

Arbor Management-Inc.

Sep 5, 2017 thru Sep 28, 2017

Base Menu Spreadsheet

Knapp & O'Brown

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 09/05/2017		
Knapp & O'Brown	Total	
Pizza, Cheese: Elem	SLICE (4.48OZ)	37.0
Fruit and Veggie Bar: complete	1/2c F + 3/4c V	26.27
Milk, Skim Chocolate: PF	1 CARTON (1c)	20.0
Milk, Skim	1 CARTON (1c)	12.0
Weighted Daily Average		82.07
% of Calories		63.7%
Nutrient Guideline		

Wed - 09/06/2017		
Knapp & O'Brown	Total	
French Toast Sticks, Aunt J 4	4 EACH	42.0
Syrup, Packet	packet	19.0
Turkey Sausage Patty	1 EACH	0.2
Hashbrown Patty, Rectangle, LW	1 EACH	14.5
Fruit and Veggie Bar: complete	1/2c F + 3/4c V	26.27
Milk, Skim Chocolate: PF	1 CARTON (1c)	20.0
Milk, Skim	1 CARTON (1c)	12.0
Weighted Daily Average		120.77
% of Calories		61.8%
Nutrient Guideline		

Thu - 09/07/2017		
Knapp & O'Brown	Total	
Hot Turk & Cheese Pretzel: E	1 EACH	40.6
Fruit and Veggie Bar: complete	1/2c F + 3/4c V	26.27
Milk, Skim Chocolate: PF	1 CARTON (1c)	20.0
Milk, Skim	1 CARTON (1c)	12.0
Weighted Daily Average		85.67
% of Calories		65.5%
Nutrient Guideline		

Fri - 09/08/2017		
Knapp & O'Brown	Total	
Chicken Drumstick	1 each	5.0
MASHED POTATOES	1/2 CUP	15.2
Gravy, Chicken: 1 OZ	1 OZ	3.0
Roll, WG Alpha	1 EACH	13.0
Fruit and Veggie Bar: complete	1/2c F + 3/4c V	26.27
Milk, Skim Chocolate: PF	1 CARTON (1c)	20.0
Milk, Skim	1 CARTON (1c)	12.0
Weighted Daily Average		81.27
% of Calories		57.0%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 09/11/2017		
Knapp & O'Brown	Total	
Lasagna Roll w/ Marinara	1 EACH	42.06
Garlic Toast	1 EACH (1.3oz)	15.0
Fruit and Veggie Bar: complete	1/2c F + 3/4c V	26.27
Milk, Skim Chocolate: PF	1 CARTON (1c)	20.0
Milk, Skim	1 CARTON (1c)	12.0
Weighted Daily Average		102.13
% of Calories		56.3%
Nutrient Guideline		

Tue - 09/12/2017		
Knapp & O'Brown	Total	
Chicken Sandwich, Crispy	1 EACH	42.47
Baked Beans, vegetarian, USDA	1/4 CUP	10.0
Fruit and Veggie Bar: 1/2c F&V	1/2c F + 1/2c V	24.35
Milk, Skim Chocolate: PF	1 CARTON (1c)	20.0
Milk, Skim	1 CARTON (1c)	12.0
Weighted Daily Average		95.62
% of Calories		56.5%
Nutrient Guideline		

Wed - 09/13/2017		
Knapp & O'Brown	Total	
MACARONI AND CHEESE	2/3 CUP	27.44
Fruit and Veggie Bar: complete	1/2c F + 3/4c V	26.27
Milk, Skim Chocolate: PF	1 CARTON (1c)	20.0
Milk, Skim	1 CARTON (1c)	12.0
Weighted Daily Average		72.51
% of Calories		56.7%
Nutrient Guideline		

