

Arbor Management, Inc.

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Cycle No. 45 thru Cycle No. 65

HIGH SCHOOL LUNCH

Generated on: 12/3/2015 10:51:52 AM

| | Portion Size | Carb (g) |
|--------------------------------|------------------|-------------|
| Sample 9-12 Menu: Day 1 | | |
| HIGH SCHOOL LUNCH | Total | |
| Flatbread, Pizza Hummus | 1 EACH | 50.26 |
| Zucchini | 1/2 CUP | 1.76 |
| Italian Salad, Tossed Romaine | 1 CUP | 3.05 |
| JUICE, BLUE RASBERRY | 1 EACH | 14.0 |
| Baked Apples | 1/2 CUP 2 halves | 45.29 |
| MILK, CHOCOLATE SKIM PRAIRE FA | 1 CUP | 20.0 |
| MILK, 1%, PRARIE FARMS | 1 CUP | 11.0 |
| MILK, SKIM | 1 CUP | 12.0 |
| Weighted Daily Average | | 131.76 |
| % of Calories | | 66.1% |
| Nutrient Guideline | | |

| | | |
|---------------------------------|---------|--------|
| Sample 9-12 Menu: Day 2 | | |
| HIGH SCHOOL LUNCH | Total | |
| POPCORN CHICKEN | SERVING | 13.0 |
| Rolls, WG Rubsc Multigrain Roll | 1 EACH | 13.0 |
| Mashed Potatoes, WHIPP* | 1/2 CUP | 14.28 |
| Gravy, Brown Beef, LeGout 8/16 | 2 OZ | 4.25 |
| Corn, Steamed Sweet Corn | 1/2 CUP | 18.42 |
| JUICE, TWISTED MELON 4oz | CARTON | 14.0 |
| BANANA, Petite 150ct | 1 EACH | 26.95 |
| MILK, CHOCOLATE SKIM PRAIRE FA | 1 CUP | 20.0 |
| MILK, 1%, PRARIE FARMS | 1 CUP | 11.0 |
| MILK, SKIM | 1 CUP | 12.0 |
| Ketchup, Red Gold Bulk, low Na | 2 TBSP | 8.0 |
| BBQ Sauce, West Creek Original | 1 OZ | 9.76 |
| Weighted Daily Average | | 130.19 |
| % of Calories | | 69.3% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|---------|--------|
| Sample 9-12 Menu: Day 3 | | |
| HIGH SCHOOL LUNCH | Total | |
| Spicy Lentil Mix | 3/4 CUP | 20.07 |
| LIME CILANTRO RICE, brown | 1 CUP | 45.05 |
| Tortilla Chips, 2oz WG, bag | Bag | 38.0 |
| Pico de Gallo | 1/2 CUP | 4.86 |
| Corn, Steamed Sweet Corn | 1/2 CUP | 18.42 |
| Jalapeno, Sliced, lower sodium | 1 OZ | 0.91 |
| Sour Cream, Real, Cultured, Pr | 1 OZ | 1.0 |
| BLUEBERRIES, Fresh | 1/2 CUP | 10.72 |
| Orange, Fresh, 138ct | 1/2 CUP | 10.58 |
| MILK, CHOCOLATE SKIM PRAIRE FA | 1 CUP | 20.0 |
| MILK, 1%, PRARIE FARMS | 1 CUP | 11.0 |
| MILK, SKIM | 1 CUP | 12.0 |
| Weighted Daily Average | | 125.48 |
| % of Calories | | 68.9% |
| Nutrient Guideline | | |

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Cycle No. 45 thru Cycle No. 65

