

Arbor Management, Inc.

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Cycle No. 75 thru Cycle No. 95

Sample Breakfast K-12

Generated on: 12/8/2015 4:02:48 PM

	Portion Size	Carb (g)
Sample K-12 Hot Brkf Menu: Day 1		
Sample Breakfast K-12	Total	
Mini Bagels, Strawberry, WG	PKG	38.81
CHERRIES, RED TART, CANNED	1/2 CUP	10.89
Pears, 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
Weighted Daily Average		81.10
% of Calories		76.0%
Nutrient Guideline		

Sample K-12 Hot Brkf Menu: Day 2		
Sample Breakfast K-12	Total	
MINI PANCAKES, MAPLE, PILLSBUR	PKG (3.53oz)	40.0
Melon, Cantaloupe, Fresh	1/2 CUP	6.53
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		79.98
% of Calories		75.7%
Nutrient Guideline		

Sample K-12 Hot Brkf Menu: Day 3		
Sample Breakfast K-12	Total	
Egg & Cheddar Bagel	1 each	35.25
STRAWBERRIES, Frz, unsweetened	1/2 CUP	10.09
Pears, 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
Weighted Daily Average		76.74
% of Calories		61.5%
Nutrient Guideline		

Sample K-12 Hot Brkf Menu: Day 4		
Sample Breakfast K-12	Total	
Mini Cinnis, Pillsbury, WG	PKG	40.0
Applesauce	1/2 CUP	22.0
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		106.35
% of Calories		78.8%
Nutrient Guideline		

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Page 2

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	Portion Size	Carb (g)
Sample K-12 Hot Brkf Menu: Day 5		
Sample Breakfast K-12	Total	
Frudel, WG, Apple, Pillsbury	1 EACH	36.0
Pineapple, Tidbits, in juice	1/2 CUP	15.0
Peaches, in Juice, Diced	1/2 CUP	13.0
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		81.40
% of Calories		76.6%
Nutrient Guideline		

Sample K-12 Hot Brkf Menu: Day 6		
Sample Breakfast K-12	Total	
SAUSAGE BISCUIT	1 EA	15.2
Mixed Fruit, in Juice	1/2 CUP	13.0
Apple Juice Cup	4 oz	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
Weighted Daily Average		59.60
% of Calories		60.2%
Nutrient Guideline		

Sample K-12 Hot Brkf Menu: Day 7		
Sample Breakfast K-12	Total	
Egg & Cheese Muffin (ched) WG	1 each	25.5
Mixed Fruit, in Juice	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		71.95
% of Calories		59.9%
Nutrient Guideline		

Sample K-12 Hot Brkf Menu: Day 8		
Sample Breakfast K-12	Total	
MINI PANCAKES, STRAWBERRY, PIL	PKG (3.53oz)	40.0
APPLES, 163ct	1 EACH	16.05
Peaches, in Juice, Diced	1/2 CUP	13.0
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		86.45
% of Calories		77.6%
Nutrient Guideline		

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Page 3

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	Portion Size	Carb (g)
Sample K-12 Hot Brkf Menu: Day 9		
Sample Breakfast K-12	Total	
Egg & Swiss BISCUIT, WG	sandwich	16.05
PEARS, FRESH (150ct)	1/2 CUP	10.66
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		62.86
% of Calories		57.7%
Nutrient Guideline		

Sample K-12 Hot Brkf Menu: Day 10		
Sample Breakfast K-12	Total	
MINI FRENCH TOAST, CINN Pillsb	PKG	34.0
Syrup Packets	packet	19.0
Orange, Fresh, 138ct	1/2 CUP	10.58
CHERRIES, RED TART, CANNED	1/2 CUP	10.89
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		91.87
% of Calories		79.7%
Nutrient Guideline		

