0	*0.00	1.64
990906 Garlic Bread, Texas Toast, WG, P-392110	Each	20	90	0.50	190	1	2.50	*N/A*	0	15.00	2.00	3.00	400	8.7	0.00	0.90
990055 Seasoned Green Beans, Arbor E-13	1/2 Cup	50	30	0.00	2	1	0.01	0.00	0	6.34	2.98	1.55	*0	*1.5	*0.08	*0.04
991198 Green Salad	1/2 Cup	50	6	0.03	10	0	0.21	0.00	0	0.93	0.73	0.56	1688	35.9	12.15	0.39
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990048 Crispy Chicken Sandwich, GoldKist, P-470164	Each	59	340	2.50	650	3	12.50	0.00	35	39.00	4.00	21.00	100	86.0	78.00	2.80
990644 Spicy Chicken Sandwich, Tyson, P-373370	Each	1	372	3.08	593	4	15.38	0.00	21	40.60	4.58	18.88	86	100.3	0.00	1.86
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			586	5.28	956	*40	15.92	*0.00	48	85.14	7.70	30.23	*2779	*432.7	*73.91	*3.31
% of Calories				8.11%		*27.3%	24.5%	*0.0%		58.1%		20.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 01/20/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991164 Fiesta Beef Nacho Supreme, JTM Cheese Sauce	1 Serving	10	387	5.45	794	6	20.50	0.00	44	35.20	3.30	17.33	725	269.4	3.89	11.48
991079 Nacho Supreme, Beef, Shred Chs	1 Serving (#16)	10	385	7.07	528	1	23.63	0.00	44	30.05	3.01	16.13	362	261.6	3.02	1.73
990224 Chili Lime Sweet Corn, Arbor E-45	1/2 Cup	50	86	1.06	17	*2	2.22	*0.00	5	18.21	2.04	3.04	283	3.4	6.15	0.39
990124 Salsa, Mild, Red Gold, P-886718	2 Ounces	50	20	0.00	140	2	0.00	0.00	0	4.00	1.00	0.00	1000	40.0	12.00	0.72
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
991256 Pizza, Cheese, 4x6, WG, 4.65oz, P-26016	Each (4.65 oz)	40	260	4.00	600	4	7.00	0.00	20	35.00	4.00	16.00	0	200.0	0.00	2.50
991185 SMART WHOLE GRAIN CHEESE PIZZA 50 -50 P-349370	Pizza	19	300	4.00	480	8	11.00	0.00	15	35.00	4.00	16.00	450	306.0	0.00	2.60
990717 4"X6" WG Thin Crust Cheese Pizza, P-388895	Piece	1	300	5.00	440	8	11.00	0.00	25	34.00	4.00	16.00	270	263.0	0.00	2.30
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
991093 Garden Veggies Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991184 Dried Fruit, Commodity,	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			581	6.64	978	*42	15.63	*0.00	41	87.80	7.29	26.72	*2634	*491.0	*31.54	*4.31
% of Calories				10.29%		*28.9%	24.2%	*0.0%		60.4%		18.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 01/23/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991311 BBQ Pork Rib Sandwich P-51729	Each	20	307	3.84	648	9	12.11	0.03	30	34.63	3.30	17.23	100	91.0	1099.00	2.50
990565 Roasted Garlic Carrots E-33	1/2 Cup	50	41	0.05	74	5	0.50	0.00	0	9.01	3.64	0.94	15469	39.6	2.73	0.51
990926 Fresh Coleslaw, T. Marzetti's	1/4 Cup	50	39	0.54	77	1	3.28	0.00	4	2.20	0.13	0.21	22	7.4	7.96	0.08
990031 Cheeseburger on WG Bun, P-369328	1 Each	59	320	6.20	733	4	15.00	0.00	46	28.00	3.00	21.50	*0	173.0	*0.00	3.00
990052 Hamburger, WG P-369328	Each	1	270	3.70	513	3	10.50	0.00	34	27.00	3.00	19.00	*0	103.0	*0.00	3.00
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			575	7.20	1012	*43	18.38	0.01	54	77.50	7.08	29.15	*9561	*420.3	*246.92	*3.52