HIGH SCHOOL LUNCH

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| | Portion Size | Carb (g) |
|--------------------------------|-----------------|-------------|
| Sample 9-12 Menu: Day 4 | | |
| HIGH SCHOOL LUNCH | Total | |
| CHICKEN ALFREDO BAKE | SERVINGS | 37.35 |
| Garlic Bread | 1 EACH | 14.16 |
| CARROTS, GLAZED | 1/2 CUP | 13.65 |
| Kale Salad w/ Dressing | 1 CUP | 6.97 |
| Mixed Fruit, in Juice | 1/2 CUP | 13.0 |
| GRAPES, Fresh | 1/2 CUP | 7.89 |
| MILK, CHOCOLATE SKIM PRAIRE FA | 1 CUP | 20.0 |
| MILK, 1%, PRARIE FARMS | 1 CUP | 11.0 |
| MILK, SKIM | 1 CUP | 12.0 |
| Weighted Daily Average | | 110.42 |
| % of Calories | | 54.1% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|---------|--------|
| Sample 9-12 Menu: Day 5 | | |
| HIGH SCHOOL LUNCH | Total | |
| Chicken Fajitas - k-8 | 2 each | 32.81 |
| LIME CILANTRO RICE, brown | 1/2 CUP | 22.52 |
| BLACK & WHITE BEAN SALSA | 1/2 CUP | 14.09 |
| PEPPERS & ONIONS, FRESH | 1/2 CUP | 4.19 |
| SALSA, Red Gold | 1/4 CUP | 3.0 |
| JUICE, BLUE RASBERRY | 1 EACH | 14.0 |
| PEARS, FRESH (150ct) | 1/2 CUP | 10.66 |
| MILK, CHOCOLATE SKIM PRAIRE FA | 1 CUP | 20.0 |
| MILK, 1%, PRARIE FARMS | 1 CUP | 11.0 |
| MILK, SKIM | 1 CUP | 12.0 |
| Weighted Daily Average | | 118.67 |
| % of Calories | | 67.8% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|---------|--------|
| Sample 9-12 Menu: Day 6 | | |
| HIGH SCHOOL LUNCH | Total | |
| Tuna, Apple Balsamic Spin.WRAP | WRAP | 34.69 |
| Tater Tots | 1/2 CUP | 19.0 |
| Coleslaw (NEW) | 1/2 CUP | 6.2 |
| MANDARIN ORANGES, in juice | 1/2 CUP | 14.0 |
| APPLES, 163ct | 1 EACH | 16.05 |
| MILK, CHOCOLATE SKIM PRAIRE FA | 1 CUP | 20.0 |
| MILK, 1%, PRARIE FARMS | 1 CUP | 11.0 |
| MILK, SKIM | 1 CUP | 12.0 |
| Ketchup, Red Gold Bulk, low Na | 2 TBSP | 8.0 |
| Weighted Daily Average | | 115.34 |
| % of Calories | | 59.6% |
| Nutrient Guideline | | |

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Cycle No. 45 thru Cycle No. 65

HIGH SCHOOL LUNCH

Generated on: 12/3/2015 10:51:52 AM

| | Portion Size | Carb (g) |
|--------------------------------|-----------------|-------------|
| Sample 9-12 Menu: Day 7 | | |
| HIGH SCHOOL LUNCH | Total | |
| Corn Dog Nuggets, WG Monogram | 6 EACH | 34.32 |
| Fritos, RF (WGR) | 1/2 CUP | 16.0 |
| Baked Beans, Vegetarian, lowNa | 1/2 CUP | 20.0 |
| Butternut Squash-Maple Roasted | 1/2 CUP | 15.0 |
| Pears, in juice | 1/2 CUP | 14.0 |
| STRAWBERRIES, Frz, unsweetened | 1/2 CUP | 10.09 |
| MILK, CHOCOLATE SKIM PRAIRE FA | 1 CUP | 20.0 |
| MILK, 1%, PRARIE FARMS | 1 CUP | 11.0 |
| MILK, SKIM | 1 CUP | 12.0 |
| Ketchup, Red Gold Bulk, low Na | 2 TBSP | 8.0 |
| Weighted Daily Average | | 134.80 |
| % of Calories | | 66.8% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|---------|--------|
| Sample 9-12 Menu: Day 8 | | |
| HIGH SCHOOL LUNCH | Total | |
| TACOS, CHICKEN | 2 TACOS | 31.58 |
| SPANISH RICE, USDA Brown | 1/2 CUP | 21.19 |
| REFRIED BEANS, LOW-SODIUM | 1/2 CUP | 20.0 |
| Corn, Steamed Sweet Corn | 1/2 CUP | 18.42 |
| JUICE, MERRY CHERRY 4 OZ | 1 EACH | 14.0 |
| BANANA, Petite 150ct | 1 EACH | 26.95 |
| MILK, CHOCOLATE SKIM PRAIRE FA | 1 CUP | 20.0 |
| MILK, 1%, PRARIE FARMS | 1 CUP | 11.0 |
| MILK, SKIM | 1 CUP | 12.0 |
| Weighted Daily Average | | 149.55 |
| % of Calories | | 64.3% |
| Nutrient Guideline | | |

