# Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2019 thru Nov 30, 2019

**Menu Name:** Dixon Elementary Lunch

**Include Cost:** No

**Site:** All Sites

**Report Style:** Detailed

**Friday - 11/01/2019** **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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 990111 Cheese Pizza, 5 inch round, The Max, P-995562 | Each | 40 | 320 | 3.50 | 610 | 5 | 11.00 | 0.00 | 10 | 43.00 | 5.00 | 17.00 | 300 | 250.0 | 0.00 | 2.70 |
| 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 |
| 990055 Seasoned Green Beans, Arbor E-13 | 1/2 Cup | 50 | 20 | 0.00 | 140 | 2 | 0.00 | 0.00 | 0 | 4.00 | 2.00 | 0.60 | 200 | 20.0 | 3.60 | 0.72 |
| 000256 BROCCOLI,raw: fresh | 1/4 Cup | 75 | 8 | 0.03 | 8 | 0 | 0.08 | 0.00 | 0 | 1.51 | 0.59 | 0.64 | 142 | 10.7 | 20.29 | 0.17 |
| 000255 BLUEBERRIES,Fresh | 1/2 CUP | 75 | 84 | 0.04 | 1 | 15 | 0.49 | 0.00 | 0 | 21.45 | 3.55 | 1.10 | 80 | 8.9 | 14.36 | 0.41 |
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 585 | 5.69 | 568 | 27 | 29.62 | 0.00 | 0 | 59.80 | 5.39 | 18.62 | 0 | 72.1 | 0.00 | 3.17 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 259 | 2.97 | 1067 | 4 | 8.44 | 0.00 | 37 | 29.99 | 2.00 | 18.47 | 0 | 133.4 | 0.00 | 1.36 |
| 990036 Crispy Chicken Salad, Arbor F-6a | Each | 5 | 327 | 2.00 | 689 | *0 | 8.11 | 0.00 | 33 | 34.19 | 4.30 | 20.34 | 8635 | 68.0 | 92.10 | 4.67 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | 0 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 10 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 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 |
| 000230 MILK,1% Lowfat | HALF PINT | 10 | 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 | 80 | 110 | 0.00 | 180 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |

| | 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 | 10 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 514 | 3.77 | 1042 | *37 | 13.34 | *0.01 | 27 | 77.82 | 7.92 | 25.21 | 1339 | 479.8 | 34.49 | 3.56 |
| % of Calories | | | | 6.60% | | *28.8% | 23.4% | *0.0% | | 60.6% | | 19.6% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

**Monday - 11/04/2019** **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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 990326 Western BBQ Cheeseburger, Arbor B-4 | 1 Each | 40 | 346 | 6.17 | 984 | *3 | 14.94 | 0.00 | 47 | 35.08 | 3.00 | 21.47 | 236 | 137.4 | 0.00 | 2.00 |
| 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 |
| 990396 Broccoli, West Creek, 1/2C, 2g | 1/2 Cup | 75 | 11 | 0.00 | 10 | 0 | 0.00 | 0.00 | 0 | 2.00 | 1.50 | 1.50 | 450 | 25.0 | 25.20 | 0.36 |
| 990670 Strawberry Applesauce, P-506960 | Each | 75 | 60 | 0.00 | 10 | 12 | 0.00 | 0.00 | 0 | 15.00 | 2.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990233 Fritos Corn Chips | Bag | 75 | 160 | 1.50 | 160 | *N/A* | 10.00 | 0.00 | 0 | 16.00 | 2.00 | 2.00 | 50 | 40.0 | 0.00 | 0.36 |
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 585 | 5.69 | 568 | 27 | 29.62 | 0.00 | 0 | 59.80 | 5.39 | 18.62 | 0 | 72.1 | 0.00 | 3.17 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 259 | 2.97 | 1067 | 4 | 8.44 | 0.00 | 37 | 29.99 | 2.00 | 18.47 | 0 | 133.4 | 0.00 | 1.36 |
| 990036 Crispy Chicken Salad, Arbor F-6a | Each | 5 | 327 | 2.00 | 689 | *0 | 8.11 | 0.00 | 33 | 34.19 | 4.30 | 20.34 | 8635 | 68.0 | 92.10 | 4.67 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | 0 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 10 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |

| | 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 000222 KETCHUP: individual | Pkt 6g | 10 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000230 MILK,1% Lowfat | HALF PINT | 10 | 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 | 80 | 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 | 10 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 616 | 5.34 | 1017 | *36 | 21.94 | *0.00 | 42 | 80.39 | 7.40 | 26.70 | 1453 | 448.4 | 44.93 | 2.71 |
| % of Calories | | | | 7.80% | | *23.4% | 32.1% | *0.0% | | 52.2% | | 17.3% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