% of Calories				11.27%		*29.9%	28.8%	0.0%		53.9%		20.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 01/24/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990653 French Toast Sticks, WG, Farm Rich, P-419746	4 Sticks	1	260	1.50	300	9	10.00	0.00	0	37.00	3.00	6.00	0	40.0	0.00	1.80
990255 Waffle, Echo Lake, P-392062	2 Each	19	130	0.50	360	4	3.50	0.00	5	23.00	3.00	4.00	0	60.0	0.00	1.08
990084 Turkey Sausage Patty, Jennie-O, P-51818	Each-1.03 oz	20	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)	85	116	0.89	277	0	5.36	0.00	0	14.29	1.79	1.79	0	0.0	3.21	0.16
990523 CELERY STICKS	1/4 Cup	50	5	0.02	30	0	0.06	0.00	0	1.10	0.59	0.26	167	14.9	1.15	0.07
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
991136 Syrup, 1.5 oz Cup, Madeira, P-1779	Each	20	120	0.00	20	22	0.00	0.00	0	30.00	0.00	0.00	0	0.0	0.00	0.00
990375 Chicken Nuggets, Goldkist, P-470452	5 Each	60	200	2.00	400	0	10.00	0.00	35	13.00	2.00	15.00	100	20.0	78.00	1.80
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	60	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991183 Frozen Fruit, Commodity,	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			632	5.02	1119	*42	19.66	0.00	47	88.82	6.95	26.12	*1939	*322.7	*71.89	*2.90
% of Calories				7.15%		*26.6%	28.0%	0.0%		56.2%		16.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 01/25/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990057 Pizza Dippers, The Max, P-43901	2 Each	20	300	5.00	740	6	12.00	0.00	10	34.00	4.00	14.00	200	300.0	0.00	0.26
990058 Marinara Sauce, Red Pack, P-971691	1/4 Cup	20	30	0.00	67	3	0.74	0.00	0	4.96	0.99	0.99	0	19.8	0.00	0.54
000433 MIXED VEGETABLES:frozen,boiled	1/2 CUP	50	59	0.03	32	3	0.14	0.00	0	11.91	4.00	2.60	3892	22.8	2.91	0.75
991198 Green Salad	1/2 Cup	50	6	0.03	10	0	0.21	0.00	0	0.93	0.73	0.56	1688	35.9	12.15	0.39
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990738 Corn Dog, Turkey, Mini, JTM, P-597483	6 Each	60	257	1.80	362	11	10.00	0.00	37	35.00	0.00	10.00	114	55.0	51.00	2.00
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			540	4.55	832	*46	13.83	0.00	43	84.40	6.10	22.84	*4694	*401.8	*59.91	*2.85
% of Calories				7.58%		*34.1%	23.0%	0.0%		62.5%		16.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/26/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991181 Chicken & Cheese Quesadilla	Quesadilla	20	374	10.28	541	2	19.27	0.00	64	32.04	3.00	20.11	0	333.1	0.00	1.57
990176 Seasoned Black Beans, Arbor E-9	1/2 Cup	50	106	0.00	147	*0	0.02	*0.00	0	19.12	6.34	7.35	1	43.4	0.16	2.89
990557 Baby Carrots, 1.25 oz	1/4 Cup	50	16	0.00	19	2	0.00	0.00	0	3.75	1.25	0.62	2812	12.5	3.00	0.22
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990124 Salsa, Mild, Red Gold, P-886718	2 Ounces	50	20	0.00	140	2	0.00	0.00	0	4.00	1.00	0.00	1000	40.0	12.00	0.72
990048 Crispy Chicken Sandwich, GoldKist, P-470164	Each	59	340	2.50	650	3	12.50	0.00	35	39.00	4.00	21.00	100	86.0	78.00	2.80