| | | |
|---------------------------------|---------|--------|
| Sample 9-12 Menu: Day 9 | | |
| HIGH SCHOOL LUNCH | Total | |
| MACARONI AND CHEESE, WG | 2/3 CUP | 32.53 |
| Rolls, WG Rubsc Multigrain Roll | 1 EACH | 13.0 |
| BROCCOLI, raw: fresh | 1/2 CUP | 3.02 |
| BEETS: canned | 1/2 CUP | 6.13 |
| Peaches, in Juice, Diced | 1/2 CUP | 13.0 |
| APPLES, 163ct | 1 EACH | 16.05 |
| MILK, CHOCOLATE SKIM PRAIRE FA | 1 CUP | 20.0 |
| MILK, 1%, PRARIE FARMS | 1 CUP | 11.0 |
| MILK, SKIM | 1 CUP | 12.0 |
| Weighted Daily Average | | 101.13 |
| % of Calories | | 55.7% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|--------------------------------|-----------------|-------------|
| Sample 9-12 Menu: Day 10 | | |
| HIGH SCHOOL LUNCH | Total | |
| CHICKEN MONTE CRISTO, WG, GRL | 1 each | 28.97 |
| STRAWBERRIES, Frz, unsweetened | 1/4 CUP | 5.04 |
| Carrots, Roasted Garlic | 1/2 CUP | 10.24 |
| Zucchini, Roasted | 1/2 CUP | 4.23 |
| Apple Juice Cup | 4 oz | 14.0 |
| BANANA, Petite 150ct | 1 EACH | 26.95 |
| MILK, CHOCOLATE SKIM PRAIRE FA | 1 CUP | 20.0 |
| MILK, 1%, PRARIE FARMS | 1 CUP | 11.0 |
| MILK, SKIM | 1 CUP | 12.0 |
| Weighted Daily Average | | 106.84 |
| % of Calories | | 59.4% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|---------------|-------|
| Sample 9-12 Menu: Day 11 | | |
| HIGH SCHOOL LUNCH | Total | |
| FLATBREAD, CHSY GARLIC_WG | 2 EACH | 38.0 |
| PIZZA SAUCE WITH BASIL | 1/4 CUP (2oz) | 3.63 |
| Turnips, Roasted | 1/2 CUP | 5.56 |
| Vegetables, Fresh Steamed | 1/2 CUP | 5.51 |
| Mixed Fruit, in Juice | 1/2 CUP | 13.0 |
| GRAPES, Fresh | 1/2 CUP | 7.89 |
| MILK, CHOCOLATE SKIM PRAIRE FA | 1 CUP | 20.0 |
| MILK, 1%, PRARIE FARMS | 1 CUP | 11.0 |
| MILK, SKIM | 1 CUP | 12.0 |
| Weighted Daily Average | | 90.98 |
| % of Calories | | 62.1% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|---------|--------|
| Sample 9-12 Menu: Day 12 | | |
| HIGH SCHOOL LUNCH | Total | |
| Baja Bean Tacos | 2 tacos | 54.56 |
| SALSA, Red Gold | 1/4 CUP | 3.0 |
| Sour Cream, Real, Cultured, Pr | 1 OZ | 1.0 |
| Tomato, Fresh, Cherry | 1/2 CUP | 2.9 |
| Corn, Steamed Sweet Corn | 1/2 CUP | 18.42 |
| STRAWBERRIES, Frz, unsweetened | 1/2 CUP | 10.09 |
| MANDARIN ORANGES, in juice | 1/2 CUP | 14.0 |
| MILK, CHOCOLATE SKIM PRAIRE FA | 1 CUP | 20.0 |
| MILK, 1%, PRARIE FARMS | 1 CUP | 11.0 |
| MILK, SKIM | 1 CUP | 12.0 |
| Dressing, Ranch, Betsy Ann Red | 1 OZ | 6.0 |
| Weighted Daily Average | | 127.37 |
| % of Calories | | 64.9% |
| Nutrient Guideline | | |

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Cycle No. 45 thru Cycle No. 65