**Tuesday - 11/05/2019** **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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 990122 Soft Tacos, Arbor B - 24 | 2 Tacos | 40 | 328 | 5.00 | 424 | *2 | 12.00 | 0.00 | 41 | 35.00 | 6.00 | 20.00 | 665 | 77.0 | 5.00 | 3.44 |
| 990439 Fruity Yogurt, Cheese, & WG Plate, Arbor A-72 | 1 Each | 40 | 450 | 4.50 | 455 | *34 | 14.00 | 0.00 | 45 | 67.00 | 3.00 | 17.00 | 500 | 390.0 | 4.80 | 2.88 |
| 990395 Corn, Packer, LS, 1/2 C, 17g | 1/2 Cup | 100 | 80 | 0.00 | 140 | 4 | 1.00 | 0.00 | 17 | 17.00 | 2.00 | 2.00 | 0 | 0.0 | 3.60 | 0.00 |
| 990263 Peaches, Packer, 13g | 1/2 Cup | 60 | 50 | 0.00 | 10 | *N/A* | 0.00 | 0.00 | 0 | 13.00 | 1.00 | 1.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 585 | 5.69 | 568 | 27 | 29.62 | 0.00 | 0 | 59.80 | 5.39 | 18.62 | 0 | 72.1 | 0.00 | 3.17 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 259 | 2.97 | 1067 | 4 | 8.44 | 0.00 | 37 | 29.99 | 2.00 | 18.47 | 0 | 133.4 | 0.00 | 1.36 |
| 990036 Crispy Chicken Salad, Arbor F-6a | Each | 5 | 327 | 2.00 | 689 | *0 | 8.11 | 0.00 | 33 | 34.19 | 4.30 | 20.34 | 8635 | 68.0 | 92.10 | 4.67 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | 0 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |

| | 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 000222 KETCHUP: individual | Pkt 6g | 10 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000230 MILK,1% Lowfat | HALF PINT | 10 | 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 | 80 | 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 | 10 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 618 | 4.79 | 833 | *38 | 15.46 | *0.00 | 61 | 93.70 | 7.08 | 29.28 | 1401 | 504.9 | 13.12 | 3.49 |
| % of Calories | | | | 6.98% | | *24.6% | 22.5% | *0.0% | | 60.6% | | 19.0% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

**Wednesday - 11/06/2019** **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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 990234 Hot & Spicy Chicken Tenders | 3 tenders | 40 | 260 | 2.50 | 870 | *N/A* | 15.00 | 0.00 | 25 | 16.00 | 3.00 | 15.00 | 100 | 0.0 | 30.00 | 3.96 |
| 990042 Roll, WG, Rubschlager, P-372849 | Each | 40 | 60 | 0.00 | 140 | 1 | 1.00 | 0.00 | 0 | 13.00 | 2.00 | 2.00 | 0 | 20.0 | 0.00 | 0.72 |
| 990261 Toasted Cheese Sandwich, Arbor B-30 | 1 Sandwich | 40 | 405 | 14.58 | 1240 | 6 | 27.36 | 0.00 | 70 | 30.01 | 2.00 | 14.08 | 227 | 240.2 | 0.00 | 2.02 |
| 990376 Mashed Potatoes, Basic American, P-432315 | 1/2 Cup | 80 | 71 | 0.00 | 119 | 0 | 0.00 | 0.00 | 0 | 14.15 | 1.01 | 2.02 | 2 | 10.7 | 6.43 | 0.56 |
| 990442 Brown Gravy, Trio, Nestle, 3g | 1/4 Cup | 80 | 20 | 0.00 | 240 | 0 | 0.50 | 0.00 | 0 | 3.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.36 |
| 990033 Carroteenies, Packer | 1.6 Ounce | 75 | 15 | 0.00 | 35 | *N/A* | 0.00 | 0.00 | 0 | 4.00 | 1.00 | 0.00 | 3000 | 0.0 | 0.00 | 0.00 |
| 000099 STRAWBERRIES,FRESH | CUP | 75 | 46 | 0.02 | 1 | 7 | 0.43 | 0.00 | 0 | 11.06 | 2.88 | 0.96 | 17 | 23.0 | 84.67 | 0.59 |

| | 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 585 | 5.69 | 568 | 27 | 29.62 | 0.00 | 0 | 59.80 | 5.39 | 18.62 | 0 | 72.1 | 0.00 | 3.17 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 259 | 2.97 | 1067 | 4 | 8.44 | 0.00 | 37 | 29.99 | 2.00 | 18.47 | 0 | 133.4 | 0.00 | 1.36 |
| 990036 Crispy Chicken Salad, Arbor F-6a | Each | 5 | 327 | 2.00 | 689 | *0 | 8.11 | 0.00 | 33 | 34.19 | 4.30 | 20.34 | 8635 | 68.0 | 92.10 | 4.67 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 75 | 10 | 0.00 | 125 | 0 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 000222 KETCHUP: individual | Pkt 6g | 10 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000230 MILK,1% Lowfat | HALF PINT | 10 | 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 | 80 | 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 | 10 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 612 | 7.84 | 1632 | *28 | 22.13 | *0.00 | 47 | 78.02 | 7.40 | 26.65 | 3330 | 448.0 | 86.25 | 4.82 |
| % of Calories | | | | 11.53% | | *18.3% | 32.5% | *0.0% | | 51.0% | | 17.4% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