Sample K-12 Hot Brkf Menu: Day 11		
Sample Breakfast K-12	Total	
BREAKFAST BURRITO W/ SALSA	1 EACH	33.38
Pico de Gallo	1/2 CUP	8.74
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
Weighted Daily Average		69.02
% of Calories		62.0%
Nutrient Guideline		

Sample K-12 Hot Brkf Menu: Day 12		
Sample Breakfast K-12	Total	
Egg & Cheddar Bagel	1 each	35.25
Orange Juice Cup	4 oz	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

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Page 4

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Sample Breakfast K-12

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	Portion Size	Carb (g)
Weighted Daily Average		81.70
% of Calories		62.8%
Nutrient Guideline		

Sample K-12 Hot Brkf Menu: Day 13		
Sample Breakfast K-12	Total	
Mini Cinnis, Pillsbury, WG	PKG	40.0
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
Weighted Daily Average		80.98
% of Calories		74.1%
Nutrient Guideline		

Sample K-12 Hot Brkf Menu: Day 14		
Sample Breakfast K-12	Total	
Egg BISCUIT	1 EA	16.0
GRAPES,Fresh	1/2 CUP	7.89
Applesauce, juice pak, unsweet	1/2 CUP	15.0
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		56.29
% of Calories		59.9%
Nutrient Guideline		

Sample K-12 Hot Brkf Menu: Day 15		
Sample Breakfast K-12	Total	
Pancakes, WG, Aunt Jemima	2 EACH	27.33
Syrup Packets	packet	19.0
SAUSAGE PATTY, TURKEY 1.025 OZ	1 EACH	0.0
GRAPES,Fresh	1/2 CUP	7.89
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		87.67
% of Calories		71.6%
Nutrient Guideline		

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Page 5

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Sample Breakfast K-12

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	Portion Size	Carb (g)
Sample K-12 Hot Brkf Menu: Day 16		
Sample Breakfast K-12	Total	
Ham & Swiss Muffin, WG	sandwich	24.38
Mixed Fruit, in Juice	1/2 CUP	13.0
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		81.73
% of Calories		65.8%
Nutrient Guideline		

Sample K-12 Hot Brkf Menu: Day 17		
Sample Breakfast K-12	Total	
Frudel, WG, Cherry, Pillsbury	1 EACH	36.0
BANANA, Petite 150ct	1 EACH	26.95
Mixed Fruit, in Juice	1/2 CUP	13.0
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		93.35
% of Calories		77.8%
Nutrient Guideline		

Sample K-12 Hot Brkf Menu: Day 18		
Sample Breakfast K-12	Total	
Omelet, Cheddar Cheese, 2oz	1 EACH	1.0
Tortilla Chips	1 oz	19.0
Corn Tomatillo Salsa	1/2 CUP	13.57
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		61.55
% of Calories		51.0%
Nutrient Guideline		

Sample K-12 Hot Brkf Menu: Day 19		
Sample Breakfast K-12	Total	
MINI PANCAKES, STRAWBERRY, PIL	PKG (3.53oz)	40.0
Melon, Cantaloupe, Fresh	1/2 CUP	6.53
Applesauce, juice pak, unsweet	1/2 CUP	15.0
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		78.93
% of Calories		74.8%
Nutrient Guideline		

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Page 6

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	Portion Size	Carb (g)
Sample K-12 Hot Brkf Menu: Day 20		
Sample Breakfast K-12	Total	
Egg & Cheddar Bagel	1 each	35.25
APPLES, 163ct	1 EACH	16.05
CHERRIES, RED TART, CANNED	1/2 CUP	10.89
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		79.60
% of Calories		63.1%
Nutrient Guideline		

Sample K-12 Hot Brkf Menu: Day 21		
Sample Breakfast K-12	Total	
MINI FRENCH TOAST, TripleBerry	PKG	37.0
Mixed Fruit, in Juice	1/2 CUP	13.0
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
Weighted Daily Average		76.90
% of Calories		72.4%
Nutrient Guideline		

Weighted Average		78.38
		68.5%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	78.38	68.50%						

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