HIGH SCHOOL LUNCH

Generated on: 12/3/2015 10:51:52 AM

| | Portion Size | Carb (g) |
|--------------------------------|-----------------|-------------|
| Sample 9-12 Menu: Day 13 | | |
| HIGH SCHOOL LUNCH | Total | |
| Chili Cheese Dog, Coney | 1 each | 34.93 |
| Carroteenies | 1.6 oz | 4.0 |
| CELERY STICKS | 1/4 CUP | 1.1 |
| French Fries, Oven Crinkle | 1/2 CUP | 13.0 |
| Warm Fruit Compote | 1/2 CUP | 20.86 |
| APPLES, 163ct | 1 EACH | 16.05 |
| MILK, CHOCOLATE SKIM PRAIRE FA | 1 CUP | 20.0 |
| MILK, 1%, PRARIE FARMS | 1 CUP | 11.0 |
| MILK, SKIM | 1 CUP | 12.0 |
| Dressing, Ranch, Betsy Ann Red | 1 OZ | 6.0 |
| Ketchup, Red Gold Bulk, low Na | 2 TBSP | 8.0 |
| Weighted Daily Average | | 121.34 |
| % of Calories | | 55.3% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|----------------|--------|
| Sample 9-12 Menu: Day 14 | | |
| HIGH SCHOOL LUNCH | Total | |
| OCTO-VEGGIE CHX STIR FRY | 3/4 C SERVINGS | 10.3 |
| RICE, BROWN,MEDIUM-GRAIN,CKD | 1 CUP | 45.84 |
| SUGAR SNAP PEAS | 1/2 CUP | 8.8 |
| Carrots, Sliced, Low Na+ | 1/2 CUP | 6.0 |
| CINNAMON BAKED APPLES, low sug | 1/2 CUP | 14.41 |
| BANANA, Petite 150ct | 1 EACH | 26.95 |
| MILK, CHOCOLATE SKIM PRAIRE FA | 1 CUP | 20.0 |
| MILK, 1%, PRARIE FARMS | 1 CUP | 11.0 |
| MILK, SKIM | 1 CUP | 12.0 |
| Weighted Daily Average | | 129.70 |
| % of Calories | | 69.9% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|----------|--------|
| Sample 9-12 Menu: Day 15 | | |
| HIGH SCHOOL LUNCH | Total | |
| BBQ PULLED TURKEY SANDWICH | Sandwich | 43.89 |
| GINGERED CABBAGE SALAD | 1/2 CUP | 8.42 |
| SWEET POTATO, KRINKLE FRY | 1/2 CUP | 22.0 |
| Peaches, in Juice, Diced | 1/2 CUP | 13.0 |
| Orange, Fresh, 138ct | 1/2 CUP | 10.58 |
| MILK, CHOCOLATE SKIM PRAIRE FA | 1 CUP | 20.0 |
| MILK, 1%, PRARIE FARMS | 1 CUP | 11.0 |
| MILK, SKIM | 1 CUP | 12.0 |
| BBQ Sauce, West Creek Original | 1 OZ | 9.76 |
| Weighted Daily Average | | 125.03 |
| % of Calories | | 67.2% |
| Nutrient Guideline | | |

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Cycle No. 45 thru Cycle No. 65

HIGH SCHOOL LUNCH

Generated on: 12/3/2015 10:51:52 AM

| | Portion Size | Carb (g) |
|--------------------------------|-----------------|-------------|
| Sample 9-12 Menu: Day 16 | | |
| HIGH SCHOOL LUNCH | Total | |
| PIZZA DIPPERS GILARDI (New WG) | 2 DIPPERS | 34.0 |
| PIZZA SAUCE WITH BASIL | 1/4 CUP (2oz) | 3.63 |
| Corn, Steamed Sweet Corn | 1/2 CUP | 18.42 |
| Italian Salad, Tossed Romaine | 1 CUP | 3.05 |
| JUICE, BLUE RASBERRY | 1 EACH | 14.0 |
| APPLES, 163ct | 1 EACH | 16.05 |
| MILK, CHOCOLATE SKIM PRAIRE FA | 1 CUP | 20.0 |
| MILK, 1%, PRARIE FARMS | CUP (CARTON) | 11.0 |
| MILK, SKIM | 1 CUP | 12.0 |
| Weighted Daily Average | | 106.55 |
| % of Calories | | 65.9% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|---------|--------|
| Sample 9-12 Menu: Day 17 | | |
| HIGH SCHOOL LUNCH | Total | |
| Veggie Burger, Orange Herb | 1 EACH | 53.71 |
| Red Pepper, Roasted Spread | 1 OZ | 1.1 |
| Tomato, Fresh, SLICES | 1/2 CUP | 3.5 |
| CUCUMBER, RAW | 1/2 CUP | 1.63 |
| MANDARIN ORANGES, in juice | 1/2 CUP | 14.0 |
| BLUEBERRIES, IQF | 1/2 CUP | 9.5 |
| MILK, CHOCOLATE SKIM PRAIRE FA | 1 CUP | 20.0 |
| MILK, 1%, PRARIE FARMS | 1 CUP | 11.0 |
| MILK, SKIM | 1 CUP | 12.0 |
| Dressing, Ranch, Betsy Ann Red | 1 OZ | 6.0 |
| Weighted Daily Average | | 106.85 |
| % of Calories | | 52.2% |
| Nutrient Guideline | | |

