

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

Menu Name: Millburn Elementary Lunch

Include Cost: No

Site: All Sites

Report Style: Detailed

Monday - 02/03/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990230 Max Cheese Sticks, The Max, P-872368	2 Sticks	40	300	5.00	780	2	14.00	0.00	10	32.00	4.00	14.00	0	300.0	0.00	1.44
990257 Tomato Basil Sauce, Arbor E-18	2 oz.	40	22	0.00	126	2	0.00	0.00	0	4.40	0.72	0.75	520	1.3	3.33	0.77
990266 Salisbury Steak, Advance, 2.7 oz., 3g	Each	40	180	5.00	220	*N/A*	13.00	0.00	40	3.00	1.00	14.00	100	40.0	1.20	1.80
990679 Ultra Loco Garlic & Herb Breadstick, P-609619	Each	40	60	0.00	80	0	0.50	0.00	0	12.00	1.00	2.00	0	10.0	0.00	0.70
990374 Mashed Potatoes, Basic American, P-432315	1/4 Cup	40	35	0.00	60	0	0.00	0.00	0	7.08	0.50	1.01	1	5.3	3.21	0.28
990519 Brown Gravy, Chef Companion P-370779	OZ	40	10	0.00	155	0	0.00	0.00	0	2.00	0.00	0.00	0	0.0	0.00	0.00
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	60	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	20	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			558	5.77	1036	*26	17.98	*0.01	35	74.48	7.98	28.11	*1971	532.5	*33.99	3.99
% of Calories				9.31%		*18.6%	29.0%	*0.0%		53.4%		20.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 02/04/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990733 Chicken Nugget, WG, Tyson, P-366211	5 Each	40	210	2.00	320	1	12.00	0.00	20	13.00	2.00	13.00	0	20.0	0.00	1.80
990679 Ultra Loco Garlic & Herb Breadstick, P-609619	Each	40	60	0.00	80	0	0.50	0.00	0	12.00	1.00	2.00	0	10.0	0.00	0.70
990854 Cheese Pizza, Stuffed Crust, The Max, P-312644	Slice	40	300	3.00	500	5	9.00	0.00	10	38.00	3.00	16.00	0	370.0	0.00	2.40
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	70	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	15	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	15	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			545	3.69	835	*27	15.45	*0.01	27	76.27	7.49	27.79	*1724	549.6	*31.01	3.98
% of Calories				6.09%		*19.8%	25.5%	*0.0%		56.0%		20.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 02/05/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990516 Soft Tacos, Shredded Cheddar, Arbor B-24b	2 Tacos	40	295	9.12	348	*0	15.28	0.00	31	31.12	4.04	11.44	14	192.7	0.11	1.48
990738 Corn Dog, Turkey, Mini, JTM, P-597483	6 Each	40	267	1.90	365	12	11.00	0.00	34	33.00	3.00	9.00	114	66.0	51.00	1.00
990123 Refried Beans (1/2 Cup)	1/2 Cup	40	110	0.00	140	1	0.00	0.00	0	19.99	4.99	6.99	0	20.0	2.39	1.79

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990821 Slushie, Blue Raspberry, Cool Tropics, P-453064	Each	85	60	0.00	15	12	0.00	0.00	0	15.00	0.00	0.00	500	0.0	60.00	0.36
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	15	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	70	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	15	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	15	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			577	6.09	826	*35	17.33	*0.01	41	82.53	8.21	25.97	*2104	490.6	*93.76	3.84
% of Calories				9.50%		*24.3%	27.0%	*0.0%		57.2%		18.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 02/06/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990031 Cheeseburger on WG Bun, Arbor B-1	1 Each	40	323	6.20	589	4	15.00	0.00	48	28.00	3.00	21.50	0	138.0	0.00	2.00
990340 MACARONI AND CHEESE	2/3 CUP	40	321	6.89	961	*9	12.20	*0.00	33	30.52	0.80	22.95	1665	615.3	0.93	0.86
990396 Broccoli, West Creek, 1/2C, 2g	1/2 Cup	80	11	0.00	10	0	0.00	0.00	0	2.00	1.50	1.50	450	25.0	25.20	0.36
990865 Happy Birthday Cookies, Mini, P-616402	Bag	100	140	1.50	95	10	5.00	0.00	0	24.00	1.00	1.00	0	0.0	0.00	0.72
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	60	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	20	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03

