

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 22, 2023

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

Friday - 12/01/2023 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)
991189 Pepperoni Pizza, Turkey, The Max, P-593816	Each	19	300	6.00	650	4	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	7.00	0.00	20	35.00	4.00	16.00	0	200.0	0.00	2.50
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
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
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
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
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
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*
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

Portion Values

Dec 1, 2023 thru Dec 22, 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)
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
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
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
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
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
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
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
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
Weighted Daily Average			504	4.94	924	*40	*0	10.92	0.00	33	78.02	7.94	25.78	*10272	*597.1	*40.47	*2.86
% of Calories				8.82%		*31.7%	*0%	19.5%	0.0%		61.9%		20.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Monday - 12/04/2023

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)
990082 Chicken Tenders, WG, GoldKist, P-470150	3 Each	20	190	2.00	390	0	*N/A*	9.00	0.00	35	13.00	2.00	15.00	*N/A*	20.0	*N/A*	1.60
990728 Biscuit, Honeywheat, WG, Bake Crafters, P-347669	Each	20	180	3.00	370	5	*N/A*	6.00	0.00	5	29.00	3.00	5.00	0	40.0	0.00	1.44
990488 CARROTS:frozen, boiled	1/2 Cup	50	27	0.09	43	3	*N/A*	0.50	0.00	0	5.64	2.41	0.42	12357	25.6	1.68	0.39

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2023 thru Dec 22, 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)
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
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
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	50	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
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
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
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
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
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
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*
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
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
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
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
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
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
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
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

Portion Values

Dec 1, 2023 thru Dec 22, 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)
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
Weighted Daily Average			557	6.40	1111	*39	*0	16.24	0.00	54	75.48	7.12	30.52	*7882	*478.8	*34.44	*3.74
% of Calories				10.34 %		*28.0%	*0%	26.2%	0.0%		54.2%		21.9%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Tuesday - 12/05/2023

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)
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
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
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
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
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	25	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
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
990880 Ranch Dressing, Buttermilk, FF, PPI, P-333597	Each	25	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
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
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
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

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 22, 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)
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
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
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*
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
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
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
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
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
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
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
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
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
Weighted Daily Average			565	4.38	1128	*36	*0	15.44	0.01	43	78.70	7.87	28.05	*1810	*384.2	*90.98	*3.81
% of Calories				6.98%		*25.5%	*0%	24.6%	0.0%		55.7%		19.9%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Wednesday - 12/06/2023 Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2023 thru Dec 22, 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)
991164 Fiesta Beef Nacho Supreme, JTM Cheese Sauce	1 Serving	20	387	5.45	794	6	*N/A*	20.50	0.00	44	35.20	3.30	17.33	725	269.4	3.89	11.48
990413 Corn, Whole Kernel, USDA, 15g, 1/2C	1/2 Cup	50	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*
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
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	50	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
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
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
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
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
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
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*
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
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
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
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
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
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
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

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 22, 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)
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
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
Weighted Daily Average			610	5.76	982	*40	*0	18.35	0.03	42	85.14	7.57	28.98	*2265	*599.8	*39.81	*5.04
% of Calories				8.50%		*26.2%	*0%	27.1%	0.0%		55.8%		19.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Thursday - 12/07/2023

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)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990216 Baked Penne Pasta, Arbor A-18	2/3 Cup	20	292	6.07	452	6	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	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	*N/A*	15.38	0.00	21	40.60	4.58	18.88	86	100.3	0.00	1.86
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
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

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 22, 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)
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
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*
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
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
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
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
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
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
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
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
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
Weighted Daily Average			559	4.23	945	*38	*0	14.16	*0.00	44	81.80	7.70	30.21	*2604	*497.7	*85.16	*3.33
% of Calories				6.81%		*27.2%	*0%	22.8%	*0.0%		58.5%		21.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Friday - 12/08/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2023 thru Dec 22, 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)
990771 Sloppy Joe on a Bun, Beef, JTM, B-43c	10 Scoop w/ Bun	20	298	2.90	709	11	*N/A*	8.50	0.00	47	37.00	4.00	20.00	459	108.0	6.00	3.00
990583 Peas, Frozen, Simplot Classic	1/2 Cup	50	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	10.00	4.00	4.00	400	0.0	12.00	1.08
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
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
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
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
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
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
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
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
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*
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
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
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
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
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
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