| | | |
|---------------------------------|---------|--------|
| Sample 9-12 Menu: Day 18 | | |
| HIGH SCHOOL LUNCH | Total | |
| Mandarin Chicken, Lings | serving | 19.0 |
| Teriyaki Chicken, Lings | 2.8 OZ | 10.0 |
| FRIED RICE, USDA brown | 3/4 CUP | 69.54 |
| Rolls, WG Rubsc Multigrain Roll | 1 EACH | 13.0 |
| Vegetable, Stir Fry Blend | 1/2 CUP | 7.0 |
| EDAMAME (Soy Beans) | 1/2 CUP | 7.71 |
| Cinnamon Applesauce | 1/2 cup | 24.65 |
| PINEAPPLE, FRESH | 1/2 cup | 18.75 |
| MILK, CHOCOLATE SKIM PRAIRE FA | 1 CUP | 20.0 |
| MILK, 1%, PRARIE FARMS | 1 CUP | 11.0 |
| MILK, SKIM | 1 CUP | 12.0 |
| Weighted Daily Average | | 172.54 |
| % of Calories | | 71.0% |
| Nutrient Guideline | | |

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Portion Values - Detailed

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Cycle No. 45 thru Cycle No. 65**HIGH SCHOOL LUNCH**

Generated on: 12/3/2015 10:51:52 AM

| | Portion Size | Carb (g) |
|--------------------------------|-----------------|-------------|
| Sample 9-12 Menu: Day 19 | | |
| HIGH SCHOOL LUNCH | Total | |
| BBQ Ribbette on WW Bun | 1 each | 41.87 |
| Green Beans, Frozen, Steamed | 1/2 CUP | 6.0 |
| SWEET POTATO TATER PUFFS | 1/2 CUP | 23.0 |
| Peaches, in Juice, Diced | 1/2 CUP | 13.0 |
| PEARS, FRESH (150ct) | 1/2 CUP | 10.66 |
| MILK, CHOCOLATE SKIM PRAIRE FA | 1 CUP | 20.0 |
| MILK, 1%, PRARIE FARMS | 1 CUP | 11.0 |
| MILK, SKIM | 1 CUP | 12.0 |
| BBQ Sauce, West Creek Original | 1 OZ | 9.76 |
| Weighted Daily Average | | 121.69 |
| % of Calories | | 65.5% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|---------|--------|
| Sample 9-12 Menu: Day 20 | | |
| HIGH SCHOOL LUNCH | Total | |
| Walking Tacos, Scoops | serving | 22.04 |
| SPANISH RICE, BROWN RICE | 1/2 CUP | 25.65 |
| Black Beans, SOUTHWESTERN | 1/2 CUP | 18.37 |
| Romaine Lettuce Salad | 1 CUP | 2.0 |
| SALSA, Red Gold | 1/4 CUP | 3.0 |
| Pears, in juice | 1/2 CUP | 14.0 |
| GRAPES, Fresh | 1/2 CUP | 7.89 |
| MILK, CHOCOLATE SKIM PRAIRE FA | 1 CUP | 20.0 |
| MILK, 1%, PRARIE FARMS | 1 CUP | 11.0 |
| MILK, SKIM | 1 CUP | 12.0 |
| Weighted Daily Average | | 110.35 |
| % of Calories | | 59.5% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|------------|--------|
| Sample 9-12 Menu: Day 21 | | |
| HIGH SCHOOL LUNCH | Total | |
| Quesadilla, Zucchini Bean | quesadilla | 41.95 |
| SALSA, Red Gold | 1/4 CUP | 3.0 |
| Potatoes, Roasted Red | 1/2 CUP | 21.31 |
| Carroteenies | 1.6 oz | 4.0 |
| Applesauce, juice pak, unsweet | 1/2 CUP | 15.0 |
| MELON, CANTALOUPE, wedge | 1/2 c | 8.32 |
| MILK, CHOCOLATE SKIM PRAIRE FA | 1 CUP | 20.0 |
| MILK, 1%, PRARIE FARMS | 1 CUP | 11.0 |
| MILK, SKIM | 1 CUP | 12.0 |
| Ketchup, Red Gold Bulk, low Na | 2 TBSP | 8.0 |
| Dressing, Ranch, Betsy Ann Red | 1 OZ | 6.0 |
| Weighted Daily Average | | 117.98 |
| % of Calories | | 62.1% |
| Nutrient Guideline | | |

| | | |
|------------------|--|--------|
| Weighted Average | | 121.65 |
| | | 63.2% |