**Thursday - 11/07/2019** **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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 |
| 990499 Turkey Sausage Patty, P-51818 | Each | 40 | 60 | 1.00 | 80 | 0 | 4.00 | 0.00 | 30 | 0.00 | 0.00 | 6.00 | 0 | 20.0 | 0.00 | 0.72 |
| 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 |

| | 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 990146 Hot Ham & Cheese Sandwich, Arbor B-32 | Each | 40 | 292 | 6.25 | 1110 | 6 | 13.38 | 0.00 | 48 | 29.50 | 2.00 | 17.75 | 0 | 166.0 | 0.00 | 1.00 |
| 990561 Tater Tots, ORE-IDA, P-284787 | 8 Pieces | 100 | 130 | 1.00 | 310 | 0 | 6.00 | 0.00 | 0 | 16.00 | 2.00 | 2.00 | 0 | 0.0 | 3.60 | 0.18 |
| 990414 Pears, Diced, Light Syrup, Canned, USDA 1/2C | 1/2 Cup | 100 | 60 | 0.00 | 5 | 12 | 0.00 | 0.00 | 0 | 16.00 | 2.00 | 0.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 585 | 5.69 | 568 | 27 | 29.62 | 0.00 | 0 | 59.80 | 5.39 | 18.62 | 0 | 72.1 | 0.00 | 3.17 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 259 | 2.97 | 1067 | 4 | 8.44 | 0.00 | 37 | 29.99 | 2.00 | 18.47 | 0 | 133.4 | 0.00 | 1.36 |
| 990036 Crispy Chicken Salad, Arbor F-6a | Each | 5 | 327 | 2.00 | 689 | *0 | 8.11 | 0.00 | 33 | 34.19 | 4.30 | 20.34 | 8635 | 68.0 | 92.10 | 4.67 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | 0 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 000222 KETCHUP: individual | Pkt 6g | 75 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000230 MILK,1% Lowfat | HALF PINT | 10 | 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 | 80 | 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 | 10 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 629 | 5.30 | 1296 | *44 | 18.43 | *0.01 | 82 | 90.76 | 6.50 | 26.53 | *967 | *410.2 | *9.45 | *2.31 |
| % of Calories | | | | 7.58% | | *28.0% | 26.4% | *0.0% | | 57.7% | | 16.9% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

**Friday - 11/08/2019** **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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 |
| 990437 Spaghetti Sauce, RedPack, 7g | 1/4 Cup | 40 | 40 | 0.00 | 250 | 3 | 0.00 | 0.00 | 0 | 7.00 | 1.50 | 1.50 | 375 | 10.0 | 4.50 | 0.54 |
| 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 |
| 990298 Peas, Mixed Sweet Green, #10 Packer | 1/2 Cup | 50 | 70 | 0.00 | 140 | 6 | 0.50 | 0.00 | 0 | 12.00 | 3.00 | 4.00 | 300 | 20.0 | 12.00 | 1.44 |
| 990260 Cucumbers, Sliced, PEAK, .94g | 1/4 Cup | 75 | 4 | 0.00 | 0 | *N/A* | 0.00 | 0.00 | 0 | 0.94 | 0.15 | 0.17 | 0 | 0.0 | 0.00 | 0.00 |
| 990408 Peaches, Sliced, L/S, USDA, 14g | 1/2 Cup | 100 | 60 | 0.00 | 10 | 11 | 0.00 | 0.00 | 0 | 14.00 | 0.00 | 0.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 585 | 5.69 | 568 | 27 | 29.62 | 0.00 | 0 | 59.80 | 5.39 | 18.62 | 0 | 72.1 | 0.00 | 3.17 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 259 | 2.97 | 1067 | 4 | 8.44 | 0.00 | 37 | 29.99 | 2.00 | 18.47 | 0 | 133.4 | 0.00 | 1.36 |
| 990036 Crispy Chicken Salad, Arbor F-6a | Each | 5 | 327 | 2.00 | 689 | *0 | 8.11 | 0.00 | 33 | 34.19 | 4.30 | 20.34 | 8635 | 68.0 | 92.10 | 4.67 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | 0 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 10 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 000222 KETCHUP: individual | Pkt 6g | 50 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000230 MILK,1% Lowfat | HALF PINT | 10 | 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 | 80 | 110 | 0.00 | 180 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |

| | 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 | 10 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 542 | 4.32 | 1222 | *38 | 14.36 | *0.01 | 27 | 77.95 | 5.62 | 25.14 | *1257 | *489.3 | *14.54 | *3.20 |
| % of Calories | | | | 7.17% | | *28.0% | 23.8% | *0.0% | | 57.5% | | 18.6% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

**Tuesday - 11/12/2019** **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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 990178 Walking Taco Scoops, Arbor A-15b | Each | 40 | 296 | 7.09 | 456 | 1 | 16.18 | 0.00 | 51 | 22.55 | 3.01 | 17.20 | 337 | 190.6 | 2.54 | 1.37 |
| 990031 Cheeseburger on WG Bun, Arbor B-1 | 1 Each | 40 | 317 | 6.17 | 606 | 3 | 14.94 | 0.00 | 47 | 27.99 | 3.00 | 21.47 | 0 | 137.4 | 0.00 | 2.00 |
| 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 |
| 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 |
| 990383 Applesauce cup, unswtnd, 14g | 1/2 Cup | 100 | 51 | 0.00 | 2 | 11 | 0.00 | 0.00 | 0 | 14.00 | 1.00 | 0.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 585 | 5.69 | 568 | 27 | 29.62 | 0.00 | 0 | 59.80 | 5.39 | 18.62 | 0 | 72.1 | 0.00 | 3.17 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 259 | 2.97 | 1067 | 4 | 8.44 | 0.00 | 37 | 29.99 | 2.00 | 18.47 | 0 | 133.4 | 0.00 | 1.36 |
| 990036 Crispy Chicken Salad, Arbor F-6a | Each | 5 | 327 | 2.00 | 689 | *0 | 8.11 | 0.00 | 33 | 34.19 | 4.30 | 20.34 | 8635 | 68.0 | 92.10 | 4.67 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | 0 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 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 |

| | 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 000230 MILK,1% Lowfat | HALF PINT | 10 | 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 | 80 | 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 | 10 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 596 | 6.29 | 843 | *35 | 16.91 | *0.00 | 49 | 85.45 | 7.89 | 32.57 | *1244 | *457.7 | *12.49 | *3.33 |
| % of Calories | | | | 9.50% | | *23.5% | 25.5% | *0.0% | | 57.3% | | 21.9% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