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Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			721	8.50	1191	*40	22.85	*0.01	47	99.30	8.81	35.39	*2749	711.1	*51.42	4.14
% of Calories				10.61%		*22.2%	28.5%	*0.0%		55.1%		19.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 02/07/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990723 Sloppy Joe, Scoops, Beef, Pre-made, B-43d	Serving	40	255	2.20	542	8	8.50	0.00	44	29.00	4.00	15.00	459	54.0	6.00	2.36
990182 Strawberry Yogurt, Upstate Farms, 19g	1/2 Cup	40	90	0.00	50	15	0.00	0.00	0	19.00	0.00	3.00	0	200.0	0.00	0.00
990065 Banana Muffin, WG, Smart Choice, P-370577	Each	40	160	0.50	115	13	4.50	0.00	25	27.00	1.00	3.00	0	20.0	1.20	1.08
990296 Corn, Golden Sweet	1/2 Cup	40	70	0.00	0	2	0.50	0.00	0	18.00	2.00	3.00	200	0.0	6.00	0.36
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	60	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40

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Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000231 MILK,Skim	HALF PINT	20	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
000224 RELISH: individual PC	PC packet	30	10	0.00	61	2	0.04	0.00	0	2.63	0.08	0.03	91	0.2	0.08	0.06
Weighted Daily Average			548	2.85	769	*40	12.39	*0.01	43	88.28	7.92	25.02	*2014	499.5	*36.19	3.53
% of Calories				4.68%		*29.2%	20.3%	*0.0%		64.4%		18.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 02/10/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990642 BBQ Rib Sandwich Arbor B-42	Each	40	352	3.34	1008	16	12.11	0.03	40	40.63	3.30	19.23	200	71.0	3.60	2.50
990048 Crispy Chicken Sandwich B-11	Each	40	340	2.50	650	3	12.50	0.00	35	39.00	4.00	21.00	100	86.0	78.00	2.80
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	60	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	20	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			592	4.11	1131	*32	16.82	*0.02	45	82.14	8.01	31.50	*1843	452.6	*63.53	4.11
% of Calories				6.25%		*21.6%	25.6%	*0.0%		55.5%		21.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 02/11/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	40	458	9.77	585	1	24.94	0.00	63	39.33	4.72	22.22	406	284.4	3.05	1.85
990369 Pizza Quesadilla, The Max, P-245774	Slice	40	320	3.00	810	3	12.00	0.00	10	39.00	4.00	18.00	300	150.0	0.00	2.70

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	60	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	20	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			626	6.88	1026	*26	21.75	*0.01	44	81.62	8.58	31.50	*2005	563.6	*32.11	3.81
% of Calories				9.89%		*16.6%	31.3%	*0.0%		52.2%		20.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 02/12/2020