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2023 thru Dec 22, 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)
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
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
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
Weighted Daily Average			517	4.29	904	*40	*0	10.06	0.00	36	80.53	8.57	27.95	*3391	*508.0	*41.73	*3.66
% of Calories				7.47%		*30.9%	*0%	17.5%	0.0%		62.3%		21.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Monday - 12/11/2023

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)
991311 BBQ Pork Rib Sandwich P-51729	Each	20	307	3.84	648	9	*N/A*	12.11	0.03	30	34.63	3.30	17.23	100	91.0	1099.00	2.50
990561 Tater Tots, ORE-IDA, P-284787	1/2 C (8 ea)	50	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
990926 Fresh Coleslaw, T. Marzetti's	1/4 Cup	50	39	0.54	77	1	*N/A*	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	338	6.64	769	4	0	16.09	0.00	51	28.14	3.14	23.27	*0	178.0	*0.00	3.27
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
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
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
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

	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)
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*
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
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
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
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
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
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
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
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
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
Weighted Daily Average			603	6.89	1140	*38	*0	20.02	0.01	54	77.73	6.34	30.73	*1651	*468.5	*258.61	*3.53
% of Calories				10.28 %		*25.2%	*0%	29.9%	0.0%		51.6%		20.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Tuesday - 12/12/2023

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)
990057 Pizza Dippers, The Max, P-43901	2 Each	20	300	5.00	740	6	*N/A*	12.00	0.00	10	34.00	4.00	14.00	200	300.0	0.00	0.26

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2023 thru Dec 22, 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990058 Marinara Sauce, Red Pack, P-971691	1/4 Cup	20	30	0.00	67	3	*N/A*	0.74	0.00	0	4.96	0.99	0.99	0	19.8	0.00	0.54
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
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
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
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
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
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
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
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
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*
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
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
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
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
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
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
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

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 22, 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)
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
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
Weighted Daily Average			538	3.92	945	*37	*0	14.47	0.00	38	76.25	7.90	27.02	*4511	*457.8	*87.36	*3.18
% of Calories				6.56%		*27.5%	*0%	24.2%	0.0%		56.7%		20.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Wednesday - 12/13/2023

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)
990653 French Toast Sticks, WG, Farm Rich, P-419746	4 Sticks	20	260	1.50	300	9	*N/A*	10.00	0.00	0	37.00	3.00	6.00	0	40.0	0.00	1.80
990084 Turkey Sausage Patty, Jennie-O, P-51818	Each-1.03 oz	20	60	1.00	100	*N/A*	*N/A*	4.00	0.00	30	0.00	0.00	6.00	0	20.0	0.00	0.36
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
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
990625 Honey Chipotle Sweet Potatoes E-8	1/2 Cup	50	330	1.41	96	35	*N/A*	2.27	*0.00	6	72.15	3.79	5.69	17845	40.3	33.70	2.76
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
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
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
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

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 22, 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)
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
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*
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
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
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
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
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
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
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
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
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
Weighted Daily Average			741	5.88	850	*59	*0	17.72	*0.03	42	117.62	8.20	29.88	*10626	*565.5	*50.45	*4.24
% of Calories				7.14%		*31.8%	*0%	21.5%	*0.0%		63.5%		16.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Thursday - 12/14/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2023 thru Dec 22, 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)
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
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
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
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
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
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
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
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
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
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
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
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*
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
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
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
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
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

Portion Values

Dec 1, 2023 thru Dec 22, 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)
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
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
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
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
Weighted Daily Average			730	5.95	1136	*46	*8	18.74	*0.00	49	107.09	11.04	34.83	*3587	*506.8	*86.63	*5.84
% of Calories				7.34%		*25.2%	*4.4%	23.1%	*0.0%		58.7%		19.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Friday - 12/15/2023

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)
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
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*
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
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
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
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
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

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2023 thru Dec 22, 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)
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
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
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
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*
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
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
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
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
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
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
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
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
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
Weighted Daily Average			482	4.22	842	*39	*0	9.98	0.00	34	75.07	7.74	25.03	*1704	*498.2	*33.50	*2.80
% of Calories				7.88%		*32.4%	*0%	18.6%	0.0%		62.3%		20.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Monday - 12/18/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2023 thru Dec 22, 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)
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
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
991176 Vegetable Blend Stir Fry Supreme, P-41554	1/2 Cup	50	20	0.00	10	1	*N/A*	0.00	0.00	0	4.00	1.33	1.33	*N/A*	13.3	*N/A*	0.24
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
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
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
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
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
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
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
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*
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
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
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
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
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
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