Thu - 09/14/2017		
Knapp & O'Brown	Total	
Meatball Hoagie: E, REAL	1 EACH	36.58
Fruit and Veggie Bar: complete	1/2c F + 3/4c V	26.27
Milk, Skim Chocolate: PF	1 CARTON (1c)	20.0
Milk, Skim	1 CARTON (1c)	12.0
Weighted Daily Average		81.66
% of Calories		54.8%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 09/15/2017		
Knapp & O'Brown	Total	
Yogurt Cup, Variety	1 EACH (4oz)	19.2
MUFFIN, CHOC CHIP	1 EACH	28.0
Celery Sticks: 1/2c	1/2 CUP	2.21
Carrots, Baby: 1/4	1/4 CUP	3.75
Ranch Reg, Packet	1 PKT	1.0
Apple, 1/2 138ct: Elem Lunch	1/2 EACH (1/2C)	11.0
Milk, Skim Chocolate: PF	1 CARTON (1c)	20.0
Milk, Skim	1 CARTON (1c)	12.0
Weighted Daily Average		83.96
% of Calories		66.8%
Nutrient Guideline		

Mon - 09/18/2017		
Knapp & O'Brown	Total	
Beef Burrito WG	1 each	38.0
Corn	1/2 CUP	15.83
Fruit and Veggie Bar: complete	1/2c F + 3/4c V	26.27
Milk, Skim Chocolate: PF	1 CARTON (1c)	20.0
Milk, Skim	1 CARTON (1c)	12.0
Weighted Daily Average		98.90
% of Calories		62.7%
Nutrient Guideline		

Tue - 09/19/2017		
Knapp & O'Brown	Total	
Cheese Stuffed Ravioli, Jumbo	3 EACH	39.89
Garlic Toast	1 EACH (1.3oz)	15.0
Fruit and Veggie Bar: 1/2c F&V	1/2c F + 1/2c V	24.35
Spaghetti Sauce: 1/4c	1/4 CUP	7.0
Milk, Skim Chocolate: PF	1 CARTON (1c)	20.0
Milk, Skim	1 CARTON (1c)	12.0
Weighted Daily Average		105.04
% of Calories		67.1%
Nutrient Guideline		

Wed - 09/20/2017		
Knapp & O'Brown	Total	
Pancakes: 2	2 EACH	26.53
Syrup, Packet	packet	19.0
Turkey Sausage Patty	1 EACH	0.2
Hashbrown Patty, Rectangle, LW	1 EACH	14.5
Fruit and Veggie Bar: complete	1/2c F + 3/4c V	26.27
Milk, Skim Chocolate: PF	1 CARTON (1c)	20.0
Milk, Skim	1 CARTON (1c)	12.0

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Base Menu Spreadsheet

Knapp & O'Brown

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		105.30
% of Calories		66.8%
Nutrient Guideline		

Thu - 09/21/2017		
Knapp & O'Brown	Total	
Chicken Nuggets, WG Tyson	5 EACH	16.0
BAKED BEANS	1/2 CUP	22.0
Fruit and Veggie Bar: complete	1/2c F + 3/4c V	26.27
Milk, Skim Chocolate: PF	1 CARTON (1c)	20.0
Milk, Skim	1 CARTON (1c)	12.0
Weighted Daily Average		83.07
% of Calories		55.8%
Nutrient Guideline		

Fri - 09/22/2017		
Knapp & O'Brown	Total	
Sunflower Butter & Grape Jelly	1 each	33.0
Celery Sticks: 1/2c	1/2 CUP	2.21
Carrots, Baby: 1/4	1/4 CUP	3.75
Ranch FF, Packet	1 PKT	2.0
Juice Box, Variety	1 BOX (4.23oz)	15.0
Milk, Skim Chocolate: PF	1 CARTON (1c)	20.0
Milk, Skim	1 CARTON (1c)	12.0
Weighted Daily Average		59.41
% of Calories		52.7%
Nutrient Guideline		

Mon - 09/25/2017		
Knapp & O'Brown	Total	
SALISBURY STEAK	1 EACH (2.67oz)	4.0
Gravy, Brown: 1 OZ	1 OZ	1.5
Roll, WG Fox	1 EACH	13.0
Mashed Potatoes: 1/4c	1/4 CUP	7.99
Fruit and Veggie Bar: 1/2c F&V	1/2c F + 1/2c V	24.35
Milk, Skim Chocolate: PF	1 CARTON (1c)	20.0
Milk, Skim	1 CARTON (1c)	12.0
Weighted Daily Average		69.64
% of Calories		51.5%
Nutrient Guideline		