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HIGH SCHOOL LUNCH

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Portion
Size Carb
(g)

| Nutrient | Menu AVG | % of Cals | Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|-------------|-----------|--------|----------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 121.65 | 63.20% | | | | | | |

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Cycle No. 66 thru Cycle No. 71

HIGH SCHOOL LUNCH

Generated on: 12/3/2015 5:03:13 PM

| | Portion Size | Carb (g) |
|--|-----------------|-------------|
| Sample Cold Vegetable Selection(1/4 cup) | | |
| HIGH SCHOOL LUNCH | Total | |
| BEETS: canned | 1/4 CUP | 3.06 |
| BROCCOLI,raw: fresh | 1/4 CUP | 1.51 |
| Black Beans, Low Sodium | 1/4 CUP | 9.0 |
| Carroteenies | 1.6 oz | 4.0 |
| CELERY STICKS | 1/4 CUP | 1.1 |
| Chickpeas (Garbanzo Beans) | 1/4 CUP | 10.0 |
| CUCUMBER,RAW | 1/4 CUP | 0.82 |
| EDAMAME (Soy Beans) | 1/4 CUP | 3.85 |
| KALE, raw, chopped | 1/2 CUP | 2.93 |
| Lettuce, Shredded | 1/2 CUP | 0.84 |
| MUSHROOMS,RAW | 1/4 CUP | 0.57 |
| Peppers, Sweet Green Bell | 1/4 CUP | 1.07 |
| Peppers, Sweet Red Bell | 1/4 CUP | 1.5 |
| Pico de Gallo | 1/4 CUP | 2.43 |
| Pickles, Hamburger Style Chips | 1/4 CUP | 1.0 |
| Radish, raw | 1/4 CUP | 0.99 |
| Romaine Lettuce Salad | 1/2 CUP | 1.0 |
| Spinach, raw | 1/2 CUP | 0.54 |
| SUGAR SNAP PEAS | 1/4 CUP | 4.4 |
| Tomato, Fresh, Cherry | 1/4 CUP | 1.45 |
| Zucchini | 1/4 CUP | 0.88 |
| Weighted Daily Average | | 2.52 |
| % of Calories | | 69.5% |
| Nutrient Guideline | | |

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Arbor Management, Inc.

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Cycle No. 66 thru Cycle No. 71

HIGH SCHOOL LUNCH

Generated on: 12/3/2015 5:03:13 PM

| | Portion Size | Carb (g) |
|--|-----------------|-------------|
| Sample Hot Vegetable Selection (1/4 cup) | | |
| HIGH SCHOOL LUNCH | Total | |
| VEGETABLES, Asian Sitr Fry Mix | 1/4 CUP | 2.5 |
| Baked Beans, Vegetarian, lowNa | 1/4 CUP | 10.0 |
| BROCCOLI, Steamed Cuts | 1/4 CUP | 2.19 |
| Black Beans, Low Sodium | 1/4 CUP | 9.0 |
| Sweet Potato Puffs, Baked | 1/4 CUP | 11.5 |
| Butternut Squash-Maple Roasted | 1/4 CUP | 7.5 |
| Carrots, Sliced, Low Na+ | 1/4 CUP | 3.0 |
| CARROTS, GLAZED | 1/4 CUP | 6.82 |
| Carrots, Roasted Garlic | 1/4 CUP | 5.12 |
| CAULIFLOWER: fresh boiled | 1/4 CUP | 1.27 |
| Chickpeas (Garbanzo Beans) | 1/4 CUP | 10.0 |
| Corn, Steamed Sweet Corn | 1/4 CUP | 9.21 |
| EDAMAME (Soy Beans) | 1/4 CUP | 3.85 |
| French Fries, Oven Crinkle | 1/4 CUP | 6.5 |
| Black Beans, SOUTHWESTERN | 1/4 CUP | 9.19 |
| Mashed Potatoes, WHIPP* | 1/4 CUP | 7.14 |
| PEAS, Steamed Green Peas | 1/4 CUP | 5.65 |
| PINTO BEANS, Bush's, low sodiu | 1/4 CUP | 9.0 |
| Peppers & Onions, Sauteed | 1/4 CUP | 1.88 |
| Potato, Premium Puffs, Baked | 1/4 CUP | 9.5 |
| Potatoes, Red Seasoned | 1/4 CUP | 10.61 |
| Pumpkin, Sweet Spiced Smash | 1/4 CUP | 17.67 |
| Refried Beans, Low-Sodium | 1/4 CUP | 10.0 |
| Spinach, Sauteed, Frz, Chopped | 1/2 CUP | 7.61 |
| SWEET POTATOES, MASHED (E-14) | 1/4 CUP | 22.68 |
| Green Beans, Frozen, Steamed | 1/4 CUP | 3.0 |
| SWEET POTATOES, OVEN ROASTED | 1/4 CUP | 14.04 |
| Turnips, Roasted | 1/4 CUP | 2.78 |
| Vegetables, Fresh Steamed | 1/4 CUP | 2.75 |
| Zucchini, Roasted | 1/4 CUP | 2.12 |
| Weighted Daily Average | | 7.47 |
| % of Calories | | 72.4% |
| Nutrient Guideline | | |