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 22, 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)
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
991093 Garden Veggies 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
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
Weighted Daily Average			546	5.46	941	*39	*0	13.95	0.00	54	77.65	6.01	30.12	*1980	*454.1	*47.95	*3.39
% of Calories				9.00%		*28.6%	*0%	23.0%	0.0%		56.9%		22.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Tuesday - 12/19/2023

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)
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
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
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
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
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
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
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
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

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 22, 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)
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
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*
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
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
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
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
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
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
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
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
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
Weighted Daily Average			599	4.36	967	*36	*0	15.08	*0.00	45	85.53	11.89	31.75	*3216	*435.8	*82.46	*4.47
% of Calories				6.55%		*24.0%	*0%	22.7%	*0.0%		57.1%		21.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Wednesday - 12/20/2023

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2023 thru Dec 22, 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
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
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
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
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*
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
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
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
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
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
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
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*
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
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
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
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

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 22, 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)
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
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
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
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
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
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
% of Calories				10.36 %		*25.4%	*0%	27.0%	0.0%		54.9%		20.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Thursday - 12/21/2023

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)
990923 Meatball Sub, Italian, JTM, Commodity, P-850570	1 Sub	19	371	5.32	767	9	*N/A*	13.99	0.55	46	39.47	4.03	22.29	*744	211.2	*4.74	4.01
990945 Meatball Sub, Italian, JTM Meatball P-369634	1 Sub	1	350	4.85	721	8	*N/A*	12.77	0.47	41	38.65	3.92	20.55	*741	203.1	*4.74	3.80
990834 Potato, Smiles, McCain, P-384399	1/2 Cup(4 each)	100	130	0.50	180	0	*N/A*	4.50	0.00	0	20.00	2.00	2.00	0	0.0	2.40	0.36
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
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
990584 Ketchup Packet, Red Gold, 9gm, P-74398	Each	50	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

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Dec 1, 2023 thru Dec 22, 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)
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
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
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
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
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
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*
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
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
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
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
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
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
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
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

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 22, 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)
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
Weighted Daily Average			676	4.47	1191	*38	*0	18.27	0.11	45	98.60	8.31	31.54	*2673	*452.3	*88.47	*3.97
% of Calories				5.95%		*22.5%	*0%	24.3%	0.1%		58.3%		18.7%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Friday - 12/22/2023

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)
990328 Chicken Fiesta Nacho Supreme, Chedd, Arbor A-10f	Each	10	355	2.64	831	0	*N/A*	17.20	0.00	80	28.23	2.93	24.65	0	82.6	0.00	2.03
991263 Chipotle Chicken Nachos, Diced	1 Serving	10	374	6.31	542	0	*N/A*	22.69	0.00	60	27.32	2.00	18.59	0	235.4	0.00	0.90
990413 Corn, Whole Kernel, USDA, 15g, 1/2C	1/2 Cup	50	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*
990144 Black Beans, LS, Mothers Maid, P-493061	1/4 Cup	50	50	0.00	70	0	*N/A*	0.00	0.00	0	9.00	3.00	3.50	0	20.0	0.00	1.35
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
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
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
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
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
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

Base Menu Spreadsheet

Portion Values

Dec 1, 2023 thru Dec 22, 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)
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
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
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*
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
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
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
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
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
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
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
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
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
Weighted Daily Average			554	4.60	961	*39	*0	12.85	0.00	40	84.61	8.33	28.71	*1893	*529.9	*35.43	*3.52
% of Calories				7.47%		*28.2%	*0%	20.9%	0.0%		61.1%		20.7%				
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)
Weighted Averages		585	5	992	*40	*0	15.23	*0.01	44	84.98	8.14	29.43	*3868	*502.5	*71.13	*3.83

Portion Values

Dec 1, 2023 thru Dec 22, 2023

% of Calories			7.92%		*27.4%	*0%	23.4%	*0.0%		58.1%		20.1%			
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**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.