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Knapp & O'Brown

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 09/26/2017		
Knapp & O'Brown	Total	
Mini Corn Dogs	6 EACH (4.02oz)	23.0
Ketchup, Packet	1 PKT (9g)	3.0
Baked Beans, vegetarian, USDA	1/4 CUP	10.0
Fruit and Veggie Bar: 1/2c F&V	1/2c F + 1/2c V	24.35
Milk, Skim Chocolate: PF	1 CARTON (1c)	20.0
Milk, Skim	1 CARTON (1c)	12.0
Weighted Daily Average		79.15
% of Calories		70.3%
Nutrient Guideline		

Wed - 09/27/2017		
Knapp & O'Brown	Total	
TOASTED CHEESE	1 EACH	28.9
Fruit and Veggie Bar: 1/2c F&V	1/2c F + 1/2c V	24.35
Milk, Skim Chocolate: PF	1 CARTON (1c)	20.0
Milk, Skim	1 CARTON (1c)	12.0
Weighted Daily Average		72.05
% of Calories		48.4%
Nutrient Guideline		

Thu - 09/28/2017		
Knapp & O'Brown	Total	
Tacos, Beef: E	2 TACOS	37.84
Taco Sauce, Packet	1 PKT (9g)	1.0
Corn	1/2 CUP	15.83
Fruit and Veggie Bar: complete	1/2c F + 3/4c V	26.27
Milk, Skim Chocolate: PF	1 CARTON (1c)	20.0
Milk, Skim	1 CARTON (1c)	12.0
Weighted Daily Average		99.74
% of Calories		49.7%
Nutrient Guideline		

Weighted Average		87.66
		58.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	87.66	58.84%						

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Knapp & O'Brown

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/05/2017															
Knapp & O'Brown Pizza, Cheese: Elem	Total SLICE (4.48OZ)	300	15	580	4.00	2.70	300.0	400	0.0	14	15.0	37.0	11.0	4.00	0.00
Fruit and Veggie Bar: complete	1/2c F + 3/4c V	110	0	57	3.85	0.75	52.9	3627	42.64	*2	1.78	26.27	0.17	0.02	0.00
Milk, Skim Chocolate: PF	1 CARTON (1c)	110	5	180	0.00	0.40	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Milk, Skim	1 CARTON (1c)	80	5	128	0.00	0.18	300.0	1150	2.4	*N/A*	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		515	20	809	7.85	3.82	652.9	4625	44.02	*16 *12.6%	24.78 19.2%	82.07 63.7%	11.17 19.5%	4.02 7.0%	0.00 0.0%
Nutrient Guideline		550-650		1230										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/06/2017															
Knapp & O'Brown French Toast Sticks, Aunt J 4	Total 4 EACH	300	0	380	2.00	1.80	60.0	75	0.0	15	6.0	42.0	12.0	3.00	0.00
Syrup, Packet	packet	80	0	5	0.00	0.00	0.0	0	0.0	*N/A*	0.0	19.0	0.0	0.00	0.00
Turkey Sausage Patty	1 EACH	61	30	122	0.00	0.50	10.0	209	0.5	*N/A*	6.2	0.2	4.1	1.00	*N/A*
Hashbrown Patty, Rectangle, LW	1 EACH	125	0	245	2.00	0.36	10.0	0	2.4	0	2.0	14.5	6.5	1.75	0.00
Fruit and Veggie Bar: complete	1/2c F + 3/4c V	110	0	57	3.85	0.75	52.9	3627	42.64	*2	1.78	26.27	0.17	0.02	0.00
Milk, Skim Chocolate: PF	1 CARTON (1c)	110	5	180	0.00	0.40	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Milk, Skim	1 CARTON (1c)	80	5	128	0.00	0.18	300.0	1150	2.4	*N/A*	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		781	35	981	7.85	3.78	432.9	4509	46.92	*17 *8.8%	23.98 12.3%	120.77 61.8%	22.77 26.2%	5.77 6.6%	*0.00 *0.0%
Nutrient Guideline		550-650		1230										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/07/2017															
Knapp & O'Brown	Total														
Hot Turk & Cheese Pretzel: E	1 EACH	308	34	700	3.00	2.17	95.0	150	0.64	*N/A*	18.61	40.6	8.03	4.27	0.00
Fruit and Veggie Bar: complete	1/2c F + 3/4c V	110	0	57	3.85	0.75	52.9	3627	42.64	*2	1.78	26.27	0.17	0.02	0.00
Milk, Skim Chocolate: PF	1 CARTO N (1c)	110	5	180	0.00	0.40	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Milk, Skim	1 CARTO N (1c)	80	5	128	0.00	0.18	300.0	1150	2.4	*N/A*	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		523	39	929	6.85	3.29	447.9	4375	44.66	*2 *1.7%	28.38 21.7%	85.67 65.5%	8.20 14.1%	4.29 7.4%	0.00 0.0%
Nutrient Guideline		550-650		1230											<10.00