**Wednesday - 11/13/2019** **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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 990081 Pancakes, WG, Aunt Jemima, 14g | 2 Pancakes | 40 | 140 | 0.00 | 220 | *N/A* | 4.00 | 0.00 | 0 | 28.00 | 2.00 | 4.00 | 0 | 0.0 | 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 |
| 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 |
| 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 |
| 990561 Tater Tots, ORE-IDA, P-284787 | 8 Pieces | 100 | 130 | 1.00 | 310 | 0 | 6.00 | 0.00 | 0 | 16.00 | 2.00 | 2.00 | 0 | 0.0 | 3.60 | 0.18 |
| 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 |
| 990408 Peaches, Sliced, L/S, USDA, 14g | 1/2 Cup | 15 | 60 | 0.00 | 10 | 11 | 0.00 | 0.00 | 0 | 14.00 | 0.00 | 0.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 585 | 5.69 | 568 | 27 | 29.62 | 0.00 | 0 | 59.80 | 5.39 | 18.62 | 0 | 72.1 | 0.00 | 3.17 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 259 | 2.97 | 1067 | 4 | 8.44 | 0.00 | 37 | 29.99 | 2.00 | 18.47 | 0 | 133.4 | 0.00 | 1.36 |

| | 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 990036 Crispy Chicken Salad, Arbor F-6a | Each | 5 | 327 | 2.00 | 689 | *0 | 8.11 | 0.00 | 33 | 34.19 | 4.30 | 20.34 | 8635 | 68.0 | 92.10 | 4.67 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | 0 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 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 |
| 000230 MILK,1% Lowfat | HALF PINT | 10 | 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 | 80 | 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 | 10 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 598 | 3.73 | 1149 | *40 | 17.12 | *0.02 | 59 | 91.60 | 4.61 | 21.60 | *1375 | *365.7 | *61.28 | *2.77 |
| % of Calories | | | | 5.61% | | *26.8% | 25.8% | *0.0% | | 61.3% | | 14.4% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

**Thursday - 11/14/2019** **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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 990244 Chicken Parmesan Sandwich, B-15, P-470167 | Each | 40 | 382 | 3.51 | 881 | 6 | 12.02 | 0.00 | 38 | 45.08 | 4.93 | 25.47 | *777 | *86.0 | *91.46 | *4.00 |
| 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 |
| 990376 Mashed Potatoes, Basic American, P-432315 | 1/2 Cup | 60 | 71 | 0.00 | 119 | 0 | 0.00 | 0.00 | 0 | 14.15 | 1.01 | 2.02 | 2 | 10.7 | 6.43 | 0.56 |
| 990442 Brown Gravy, Trio, Nestle, 3g | 1/4 Cup | 60 | 20 | 0.00 | 240 | 0 | 0.50 | 0.00 | 0 | 3.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.36 |
| 990409 Blueberries, FZ, USDA, 10g | 1/2 Cup | 100 | 40 | 0.00 | 1 | 7 | 1.00 | 0.00 | 0 | 10.00 | 2.00 | 0.00 | *N/A* | *N/A* | *N/A* | *N/A* |

| | 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 585 | 5.69 | 568 | 27 | 29.62 | 0.00 | 0 | 59.80 | 5.39 | 18.62 | 0 | 72.1 | 0.00 | 3.17 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 259 | 2.97 | 1067 | 4 | 8.44 | 0.00 | 37 | 29.99 | 2.00 | 18.47 | 0 | 133.4 | 0.00 | 1.36 |
| 990036 Crispy Chicken Salad, Arbor F-6a | Each | 5 | 327 | 2.00 | 689 | *0 | 8.11 | 0.00 | 33 | 34.19 | 4.30 | 20.34 | 8635 | 68.0 | 92.10 | 4.67 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | 0 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 10 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 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 |
| 000230 MILK,1% Lowfat | HALF PINT | 10 | 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 | 80 | 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 | 10 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 555 | 3.15 | 1081 | *35 | 14.58 | *0.00 | 38 | 80.67 | 6.67 | 26.92 | *1310 | *386.0 | *66.58 | *3.53 |
| % of Calories | | | | 5.11% | | *25.2% | 23.6% | *0.0% | | 58.1% | | 19.4% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

**Friday - 11/15/2019** **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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 |
| 990031 Cheeseburger on WG Bun, Arbor B-1 | 1 Each | 40 | 317 | 6.17 | 606 | 3 | 14.94 | 0.00 | 47 | 27.99 | 3.00 | 21.47 | 0 | 137.4 | 0.00 | 2.00 |