Reimbursable Meal Total 100

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990106 Hot Dog, Turkey, WG, Arbor B-6	Each	40	267	3.34	888	*4	11.11	0.03	35	30.63	2.30	12.23	0	91.0	2.40	1.78
990493 Cheese Pizza, THE MAX, 4x6, P-973513	Slice	40	260	4.00	650	4	7.00	0.00	20	34.00	4.00	16.00	1000	200.0	0.00	5.40
990700 Seasoned 1/2" Crinkle Fries, P-602150	1/2 Cup	80	94	0.49	171	0	3.11	0.05	0	15.24	0.00	1.38	0	0.0	0.00	0.00
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	60	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	20	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	80	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000224 RELISH: individual PC	PC packet	30	10	0.00	61	2	0.04	0.00	0	2.63	0.08	0.03	91	0.2	0.08	0.06
Weighted Daily Average			610	5.10	1287	*29	16.73	*0.06	37	90.60	7.65	27.87	*2179	507.1	*32.09	4.90
% of Calories				7.52%		*19.0%	24.7%	*0.1%		59.4%		18.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 02/13/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990168 Homestyle Popcorn Chicken Bowl, Arbor A-43	Bowl	40	320	3.21	553	1	12.70	0.00	35	35.48	3.86	17.22	234	27.3	19.52	2.22
990057 Cheese Stuffed Sticks, The Max, 6", P-43901	2 Each	40	300	5.00	780	*N/A*	14.00	0.00	10	32.00	4.00	14.00	0	300.0	0.00	1.44
990257 Tomato Basil Sauce, Arbor E-18	2 oz.	40	22	0.00	126	2	0.00	0.00	0	4.40	0.72	0.75	520	1.3	3.33	0.77
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	60	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	20	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			572	5.05	1052	*26	17.66	*0.01	33	79.04	8.53	28.20	*2024	521.2	*40.03	3.76
% of Calories				7.95%		*18.2%	27.8%	*0.0%		55.3%		19.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 02/14/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990618 Hot Ham & Cheese Pretzel Bun	Each	40	364	7.31	885	8	13.99	0.00	48	41.52	3.00	17.81	0	121.2	0.00	1.80
990517 Pancakes, Whole Wheat, Echo Lake, P-392047	2 Each	40	160	0.00	200	6	2.00	0.00	0	30.00	2.00	4.00	0	40.0	0.00	1.44
990084 Turkey Sausage Patty, 1.03 oz, Jennie-O	Each	40	60	1.00	100	*N/A*	4.00	0.00	30	0.00	0.00	6.00	0	20.0	0.00	0.36
990291 Syrup Packet, Madeira, 1 oz. packet	1 Packet	40	79	0.02	20	14	0.02	0.02	0	20.16	0.02	0.01	3	1.9	0.01	0.06
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990561 Tater Tots, ORE-IDA, P-284787	1/2 C (8 ea)	80	116	0.89	277	0	5.36	0.00	0	14.29	1.79	1.79	0	0.0	3.21	0.16
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	60	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	20	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	40	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			675	5.82	1187	*36	19.27	*0.01	46	98.88	8.54	27.99	*1734	463.4	*33.54	3.59
% of Calories				7.76%		*21.3%	25.7%	*0.0%		58.6%		16.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 02/19/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990145 Nacho Supreme, Arbor A-10h	#16 Scoop	40	458	9.77	585	1	24.94	0.00	63	39.33	4.72	22.22	406	284.4	3.05	1.85

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990823 Pizza Munchable, A-85	Each	40	384	8.75	704	5	16.75	0.00	30	37.65	2.97	18.50	720	476.3	3.33	2.48
990226 Black Bean & Corn Salsa, Arbor E-21	1/2 Cup	40	156	0.01	292	*0	0.54	*0.00	0	25.74	7.01	8.05	7	55.9	0.76	3.07
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990820 Slushie, Kiwi Strawberry, Cool Tropics, P-279212	Each	85	60	0.00	15	12	0.00	0.00	0	15.00	0.00	0.00	500	0.0	60.00	0.36
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	15	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	60	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	20	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			706	9.18	1109	*32	23.84	*0.01	52	89.19	9.28	34.52	*2504	706.0	*75.09	5.06
% of Calories				11.70%		*18.1%	30.4%	*0.0%		50.5%		19.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 02/20/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990324 French Toast Sticks, Papettis, P-424950	3 each	40	160	1.00	270	8	3.50	0.00	105	23.00	2.00	7.70	0	40.0	0.00	1.08
990082 Chicken Strips, WG, GoldKist, P-470150	3 Strips	40	210	2.50	400	0	10.00	0.00	35	14.00	2.00	15.00	100	20.0	78.00	1.80
990561 Tater Tots, ORE-IDA, P-284787	1/2 C (8 ea)	80	116	0.89	277	0	5.36	0.00	0	14.29	1.79	1.79	0	0.0	3.21	0.16
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	60	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	20	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990291 Syrup Packet, Madeira, 1 oz. packet	1 Packet	40	79	0.02	20	14	0.02	0.02	0	20.16	0.02	0.01	3	1.9	0.01	0.06
Weighted Daily Average			588	3.89	965	*33	16.67	*0.01	71	84.58	8.13	25.93	*1764	414.6	*64.66	3.30
% of Calories				5.95%		*22.4%	25.5%	*0.0%		57.5%		17.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 02/21/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990105 Pizza Burger, B-3	Each	40	368	7.70	628	4	16.50	0.00	50	30.45	3.49	26.49	469	288.0	2.36	2.53
990048 Crispy Chicken Sandwich B-11	Each	40	340	2.50	650	3	12.50	0.00	35	39.00	4.00	21.00	100	86.0	78.00	2.80
990561 Tater Tots, ORE-IDA, P-284787	1/2 C (8 ea)	80	116	0.89	277	0	5.36	0.00	0	14.29	1.79	1.79	0	0.0	3.21	0.16
990307 Fresh Coleslaw, Arbor E-16	1/4 Cup	80	19	0.27	28	*0	1.45	*0.00	2	1.32	0.14	0.21	22	7.5	8.00	0.08
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	60	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	20	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			706	6.78	1223	*27	24.02	*0.01	50	90.55	9.63	36.01	*1968	545.4	*72.01	4.32
% of Calories				8.64%		*15.3%	30.6%	*0.0%		51.3%		20.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 02/24/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990516 Soft Tacos, Shredded Cheddar, Arbor B-24b	2 Tacos	40	295	9.12	348	*0	15.28	0.00	31	31.12	4.04	11.44	14	192.7	0.11	1.48