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/08/2017															
Knapp & O'Brown	Total														
Chicken Drumstick	1 each	190	50	450	1.00	1.08	20.0	100	0.0	*N/A*	16.0	5.0	11.0	2.50	0.00
MASHED POTATOES	1/2 CUP	68	0	20	1.20	0.20	11.8	2	32.31	1	1.6	15.2	0.0	0.00	0.00
Gravy, Chicken: 1 OZ	1 OZ	17	0	140	0.00	0.00	0.0	0	0.0	*N/A*	0.5	3.0	0.5	0.00	0.00
Roll, WG Alpha	1 EACH	80	0	140	1.00	0.72	0.0	5	0.0	1	3.0	13.0	1.5	0.00	0.00
Fruit and Veggie Bar: complete	1/2c F + 3/4c V	110	0	57	3.85	0.75	52.9	3627	42.64	*2	1.78	26.27	0.17	0.02	0.00
Milk, Skim Chocolate: PF	1 CARTO N (1c)	110	5	180	0.00	0.40	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Milk, Skim	1 CARTO N (1c)	80	5	128	0.00	0.18	300.0	1150	2.4	*N/A*	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		571	55	979	7.05	3.12	384.6	4332	76.33	*4 *2.9%	30.88 21.6%	81.27 57.0%	13.17 20.8%	2.52 4.0%	0.00 0.0%
Nutrient Guideline		550-650		1230											<10.00

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Mon - 09/11/2017															
Knapp & O'Brown	Total														
Lasagna Roll w/ Marinara	1 EACH	420	45	1223	2.00	2.50	544.3	1353	18.03	*5	24.01	42.06	17.52	8.00	0.00
Garlic Toast	1 EACH (1.3oz)	90	0	190	2.00	0.90	0.0	400	0.0	*N/A*	3.0	15.0	2.5	0.50	0.00
Fruit and Veggie Bar: complete	1/2c F + 3/4c V	110	0	57	3.85	0.75	52.9	3627	42.64	*2	1.78	26.27	0.17	0.02	0.00
Milk, Skim Chocolate: PF	1 CARTO N (1c)	110	5	180	0.00	0.40	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Milk, Skim	1 CARTO N (1c)	80	5	128	0.00	0.18	300.0	1150	2.4	*N/A*	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		726	50	1643	7.85	4.52	897.1	5978	62.04	*7 *4.0%	36.79 20.3%	102.13 56.3%	20.18 25.0%	8.52 10.6%	0.00 0.0%
Nutrient Guideline		550-650		1230											<10.00

Tue - 09/12/2017															
Knapp & O'Brown	Total														
Chicken Sandwich, Crispy	1 EACH	417	25	648	5.65	3.23	72.0	117	0.0	4	22.24	42.47	16.94	2.82	0.01
Baked Beans, vegetarian, USDA	1/4 CUP	55	0	70	2.50	0.90	0.0	13	0.0	2	3.5	10.0	0.5	0.00	0.00
Fruit and Veggie Bar: 1/2c F&V	1/2c F + 1/2c V	100	0	44	3.11	0.52	42.9	2270	40.13	*2	1.25	24.35	0.09	0.01	0.00
Milk, Skim Chocolate: PF	1 CARTO N (1c)	110	5	180	0.00	0.40	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Milk, Skim	1 CARTO N (1c)	80	5	128	0.00	0.18	300.0	1150	2.4	*N/A*	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		678	30	934	11.26	5.02	414.9	2997	41.51	*9 *5.4%	34.99 20.7%	95.62 56.5%	17.53 23.3%	2.83 3.8%	0.01 0.0%
Nutrient Guideline		550-650		1230											<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	CalcM (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/13/2017															
Knapp & O'Brown	Total														
MACARONI AND CHEESE	2/3 CUP	296	31	896	0.89	1.02	482.0	684	0.39	*N/A*	19.64	27.44	12.18	6.83	*N/A*
Fruit and Veggie Bar: complete	1/2c F + 3/4c V	110	0	57	3.85	0.75	52.9	3627	42.64	*2	1.78	26.27	0.17	0.02	0.00
Milk, Skim Chocolate: PF	1 CARTO N (1c)	110	5	180	0.00	0.40	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Milk, Skim	1 CARTO N (1c)	80	5	128	0.00	0.18	300.0	1150	2.4	*N/A*	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		511	36	1125	4.74	2.14	834.8	4909	44.40	*2	29.41	72.51	12.35	6.85	*0.00
% of Calories										*1.7%	23.0%	56.7%	21.7%	12.1%	*0.0%
Nutrient Guideline		550-650		1230										<10.00	