# Base Menu Spreadsheet

Arbor Management Inc

Portion Values

Nov 1, 2019 thru Nov 30, 2019

| | 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 990055 Seasoned Green Beans, Arbor E-13 | 1/2 Cup | 100 | 20 | 0.00 | 140 | 2 | 0.00 | 0.00 | 0 | 4.00 | 2.00 | 0.60 | 200 | 20.0 | 3.60 | 0.72 |
| 990414 Pears, Diced, Light Syrup, Canned, USDA 1/2C | 1/2 Cup | 100 | 60 | 0.00 | 5 | 12 | 0.00 | 0.00 | 0 | 16.00 | 2.00 | 0.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| 990805 Cheetos, Snack Cheese Crunchy, P-39996 | Bag | 100 | 180 | 0.00 | 330 | 1 | 12.00 | 0.00 | 0 | 17.00 | 0.00 | 2.00 | 0 | 20.0 | 0.00 | 0.70 |
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 585 | 5.69 | 568 | 27 | 29.62 | 0.00 | 0 | 59.80 | 5.39 | 18.62 | 0 | 72.1 | 0.00 | 3.17 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 259 | 2.97 | 1067 | 4 | 8.44 | 0.00 | 37 | 29.99 | 2.00 | 18.47 | 0 | 133.4 | 0.00 | 1.36 |
| 990036 Crispy Chicken Salad, Arbor F-6a | Each | 5 | 327 | 2.00 | 689 | *0 | 8.11 | 0.00 | 33 | 34.19 | 4.30 | 20.34 | 8635 | 68.0 | 92.10 | 4.67 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | 0 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 10 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 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 |
| 000230 MILK,1% Lowfat | HALF PINT | 10 | 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 | 80 | 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 | 10 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 699 | 4.65 | 1308 | *37 | 25.25 | *0.00 | 34 | 92.14 | 7.69 | 29.50 | *1312 | *533.7 | *9.34 | *4.64 |
| % of Calories | | | | 5.99% | | *21.2% | 32.5% | *0.0% | | 52.7% | | 16.9% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

**Monday - 11/18/2019** **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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 990725 Cheesy Garlic Breadstick Dippers, Arbor P-2 | 1/8 Each | 40 | 394 | 9.87 | 745 | *6 | 16.49 | *0.00 | 38 | 36.22 | 4.74 | 20.97 | 715 | 417.5 | 5.17 | 2.07 |
| 990058 Marinara Sauce, Red Pack | 1/4 Cup | 40 | 25 | 0.00 | 210 | *N/A* | 0.75 | 0.00 | 0 | 4.50 | 1.00 | 1.00 | 250 | 10.0 | 4.50 | 0.36 |
| 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 |
| 000257 BROCCOLI: fresh, boiled | 1/2 Cup | 80 | 27 | 0.06 | 32 | 1 | 0.32 | 0.00 | 0 | 5.60 | 2.57 | 1.86 | 1207 | 31.2 | 50.62 | 0.52 |
| 990059 Tomato, Cherry, Packer | 1/4 Cup | 80 | 12 | 0.02 | 10 | *N/A* | 0.02 | 0.00 | 0 | 3.00 | 0.95 | 0.55 | 250 | 10.5 | 3.00 | 0.72 |
| 990281 Mixed Fruit, Canned, PACKER, 13g | 1/2 Cup | 80 | 60 | 0.00 | 5 | 13 | 0.00 | 0.00 | 0 | 13.00 | 1.00 | 1.00 | 200 | 0.0 | 1.20 | 0.00 |
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 585 | 5.69 | 568 | 27 | 29.62 | 0.00 | 0 | 59.80 | 5.39 | 18.62 | 0 | 72.1 | 0.00 | 3.17 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 259 | 2.97 | 1067 | 4 | 8.44 | 0.00 | 37 | 29.99 | 2.00 | 18.47 | 0 | 133.4 | 0.00 | 1.36 |
| 990036 Crispy Chicken Salad, Arbor F-6a | Each | 5 | 327 | 2.00 | 689 | *0 | 8.11 | 0.00 | 33 | 34.19 | 4.30 | 20.34 | 8635 | 68.0 | 92.10 | 4.67 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | 0 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 10 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 000222 KETCHUP: individual | Pkt 6g | 10 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000230 MILK,1% Lowfat | HALF PINT | 10 | 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 | 80 | 110 | 0.00 | 180 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |

| | 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 | 10 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 586 | 6.34 | 1165 | *40 | 16.08 | *0.01 | 40 | 78.23 | 8.11 | 31.09 | 2730 | 551.1 | 54.80 | 3.93 |
| % of Calories | | | | 9.74% | | *27.3% | 24.7% | *0.0% | | 53.4% | | 21.2% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

**Tuesday - 11/19/2019** **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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 990502 Nacho Supreme, Arbor A-10 | 1 Each | 40 | 398 | 4.11 | 602 | 4 | 16.30 | 0.00 | 43 | 42.30 | 5.16 | 19.38 | 681 | 198.5 | 4.14 | 7.02 |
| 990048 Crispy Chicken Sandwich B-11 | Each | 40 | 324 | 2.50 | 628 | 3 | 10.50 | 0.00 | 33 | 39.00 | 4.00 | 21.00 | 80 | 86.0 | 87.00 | 3.00 |
| 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 |
| 990124 Salsa, Mild, Red Gold, P-886718 | 2 Ounces | 40 | 20 | 0.00 | 140 | 2 | 0.00 | 0.00 | 0 | 4.00 | 1.00 | 0.00 | 1000 | 40.0 | 12.00 | 0.72 |
| 990816 Orange Applesauce | 1/2 Cup | 100 | 82 | 0.00 | 44 | 19 | 0.00 | 0.00 | 0 | 21.46 | 0.92 | 0.50 | 0 | 0.0 | 7.46 | 0.00 |
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 585 | 5.69 | 568 | 27 | 29.62 | 0.00 | 0 | 59.80 | 5.39 | 18.62 | 0 | 72.1 | 0.00 | 3.17 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 259 | 2.97 | 1067 | 4 | 8.44 | 0.00 | 37 | 29.99 | 2.00 | 18.47 | 0 | 133.4 | 0.00 | 1.36 |
| 990036 Crispy Chicken Salad, Arbor F-6a | Each | 5 | 327 | 2.00 | 689 | *0 | 8.11 | 0.00 | 33 | 34.19 | 4.30 | 20.34 | 8635 | 68.0 | 92.10 | 4.67 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | 0 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 10 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |