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Arbor Management, Inc.

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Cycle No. 66 thru Cycle No. 71**HIGH SCHOOL LUNCH**

Generated on: 12/3/2015 5:03:13 PM

| | Portion Size | Carb (g) |
|--------------------------------|-----------------|-------------|
| Sample Fruit Selection | | |
| HIGH SCHOOL LUNCH | Total | |
| APPLES, 163ct | 1 EACH | 16.05 |
| Applesauce | 1/2 CUP | 22.0 |
| Applesauce, juice pak, unsweet | 1/2 CUP | 15.0 |
| APRICOTS: canned,light syrup | 1/2 CUP | 20.86 |
| BANANA, Petite 150ct | 1 EACH | 26.95 |
| BLUEBERRIES,Fresh | 1/2 CUP | 10.72 |
| BLUEBERRIES, IQF | 1/2 CUP | 9.5 |
| Cranberries, dried, 1/5lb | 1/4 CUP | 24.26 |
| GRAPES,Fresh | 1/2 CUP | 7.89 |
| MANDARIN ORANGES, in juice | 1/2 CUP | 14.0 |
| MANDARIN ORANGES, light syrup | 1/2 CUP | 17.0 |
| Melon, Cantaloupe, Fresh | 1/2 CUP | 6.53 |
| Mixed Fruit, in Juice | 1/2 CUP | 13.0 |
| Mixed Fruit, light syrup | 1/2 CUP | 16.9 |
| Orange, Fresh, 138ct | 1/2 CUP | 10.58 |
| Peaches, in Juice, Diced | 1/2 CUP | 13.0 |
| Peaches, Lt Syrup, Diced | 1/2 CUP | 17.0 |
| PEARS, FRESH (150ct) | 1/2 CUP | 10.66 |
| Pears, in juice | 1/2 CUP | 14.0 |
| Pears, Diced | 1/2 CUP | 20.0 |
| PINEAPPLE, FRESH | 1/2 cup | 18.75 |
| Pineapple, Tidbits, in juice | 1/2 CUP | 15.0 |
| PLUMS: canned,light syrup | 1/2 CUP | 20.51 |
| Raisins, 1.5oz box | EACH 1/2c equiv | 31.0 |
| STRAWBERRIES, Frz, unsweetened | 1/2 CUP | 10.09 |
| STRAWBERRIES,FRESH | 1/2 CUP | 5.53 |
| Strawberries & Blueberries | 1/2 CUP | 9.76 |
| Watermelon, Fresh | 1/2 cup | 6.75 |
| Weighted Daily Average | | 15.12 |
| % of Calories | | 99.5% |
| Nutrient Guideline | | |

| | | |
|--------------------------------|---------|-------|
| Sample 100% Juice Selection | | |
| HIGH SCHOOL LUNCH | Total | |
| Apple Juice Cup | 4 oz | 14.0 |
| Juice, Apple Cherry | 4 OZ | 14.0 |
| Apple Juice, Sour Apple 100% | 1/2 CUP | 14.0 |
| Cherry Juice, 100% Juice | 1/2 CUP | 14.0 |
| Fruit Punch, 96/4oz 100% | 1/2 CUP | 14.0 |
| Grape Juice Cup | 4 oz | 18.0 |
| Raspberry Juice, 100% Juice | 1/2 CUP | 14.0 |
| Orange Juice Cup | 4 oz | 13.0 |
| Orange Citrus Blast 100% Juice | 1/2 CUP | 14.0 |
| Watermelon Juice, 100% Twisted | 1/2 CUP | 14.0 |
| Weighted Daily Average | | 14.30 |
| % of Calories | | 92.3% |
| Nutrient Guideline | | |

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Arbor Management, Inc.