Thu - 09/14/2017															
Knapp & O'Brown	Total														
Meatball Hoagie: E, REAL	1 EACH	381	51	907	4.17	3.93	203.3	498	6.1	*8	17.08	36.58	16.79	7.23	0.01
Fruit and Veggie Bar: complete	1/2c F + 3/4c V	110	0	57	3.85	0.75	52.9	3627	42.64	*2	1.78	26.27	0.17	0.02	0.00
Milk, Skim Chocolate: PF	1 CARTO N (1c)	110	5	180	0.00	0.40	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Milk, Skim	1 CARTO N (1c)	80	5	128	0.00	0.18	300.0	1150	2.4	*N/A*	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average		596	56	1137	8.01	5.05	556.2	4723	50.12	*10	26.86	81.66	16.96	7.26	0.01
% of Calories										*6.6%	18.0%	54.8%	25.6%	11.0%	0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Arbor Management-Inc.

Sep 5, 2017 thru Sep 28, 2017

Base Menu Spreadsheet

Knapp & O'Brown

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/15/2017															
Knapp & O'Brown Yogurt Cup, Variety	Total 1 EACH (4oz)	90	0	75	0.00	0.00	300.0	0	0.96	*N/A*	3.0	19.2	0.0	0.00	0.00
MUFFIN, CHOC CHIP	1 EACH	170	30	130	2.00	1.10	40.0	75	0.0	15	3.0	28.0	6.0	1.00	0.00
Celery Sticks: 1/2c	1/2 CUP	12	0	59	1.19	0.15	29.7	333	2.3	*N/A*	0.51	2.21	0.13	0.03	0.00
Carrots, Baby: 1/4	1/4 CUP	15	0	34	0.75	0.00	0.0	3000	0.0	*N/A*	0.0	3.75	0.0	0.00	0.00
Ranch Reg, Packet	1 PKT	70	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Apple, 1/2 138ct: Elem Lunch	1/2 EACH (1/2C)	40	0	0	2.50	0.20	10.0	50	6.0	*N/A*	0.0	11.0	0.0	0.00	0.00
Milk, Skim Chocolate: PF	1 CARTON (1c)	110	5	180	0.00	0.40	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Milk, Skim	1 CARTON (1c)	80	5	128	0.00	0.18	300.0	1150	2.4	*N/A*	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		502	40	570	6.44	1.82	679.7	4056	10.64	*15 *11.9%	14.51 11.6%	83.96 66.8%	13.13 23.5%	2.03 3.6%	0.00 0.0%
Nutrient Guideline		550-650		1230										<10.00	