| | 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 000222 KETCHUP: individual | Pkt 6g | 10 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000230 MILK,1% Lowfat | HALF PINT | 10 | 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 | 80 | 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 | 10 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 621 | 3.63 | 990 | *43 | 14.79 | *0.00 | 40 | 91.99 | 7.86 | 31.34 | 1642 | 456.1 | 55.31 | 5.98 |
| % of Calories | | | | 5.26% | | *27.7% | 21.4% | *0.0% | | 59.3% | | 20.2% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

**Wednesday - 11/20/2019** **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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 990255 Waffle, Echo Lake, P-392062 | 2 Each | 40 | 140 | 0.50 | 360 | *N/A* | 3.50 | 0.00 | 5 | 25.00 | 1.00 | 3.00 | 0 | 40.0 | 0.00 | 1.44 |
| 990499 Turkey Sausage Patty, P-51818 | Each | 40 | 60 | 1.00 | 80 | 0 | 4.00 | 0.00 | 30 | 0.00 | 0.00 | 6.00 | 0 | 20.0 | 0.00 | 0.72 |
| 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 |
| 990031 Cheeseburger on WG Bun, Arbor B-1 | 1 Each | 40 | 317 | 6.17 | 606 | 3 | 14.94 | 0.00 | 47 | 27.99 | 3.00 | 21.47 | 0 | 137.4 | 0.00 | 2.00 |
| 990561 Tater Tots, ORE-IDA, P-284787 | 8 Pieces | 80 | 130 | 1.00 | 310 | 0 | 6.00 | 0.00 | 0 | 16.00 | 2.00 | 2.00 | 0 | 0.0 | 3.60 | 0.18 |
| 990113 Shredded Lettuce (Walking Taco) | tbs | 60 | 10 | 0.00 | 5 | 1 | 0.05 | 0.00 | 0 | 1.50 | 0.60 | 0.45 | 250 | 9.0 | 1.41 | 0.21 |
| 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 |
| 990047 Juice, Fruit Blend 100%, Ardmore | 1/2 Cup | 15 | 60 | 0.00 | 10 | 13 | 0.00 | 0.00 | 0 | 20.00 | 0.00 | 0.00 | 0 | 0.0 | 3.60 | 0.00 |

| | 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 585 | 5.69 | 568 | 27 | 29.62 | 0.00 | 0 | 59.80 | 5.39 | 18.62 | 0 | 72.1 | 0.00 | 3.17 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 259 | 2.97 | 1067 | 4 | 8.44 | 0.00 | 37 | 29.99 | 2.00 | 18.47 | 0 | 133.4 | 0.00 | 1.36 |
| 990036 Crispy Chicken Salad, Arbor F-6a | Each | 5 | 327 | 2.00 | 689 | *0 | 8.11 | 0.00 | 33 | 34.19 | 4.30 | 20.34 | 8635 | 68.0 | 92.10 | 4.67 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | 0 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 10 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 000222 KETCHUP: individual | Pkt 6g | 10 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000230 MILK,1% Lowfat | HALF PINT | 10 | 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 | 80 | 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 | 10 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 606 | 4.86 | 1033 | *40 | 17.88 | *0.01 | 42 | 87.12 | 4.45 | 25.95 | 1514 | 403.5 | 60.90 | 3.23 |
| % of Calories | | | | 7.22% | | *26.4% | 26.6% | *0.0% | | 57.5% | | 17.1% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

**Thursday - 11/21/2019** **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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 990234 Hot & Spicy Chicken Tenders | 3 tenders | 40 | 260 | 2.50 | 870 | *N/A* | 15.00 | 0.00 | 25 | 16.00 | 3.00 | 15.00 | 100 | 0.0 | 30.00 | 3.96 |
| 990042 Roll, WG, Rubschlager, P-372849 | Each | 40 | 60 | 0.00 | 140 | 1 | 1.00 | 0.00 | 0 | 13.00 | 2.00 | 2.00 | 0 | 20.0 | 0.00 | 0.72 |