Base Menu Spreadsheet

Portion Values - Detailed

Page 4

Cycle No. 66 thru Cycle No. 71

HIGH SCHOOL LUNCH

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| | Portion Size | Carb (g) |
|-----------------------------------|-----------------|-------------|
| Sample Condiment Selection | | |
| HIGH SCHOOL LUNCH | Total | |
| BBQ Sauce, 12g PKT, #54193 | PKT (12g) | 4.0 |
| BBQ Sauce, West Creek Original | 1 OZ | 9.76 |
| Dressing, Caesar, Conway Perf | 1 OZ | 0.0 |
| Dressing, Greek Feta & Olive | 1 OZ | 2.0 |
| Dressing, Italian FF, 12g | PKT (12g) | 1.0 |
| DRESSING, ITALIAN, Fat Free | 1 OZ | 4.0 |
| Dressing, 12gm FF Ranch | 1 each | 2.0 |
| Dressing, 12gm Ranch | 12g PKT | 1.0 |
| Dressing, Ranch, Betsy Ann Red | 1 OZ | 6.0 |
| Ketchup Packet | 1 each | 3.0 |
| Ketchup, Red Gold Bulk, low Na | 2 TBSP | 8.0 |
| Mayonnaise, 12gm | 12 grams | 1.0 |
| Mayonnaise, 4/1 gal Jason Lite | 1 OZ | 1.0 |
| MUSTARD, 4.5g PKT | 4.5g PKT | 1.0 |
| Sour Cream, Real, Cultured, Pr | 1 OZ | 1.0 |
| Sriracha Dipping Sauce | 1 OZ | 4.94 |
| Syrup Packets | packet | 19.0 |
| Taco Sauce Packets | 9g pkt | 1.0 |
| Tzatziki Sauce, Fresh | 2 Tbsp | 2.14 |
| Weighted Daily Average | | 4.49 |
| % of Calories | | 30.5% |
| Nutrient Guideline | | |

| | | |
|------------------------------------|-------------|-------|
| Sample Daily Entree Options | | |
| HIGH SCHOOL LUNCH | Total | |
| Cheeseburger, 2 M/MA | sandwich | 28.47 |
| Hamburger, WG | 1 EACH | 28.47 |
| Chicken Sandwich, Crispy WG | 1 sandwich | 40.47 |
| Chicken Sandwich, Grl Breast | 1 each | 27.47 |
| Nacho Supreme SAUCE 6-12 | SERVING | 45.88 |
| PIZZA, RED BARON, CHEESE, WG | SLICE (5oz) | 40.0 |
| SPAGHETTI & MEATBALLS, WG | 3/4 CUP | 28.41 |
| Buffalo Chicken Salad | salad | 15.8 |
| Shake Up Salad, Chopped | salad | 11.78 |
| Rolls, WG Rubsc Multigrain Roll | 1 EACH | 13.0 |
| Ham & Swiss Wrap | wrap | 32.01 |
| Greek Veggie Wrap, WG | WRAP | 42.03 |
| Deli Sandwich, Made to Order | 1 each | 33.95 |
| Sunrise Pack | pack | 83.05 |
| HUMMUS w/ VEGGIE & PITA | plate | 49.48 |
| Weighted Daily Average | | 37.16 |
| % of Calories | | 44.9% |
| Nutrient Guideline | | |

| | | |
|------------------|--|-------|
| Weighted Average | | 13.51 |
| | | 57.0% |

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Base Menu Spreadsheet

Portion Values - Detailed

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Cycle No. 66 thru Cycle No. 71

HIGH SCHOOL LUNCH

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| Nutrient | Menu AVG | % of Cals | Target | Portion Size | Carb (g) | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|-------------|-----------|--------|-----------------|-------------|-----------|-----------|---------|-------------------------|
| | | | | % of Target | | | | | |
| Carbohydrate (g) | 13.51 | 57.02% | | | | | | | |

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