990644 Spicy Chicken Sandwich, Tyson, P-373370	Each	1	372	3.08	593	4	15.38	0.00	21	40.60	4.58	18.88	86	100.3	0.00	1.86
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			637	6.00	1082	*41	16.50	*0.00	52	92.44	10.04	32.85	*3762	*441.8	*75.38	*4.82
% of Calories				8.48%		*25.7%	23.3%	*0.0%		58.0%		20.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 01/27/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
991236 Baked Potato w/ Chili, JTM	1 Each	10	350	7.63	327	5	11.87	0.00	41	46.49	6.13	16.71	17	240.2	21.80	2.61
991239 Baked Potato w/ JTM Cheese Sauce	1 Each	10	359	6.31	826	10	10.52	0.00	38	50.62	4.00	14.52	*520	*391.3	*0.00	*18.94
990790 Pretzel, Soft, 2.2 oz, 51% WW, FZ, J&J, P-347992	Each	20	140	0.00	150	1	0.50	0.00	0	30.00	3.00	5.00	0	20.0	1.20	1.80
990415 Broccoli, FZ, USDA, 1/2C, 5g	1/2 Cup	50	26	0.00	22	1	0.00	0.00	0	5.00	3.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
000377 CUCUMBER,RAW, Sliced	1/4 Cup	50	3	0.02	1	0	0.05	0.00	0	0.64	0.21	0.18	21	4.2	0.95	0.06
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
991256 Pizza, Cheese, 4x6, WG, 4.65oz, P-26016	Each (4.65 oz)	40	260	4.00	600	4	7.00	0.00	20	35.00	4.00	16.00	0	200.0	0.00	2.50
991185 SMART WHOLE GRAIN CHEESE PIZZA 50 -50 P-349370	Pizza	19	300	4.00	480	8	11.00	0.00	15	35.00	4.00	16.00	450	306.0	0.00	2.60
990717 4"X6" WG Thin Crust Cheese Pizza, P-388895	Piece	1	300	5.00	440	8	11.00	0.00	25	34.00	4.00	16.00	270	263.0	0.00	2.30
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991183 Frozen Fruit, Commodity,	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			565	6.26	924	*42	12.47	0.00	38	88.70	8.35	27.57	*1948	*485.5	*24.67	*4.98
% of Calories				9.97%		*29.7%	19.9%	0.0%		62.8%		19.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 01/30/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991048 Chicken, Orange, Yang's, P-435353	3.6 oz	20	150	0.50	280	10	3.00	0.00	40	19.00	0.00	11.00	0	0.0	1.20	0.72
990184 Brown Rice, Uncle Ben's, P-43257	1 Cup Cooked	20	205	0.00	0	0	1.81	0.00	0	42.22	2.41	4.82	0	0.0	0.00	0.87
990055 Seasoned Green Beans, Arbor E-13	1/2 Cup	50	30	0.00	2	1	0.01	0.00	0	6.34	2.98	1.55	*0	*1.5	*0.08	*0.04
990557 Baby Carrots, 1.25 oz	1/4 Cup	50	16	0.00	19	2	0.00	0.00	0	3.75	1.25	0.62	2812	12.5	3.00	0.22
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990031 Cheeseburger on WG Bun, P-369328	1 Each	59	320	6.20	733	4	15.00	0.00	46	28.00	3.00	21.50	*0	173.0	*0.00	3.00
990052 Hamburger, WG P-369328	Each	1	270	3.70	513	3	10.50	0.00	34	27.00	3.00	19.00	*0	103.0	*0.00	3.00
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			572	6.24	936	*42	15.03	0.00	54	83.26	7.13	29.39	*3202	*385.6	*23.56	*3.17
% of Calories				9.82%		*29.4%	23.6%	0.0%		58.2%		20.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 01/31/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
991147 Beef Soft Tacos, JTM, Shred Ched, Azteca	2 Tacos	20	349	7.33	537	4	14.05	0.00	47	36.40	5.80	19.62	645	184.4	5.39	3.24