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990082 Chicken Strips, WG, GoldKist, P-470150	3 Strips	40	210	2.50	400	0	10.00	0.00	35	14.00	2.00	15.00	100	20.0	78.00	1.80
990296 Corn, Golden Sweet	1/2 Cup	80	70	0.00	0	2	0.50	0.00	0	18.00	2.00	3.00	200	0.0	6.00	0.36
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	70	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	15	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	15	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			575	6.33	775	*27	17.36	*0.01	41	83.52	9.11	28.36	*1930	474.7	*67.05	3.62
% of Calories				9.91%		*18.8%	27.2%	*0.0%		58.1%		19.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

Tuesday - 02/25/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
990375 Chicken Nuggets, Goldkist, P-470452	5 Each	40	182	1.62	328	0	9.90	0.00	34	9.50	0.00	13.50	79	22.0	87.00	1.00
990340 MACARONI AND CHEESE	2/3 CUP	40	321	6.89	961	*9	12.20	*0.00	33	30.52	0.80	22.95	1665	615.3	0.93	0.86
990679 Ultra Loco Garlic & Herb Breadstick, P-609619	Each	80	60	0.00	80	0	0.50	0.00	0	12.00	1.00	2.00	0	10.0	0.00	0.70
990396 Broccoli, West Creek, 1/2C, 2g	1/2 Cup	80	11	0.00	10	0	0.00	0.00	0	2.00	1.50	1.50	450	25.0	25.20	0.36
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	60	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	20	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			573	5.17	1056	*29	16.21	*0.01	42	77.50	7.41	32.79	*2781	672.7	*86.22	3.58
% of Calories				8.12%		*20.2%	25.5%	*0.0%		54.1%		22.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 02/26/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990517 Pancakes, Whole Wheat, Echo Lake, P-392047	2 Each	40	160	0.00	200	6	2.00	0.00	0	30.00	2.00	4.00	0	40.0	0.00	1.44
990189 Egg Patty, Square, 2.5" P-999361	1 patty	40	35	1.00	35	0	2.50	0.00	90	1.00	0.00	3.00	0	25.0	0.00	0.00
990486 Corn Dog, Turkey, Mini, JTM P-552539	6 Each	40	267	1.90	365	12	11.00	0.00	34	33.00	3.00	9.00	114	66.0	51.00	1.00
990700 Seasoned 1/2" Crinkle Fries, P-602150	1/2 Cup	80	94	0.49	171	0	3.11	0.05	0	15.24	0.00	1.38	0	0.0	0.00	0.00
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	60	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000231 MILK,Skim	HALF PINT	20	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	80	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
990291 Syrup Packet, Madeira, 1 oz. packet	1 Packet	40	79	0.02	20	14	0.02	0.02	0	20.16	0.02	0.01	3	1.9	0.01	0.06
Weighted Daily Average			613	3.33	902	*39	15.68	*0.06	65	97.62	7.12	22.97	*1798	443.8	*51.51	3.01
% of Calories				4.89%		*25.4%	23.0%	*0.1%		63.7%		15.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 02/27/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990429 Chicken Pot Pie w/ WG Biscuit, Arbor A-53	3/4 Cup	40	376	3.70	804	*10	11.75	0.01	82	42.41	3.79	28.53	*438	*147.1	*1.10	*1.86
990057 Cheese Stuffed Sticks, The Max, 6", P-43901	2 Each	40	300	5.00	780	*N/A*	14.00	0.00	10	32.00	4.00	14.00	0	300.0	0.00	1.44
990257 Tomato Basil Sauce, Arbor E-18	2 oz.	40	22	0.00	126	2	0.00	0.00	0	4.40	0.72	0.75	520	1.3	3.33	0.77
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36

Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	60	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	20	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	20	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			594	5.25	1152	*29	17.28	*0.01	52	81.81	8.50	32.72	*2106	*569.2	*32.66	*3.62
% of Calories				7.95%		*19.5%	26.2%	*0.0%		55.1%		22.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 02/28/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990085 Cheese Pizza, WG, The MAX, 37g P-312645	Each	40	280	3.00	560	*N/A*	8.00	0.00	15	37.00	4.00	16.00	400	300.0	0.00	3.60

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990182 Strawberry Yogurt, Upstate Farms, 19g	1/2 Cup	40	90	0.00	50	15	0.00	0.00	0	19.00	0.00	3.00	0	200.0	0.00	0.00
990065 Banana Muffin, WG, Smart Choice, P-370577	Each	40	160	0.50	115	13	4.50	0.00	25	27.00	1.00	3.00	0	20.0	1.20	1.08
990289 Garden Salad w/ chse and roll, Arbor F-15a	Salad	5	386	3.31	777	*N/A*	22.42	0.00	9	32.18	4.23	20.66	5338	456.9	5.79	2.52
990108 Turkey and Cheese Sub, Arbor B-35a	Each	5	265	3.00	1050	4	8.50	0.00	38	30.00	2.00	18.50	0	134.0	0.00	1.36
990284 Chicken Caesar Salad, Crispy, Arbor F-5b	1 Each	5	529	7.18	1138	*0	37.15	0.12	56	29.64	3.13	23.80	5057	183.6	80.04	2.84
990518 Cheese Sandwich, Arbor B-38	1 Sandwich	5	360	10.00	1100	6	20.00	0.00	50	30.00	2.00	14.00	0	238.0	0.00	2.00
990039 Fruit & Veggie Bar - Fruit	1/2 Cup	100	70	0.00	5	*6	0.03	0.00	0	17.57	1.99	0.46	*114	12.3	*11.36	0.23
990038 Fruit & Veggie Bar - Veggies	1/2 Cup	100	48	0.05	60	*1	0.59	0.00	0	8.59	2.48	2.93	576	24.8	14.39	1.02
990040 Milk, Chocolate, Skim, Prairie Farms	Cup	60	110	0.00	180	18	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.40
000231 MILK,Skim	HALF PINT	20	83	0.14	103	12	0.20	*N/A*	5	12.15	0.00	8.26	500	298.9	0.00	0.07
000230 MILK,1% Lowfat	HALF PINT	20	102	1.54	107	13	2.37	*N/A*	12	12.18	0.00	8.22	478	305.0	0.00	0.07
001050 MAYONNAISE:individual PC, 9 gm	Each	20	60	1.00	55	0	7.00	0.00	5	0.00	0.00	0.00	0	0.0	0.00	0.00
990343 BARBECUE SAUCE	2 TBSP	20	12	0.00	58	*3	0.01	*0.00	0	3.09	0.02	0.10	34	2.2	0.29	0.04
000222 KETCHUP: individual	Pkt 6g	40	9	0.00	82	2	0.01	0.00	0	2.47	0.03	0.09	47	1.4	0.37	0.03
000223 MUSTARD: individual PC	Pkt 5g	20	3	0.01	55	0	0.17	0.00	0	0.29	0.20	0.19	5	3.2	0.02	0.08
Weighted Daily Average			529	3.17	774	*36	11.98	*0.01	31	83.98	7.10	24.23	*1892	598.1	*31.44	3.87
% of Calories				5.39%		*27.2%	20.4%	*0.0%		63.5%		18.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Portion Values

Feb 1, 2020 thru Feb 29, 2020

			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			606	5	1016	*32	17.85	*0.02	45	85.66	8.22	29.27	*2061	*539.8	*51.57	*3.89
% of Calories				8.00%		*21.1%	26.5%	*0.0%		56.5%		19.3%				

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.