Mon - 09/18/2017															
Knapp & O'Brown Beef Burrito WG	Total 1 each	350	25	560	5.00	1.44	100.0	400	1.2	*N/A*	16.0	38.0	15.0	7.00	0.00
Corn	1/2 CUP	66	0	1	2.00	0.39	2.0	163	2.9	*N/A*	2.09	15.83	0.55	0.08	0.00
Fruit and Veggie Bar: complete	1/2c F + 3/4c V	110	0	57	3.85	0.75	52.9	3627	42.64	*2	1.78	26.27	0.17	0.02	0.00
Milk, Skim Chocolate: PF	1 CARTON (1c)	110	5	180	0.00	0.40	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Milk, Skim	1 CARTON (1c)	80	5	128	0.00	0.18	300.0	1150	2.4	*N/A*	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		631	30	790	10.85	2.95	454.9	4788	48.12	*2 *1.4%	27.87 17.7%	98.90 62.7%	15.71 22.4%	7.10 10.1%	0.00 0.0%
Nutrient Guideline		550-650		1230										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/19/2017															
Knapp & O'Brown	Total														
Cheese Stuffed Ravioli, Jumbo	3 EACH	291	50	948	5.40	2.33	222.7	1151	16.22	9	17.4	39.89	6.0	3.00	0.00
Garlic Toast	1 EACH (1.3oz)	90	0	190	2.00	0.90	0.0	400	0.0	*N/A*	3.0	15.0	2.5	0.50	0.00
Fruit and Veggie Bar: 1/2c F&V	1/2c F + 1/2c V	100	0	44	3.11	0.52	42.9	2270	40.13	*2	1.25	24.35	0.09	0.01	0.00
Spaghetti Sauce: 1/4c	1/4 CUP	40	0	250	1.50	0.54	10.0	375	4.5	3	1.5	7.0	0.0	0.00	0.00
Milk, Skim Chocolate: PF	1 CARTO N (1c)	110	5	180	0.00	0.40	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Milk, Skim	1 CARTO N (1c)	80	5	128	0.00	0.18	300.0	1150	2.4	*N/A*	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		626	55	1604	12.01	4.65	575.6	4794	62.22	*14 *8.9%	31.15 19.9%	105.04 67.1%	8.59 12.3%	3.51 5.0%	0.00 0.0%
Nutrient Guideline		550-650		1230										<10.00	

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/20/2017															
Knapp & O'Brown	Total														
Pancakes: 2	2 EACH	149	6	214	1.94	1.16	0.0	16	0.0	3	3.24	26.53	3.88	0.65	0.00
Syrup, Packet	packet	80	0	5	0.00	0.00	0.0	0	0.0	*N/A*	0.0	19.0	0.0	0.00	0.00
Turkey Sausage Patty	1 EACH	61	30	122	0.00	0.50	10.0	209	0.5	*N/A*	6.2	0.2	4.1	1.00	*N/A*
Hashbrown Patty, Rectangle, LW	1 EACH	125	0	245	2.00	0.36	10.0	0	2.4	0	2.0	14.5	6.5	1.75	0.00
Fruit and Veggie Bar: complete	1/2c F + 3/4c V	110	0	57	3.85	0.75	52.9	3627	42.64	*2	1.78	26.27	0.17	0.02	0.00
Milk, Skim Chocolate: PF	1 CARTO N (1c)	110	5	180	0.00	0.40	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Milk, Skim	1 CARTO N (1c)	80	5	128	0.00	0.18	300.0	1150	2.4	*N/A*	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		630	42	815	7.79	3.14	372.9	4450	46.92	*5 *3.4%	21.21 13.5%	105.30 66.8%	14.65 20.9%	3.42 4.9%	*0.00 *0.0%
Nutrient Guideline		550-650		1230										<10.00	

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Arbor Management-Inc.

Sep 5, 2017 thru Sep 28, 2017

Base Menu Spreadsheet

Knapp & O'Brown

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/21/2017															
Knapp & O'Brown	Total														
Chicken Nuggets, WG Tyson	5 EACH	260	25	400	3.00	1.80	40.0	100	2.4	1	16.0	16.0	15.0	2.50	0.00
BAKED BEANS	1/2 CUP	120	5	550	6.00	1.80	40.0	100	1.2	4	6.0	22.0	1.5	0.50	0.00
Fruit and Veggie Bar: complete	1/2c F + 3/4c V	110	0	57	3.85	0.75	52.9	3627	42.64	*2	1.78	26.27	0.17	0.02	0.00
Milk, Skim Chocolate: PF	1 CARTON (1c)	110	5	180	0.00	0.40	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Milk, Skim	1 CARTON (1c)	80	5	128	0.00	0.18	300.0	1150	2.4	*N/A*	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		595	35	1179	12.85	4.72	432.9	4425	47.62	*7 *4.8%	31.77 21.4%	83.07 55.8%	16.66 25.2%	3.02 4.6%	0.00 0.0%
Nutrient Guideline		550-650		1230											<10.00