| | 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 990261 Toasted Cheese Sandwich, Arbor B-30 | 1 Sandwich | 40 | 405 | 14.58 | 1240 | 6 | 27.36 | 0.00 | 70 | 30.01 | 2.00 | 14.08 | 227 | 240.2 | 0.00 | 2.02 |
| 990376 Mashed Potatoes, Basic American, P-432315 | 1/2 Cup | 80 | 71 | 0.00 | 119 | 0 | 0.00 | 0.00 | 0 | 14.15 | 1.01 | 2.02 | 2 | 10.7 | 6.43 | 0.56 |
| 990442 Brown Gravy, Trio, Nestle, 3g | 1/4 Cup | 50 | 20 | 0.00 | 240 | 0 | 0.50 | 0.00 | 0 | 3.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.36 |
| 000256 BROCCOLI,raw: fresh | 1/4 Cup | 80 | 8 | 0.03 | 8 | 0 | 0.08 | 0.00 | 0 | 1.51 | 0.59 | 0.64 | 142 | 10.7 | 20.29 | 0.17 |
| 990263 Peaches, Packer, 13g | 1/2 Cup | 100 | 50 | 0.00 | 10 | *N/A* | 0.00 | 0.00 | 0 | 13.00 | 1.00 | 1.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 585 | 5.69 | 568 | 27 | 29.62 | 0.00 | 0 | 59.80 | 5.39 | 18.62 | 0 | 72.1 | 0.00 | 3.17 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 259 | 2.97 | 1067 | 4 | 8.44 | 0.00 | 37 | 29.99 | 2.00 | 18.47 | 0 | 133.4 | 0.00 | 1.36 |
| 990036 Crispy Chicken Salad, Arbor F-6a | Each | 5 | 327 | 2.00 | 689 | *0 | 8.11 | 0.00 | 33 | 34.19 | 4.30 | 20.34 | 8635 | 68.0 | 92.10 | 4.67 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 60 | 10 | 0.00 | 125 | 0 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 10 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 000222 KETCHUP: individual | Pkt 6g | 10 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000230 MILK,1% Lowfat | HALF PINT | 10 | 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 | 80 | 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 | 10 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 616 | 7.84 | 1535 | *23 | 21.73 | *0.00 | 47 | 80.04 | 5.96 | 27.45 | 1184 | 439.5 | 39.01 | 4.40 |
| % of Calories | | | | 11.45% | | *14.9% | 31.7% | *0.0% | | 52.0% | | 17.8% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

**Friday - 11/22/2019** **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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 |
| 990437 Spaghetti Sauce, RedPack, 7g | 1/4 Cup | 40 | 40 | 0.00 | 250 | 3 | 0.00 | 0.00 | 0 | 7.00 | 1.50 | 1.50 | 375 | 10.0 | 4.50 | 0.54 |
| 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 |
| 990298 Peas, Mixed Sweet Green, #10 Packer | 1/2 Cup | 50 | 70 | 0.00 | 140 | 6 | 0.50 | 0.00 | 0 | 12.00 | 3.00 | 4.00 | 300 | 20.0 | 12.00 | 1.44 |
| 990260 Cucumbers, Sliced, PEAK, .94g | 1/4 Cup | 75 | 4 | 0.00 | 0 | *N/A* | 0.00 | 0.00 | 0 | 0.94 | 0.15 | 0.17 | 0 | 0.0 | 0.00 | 0.00 |
| 990414 Pears, Diced, Light Syrup, Canned, USDA 1/2C | 1/2 Cup | 100 | 60 | 0.00 | 5 | 12 | 0.00 | 0.00 | 0 | 16.00 | 2.00 | 0.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 585 | 5.69 | 568 | 27 | 29.62 | 0.00 | 0 | 59.80 | 5.39 | 18.62 | 0 | 72.1 | 0.00 | 3.17 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 259 | 2.97 | 1067 | 4 | 8.44 | 0.00 | 37 | 29.99 | 2.00 | 18.47 | 0 | 133.4 | 0.00 | 1.36 |
| 990036 Crispy Chicken Salad, Arbor F-6a | Each | 5 | 327 | 2.00 | 689 | *0 | 8.11 | 0.00 | 33 | 34.19 | 4.30 | 20.34 | 8635 | 68.0 | 92.10 | 4.67 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | 0 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 10 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 000222 KETCHUP: individual | Pkt 6g | 50 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000230 MILK,1% Lowfat | HALF PINT | 10 | 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 | 80 | 110 | 0.00 | 180 | 18 | 0.00 | 0.00 | 5 | 20.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.40 |

| | 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 | 10 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 542 | 4.32 | 1217 | *39 | 14.36 | *0.01 | 27 | 79.95 | 7.62 | 25.14 | *1257 | *489.3 | *14.54 | *3.20 |
| % of Calories | | | | 7.17% | | *28.8% | 23.8% | *0.0% | | 59.0% | | 18.6% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

**Monday - 11/25/2019** **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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 |
| 990042 Roll, WG, Rubschlager, P-372849 | Each | 40 | 60 | 0.00 | 140 | 1 | 1.00 | 0.00 | 0 | 13.00 | 2.00 | 2.00 | 0 | 20.0 | 0.00 | 0.72 |
| 990048 Crispy Chicken Sandwich B-11 | Each | 40 | 324 | 2.50 | 628 | 3 | 10.50 | 0.00 | 33 | 39.00 | 4.00 | 21.00 | 80 | 86.0 | 87.00 | 3.00 |
| 990054 Romaine Salad | 1 Cup | 75 | 9 | 0.00 | 6 | *N/A* | 0.00 | 0.00 | 0 | 1.87 | 1.13 | 0.57 | 4819 | 22.7 | 2.04 | 0.61 |
| 990059 Tomato, Cherry, Packer | 1/4 Cup | 75 | 12 | 0.02 | 10 | *N/A* | 0.02 | 0.00 | 0 | 3.00 | 0.95 | 0.55 | 250 | 10.5 | 3.00 | 0.72 |
| 990408 Peaches, Sliced, L/S, USDA, 14g | 1/2 Cup | 100 | 60 | 0.00 | 10 | 11 | 0.00 | 0.00 | 0 | 14.00 | 0.00 | 0.00 | *N/A* | *N/A* | *N/A* | *N/A* |
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 585 | 5.69 | 568 | 27 | 29.62 | 0.00 | 0 | 59.80 | 5.39 | 18.62 | 0 | 72.1 | 0.00 | 3.17 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 259 | 2.97 | 1067 | 4 | 8.44 | 0.00 | 37 | 29.99 | 2.00 | 18.47 | 0 | 133.4 | 0.00 | 1.36 |
| 990036 Crispy Chicken Salad, Arbor F-6a | Each | 5 | 327 | 2.00 | 689 | *0 | 8.11 | 0.00 | 33 | 34.19 | 4.30 | 20.34 | 8635 | 68.0 | 92.10 | 4.67 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 85 | 10 | 0.00 | 125 | 0 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 10 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |

| | 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 000222 KETCHUP: individual | Pkt 6g | 10 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000230 MILK,1% Lowfat | HALF PINT | 10 | 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 | 80 | 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 | 10 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 563 | 4.76 | 1149 | *37 | 13.56 | *0.00 | 36 | 80.57 | 5.16 | 31.11 | *5438 | *631.8 | *44.58 | *3.80 |
| % of Calories | | | | 7.61% | | *26.3% | 21.7% | *0.0% | | 57.2% | | 22.1% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

**Tuesday - 11/26/2019** **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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 |
| 990521 Waffle, Echo Lake, P-392062 | Each | 40 | 70 | 0.25 | 180 | *N/A* | 1.75 | 0.00 | 2 | 12.50 | 0.50 | 1.50 | 0 | 20.0 | 0.00 | 0.72 |
| 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 |
| 990439 Fruity Yogurt, Cheese, & WG Plate, Arbor A-72 | 1 Each | 40 | 450 | 4.50 | 455 | *34 | 14.00 | 0.00 | 45 | 67.00 | 3.00 | 17.00 | 500 | 390.0 | 4.80 | 2.88 |
| 990376 Mashed Potatoes, Basic American, P-432315 | 1/2 Cup | 50 | 71 | 0.00 | 119 | 0 | 0.00 | 0.00 | 0 | 14.15 | 1.01 | 2.02 | 2 | 10.7 | 6.43 | 0.56 |
| 990442 Brown Gravy, Trio, Nestle, 3g | 1/4 Cup | 50 | 20 | 0.00 | 240 | 0 | 0.50 | 0.00 | 0 | 3.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.36 |
| 000257 BROCCOLI: fresh, boiled | 1/2 Cup | 80 | 27 | 0.06 | 32 | 1 | 0.32 | 0.00 | 0 | 5.60 | 2.57 | 1.86 | 1207 | 31.2 | 50.62 | 0.52 |

| | 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) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 990586 Applesauce, Unsweetened, Canned | 1/2 Cup | 80 | 51 | 0.00 | 2 | 11 | 0.00 | 0.00 | 0 | 13.99 | 0.99 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990141 Peanut Butter & Jelly, WW, Arbor B-36b | Sandwich | 10 | 585 | 5.69 | 568 | 27 | 29.62 | 0.00 | 0 | 59.80 | 5.39 | 18.62 | 0 | 72.1 | 0.00 | 3.17 |
| 990108 Turkey and Cheese Sub, Arbor B-35a | Each | 5 | 259 | 2.97 | 1067 | 4 | 8.44 | 0.00 | 37 | 29.99 | 2.00 | 18.47 | 0 | 133.4 | 0.00 | 1.36 |
| 990036 Crispy Chicken Salad, Arbor F-6a | Each | 5 | 327 | 2.00 | 689 | *0 | 8.11 | 0.00 | 33 | 34.19 | 4.30 | 20.34 | 8635 | 68.0 | 92.10 | 4.67 |
| 990034 Dressing, Buttermilk Ranch, FF, Packets | 1 Each | 10 | 10 | 0.00 | 125 | 0 | 0.00 | 0.00 | 0 | 2.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990343 BARBECUE SAUCE | 2 TBSP | 10 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 |
| 000223 MUSTARD: individual PC | Pkt 5g | 10 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 |
| 000222 KETCHUP: individual | Pkt 6g | 10 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 |
| 000230 MILK,1% Lowfat | HALF PINT | 10 | 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 | 80 | 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 | 10 | 83 | 0.14 | 103 | 12 | 0.20 | *N/A* | 5 | 12.15 | 0.00 | 8.26 | 500 | 298.9 | 0.00 | 0.07 |
| Weighted Daily Average | | | 618 | 3.59 | 941 | *49 | 14.84 | *0.01 | 42 | 96.32 | 5.64 | 27.19 | 2138 | 522.2 | 86.07 | 3.71 |
| % of Calories | | | | 5.23% | | *31.7% | 21.6% | *0.0% | | 62.3% | | 17.6% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

| | | | Cals[1] (kcal) | S-Fat[1] (g) | Sodm[1] (mg) | Sugars (g) | T-Fat (g) | Tr-Fat[2] (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Weighted Averages | | | 596 | 5 | 1144 | *38 | 17.22 | *0.01 | 44 | 84.87 | 6.68 | 27.61 | *1817 | *471.6 | *41.63 | *3.68 |
| % of Calories | | | | 7.51% | | *25.5% | 26.0% | *0.0% | | 57.0% | | 18.5% | | | | |

***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.***