991249 Fiesta Beans, P-370923	1/2 Cup	50	163	0.00	175	*0	1.04	*0.00	0	28.68	11.14	10.14	2	56.5	0.11	2.52
991262 PEPPERS,SWEET,RED,R AW	1/4 Cup	50	6	0.01	1	1	0.07	0.00	0	1.39	0.48	0.23	720	1.6	29.37	0.10
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	50	10	0.00	125	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990124 Salsa, Mild, Red Gold, P-886718	2 Ounces	20	20	0.00	140	2	0.00	0.00	0	4.00	1.00	0.00	1000	40.0	12.00	0.72
990375 Chicken Nuggets, Goldkist, P-470452	5 Each	60	200	2.00	400	0	10.00	0.00	35	13.00	2.00	15.00	100	20.0	78.00	1.80
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	60	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
990956 Turkey & Cheese Sandwich, Jennie-O P-26381	Each	12	290	5.75	915	5	13.18	0.00	48	27.10	1.93	19.29	0	176.7	0.00	2.11
990742 Crispy Chicken Salad, Arbor F-6	Each	4	223	2.00	411	*0	10.11	0.00	35	18.19	4.30	16.34	8655	68.0	83.10	3.03
990730 Dinner Rolls, WG, Split Top, Bulk, P-394522	Each	2	61	0.00	137	1	0.51	0.00	0	13.16	1.01	2.02	*N/A*	20.2	*N/A*	0.71

Base Menu Spreadsheet

Portion Values

Jan 2, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990153 Goldfish Cracker, Cheddar, Whole Grain, P-233969	Each	2	100	0.50	170	0	4.00	0.00	0	14.00	1.00	2.00	0	20.0	0.00	0.72
991093 Garden Veggie Salad, Vegetarian	Each	4	259	10.15	384	*0	18.60	0.00	51	11.30	3.20	14.07	8988	438.3	7.77	1.77
990958 Pita Bread, WG, Kronos, P-888838	Each	4	190	1.00	310	0	5.00	0.00	0	31.00	3.00	5.00	0	100.0	0.00	1.80
990967 Fresh Fruit, Whole_____	1/2 Cup	25	81	0.06	1	14	0.25	0.00	0	21.17	3.16	0.82	121	19.6	22.03	0.25
991182 Canned Fruit, Commodity, Extra Light Syrup_____	1/2 Cup	25	58	0.00	5	12	0.00	0.00	0	14.60	1.00	0.00	450	0.0	0.96	0.00
991183 Frozen Fruit, Commodity,_____	1/2 Cup	25	78	0.01	0	15	0.10	0.00	0	18.70	2.02	0.46	*87	*5.2	*43.59	*0.17
991184 Dried Fruit, Commodity,_____	1/4 Cup	25	112	0.00	2	24	0.00	0.00	0	29.00	2.00	0.50	*N/A*	*N/A*	*N/A*	*N/A*
991107 Milk, 1%, Lowfat, White, Prairie Farms	Half Pint	10	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	750	290.0	0.00	2.70
990264 Milk, Skim, White, Dean's Dairy Pure	Half Pint	10	90	0.00	130	12	0.00	0.00	5	13.00	0.00	8.00	750	250.0	0.00	0.00
990571 Milk, Skim, Chocolate, TruMoo	Half Pint	10	110	0.00	210	18	0.00	0.00	5	19.00	0.00	8.00	750	290.0	15.00	0.00
990796 Milk, 1%, Lowfat, Chocolate, Prairie Farms	Half Pint	70	150	1.50	230	22	2.50	0.00	10	24.00	0.00	8.00	1000	200.0	0.00	0.00
Weighted Daily Average			626	5.42	997	*38	16.87	*0.00	49	88.49	11.70	31.57	*2545	*373.4	*86.80	*4.53
% of Calories				7.79%		*24.3%	24.3%	*0.0%		56.5%		20.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	594	6	1006	*42	16.12	*0.00	48	87.02	7.88	28.05	*3683	*407.1	*68.97	*3.62
% of Calories		8.61%		*28.3%	24.4%	*0.0%		58.6%		18.9%				

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Jan 2, 2023 thru Jan 31, 2023

**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.*