Fri - 09/22/2017															
Knapp & O'Brown	Total														
Sunflower Butter & Grape Jelly	1 each	310	0	250	5.00	2.70	40.0	0	0.0	*N/A*	10.0	33.0	17.0	2.00	0.00
Celery Sticks: 1/2c	1/2 CUP	12	0	59	1.19	0.15	29.7	333	2.3	*N/A*	0.51	2.21	0.13	0.03	0.00
Carrots, Baby: 1/4	1/4 CUP	15	0	34	0.75	0.00	0.0	3000	0.0	*N/A*	0.0	3.75	0.0	0.00	0.00
Ranch FF, Packet	1 PKT	10	0	125	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	0.0	0.00	0.00
Juice Box, Variety	1 BOX (4.23oz)	60	0	5	0.00	0.00	100.0	0	60.0	*N/A*	0.0	15.0	0.0	0.00	0.00
Milk, Skim Chocolate: PF	1 CARTON (1c)	110	5	180	0.00	0.40	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Milk, Skim	1 CARTON (1c)	80	5	128	0.00	0.18	300.0	1150	2.4	*N/A*	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		450	5	609	6.94	3.22	370.7	3931	4.28	*N/A* *N/A%*	18.51 16.4%	59.41 52.7%	17.13 34.2%	2.03 4.1%	0.00 0.0%
Nutrient Guideline		550-650		1230											<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/25/2017															
Knapp & O'Brown SALISBURY STEAK	Total 1 EACH (2.67oz)	230	55	370	2.00	1.80	0.0	0	0.0	*N/A*	14.0	4.0	17.0	8.00	0.00
Gravy, Brown: 1 OZ	1 OZ	10	0	120	0.00	0.00	0.0	0	0.0	*N/A*	0.5	1.5	0.25	0.00	0.00
Roll, WG Fox	1 EACH	60	0	140	2.00	0.72	20.0	0	0.0	*N/A*	2.0	13.0	1.0	0.00	0.00
Mashed Potatoes: 1/4c	1/4 CUP	36	0	27	0.63	0.11	7.1	1	17.0	*1	0.84	7.99	0.0	0.00	*0.00
Fruit and Veggie Bar: 1/2c F&V	1/2c F + 1/2c V	100	0	44	3.11	0.52	42.9	2270	40.13	*2	1.25	24.35	0.09	0.01	0.00
Milk, Skim Chocolate: PF	1 CARTON (1c)	110	5	180	0.00	0.40	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Milk, Skim	1 CARTON (1c)	80	5	128	0.00	0.18	300.0	1150	2.4	*N/A*	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		541	60	873	7.74	3.52	370.0	2869	58.51	*3 *2.0%	26.59 19.6%	69.64 51.5%	18.34 30.5%	8.01 13.3%	*0.00 *0.0%
Nutrient Guideline		550-650		1230											<10.00

Tue - 09/26/2017															
Knapp & O'Brown Mini Corn Dogs	Total 6 EACH (4.02oz)	180	25	250	2.00	1.44	60.0	40	48.0	8	8.0	23.0	8.0	2.00	0.00
Ketchup, Packet	1 PKT (9g)	10	0	105	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	0.00
Baked Beans, vegetarian, USDA	1/4 CUP	55	0	70	2.50	0.90	0.0	13	0.0	2	3.5	10.0	0.5	0.00	0.00
Fruit and Veggie Bar: 1/2c F&V	1/2c F + 1/2c V	100	0	44	3.11	0.52	42.9	2270	40.13	*2	1.25	24.35	0.09	0.01	0.00
Milk, Skim Chocolate: PF	1 CARTON (1c)	110	5	180	0.00	0.40	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Milk, Skim	1 CARTON (1c)	80	5	128	0.00	0.18	300.0	1150	2.4	*N/A*	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		451	30	641	7.61	3.23	402.9	2920	89.51	*13 *11.3%	20.74 18.4%	79.15 70.3%	8.59 17.2%	2.01 4.0%	0.00 0.0%
Nutrient Guideline		550-650		1230											<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/27/2017															
Knapp & O'Brown	Total														
TOASTED CHEESE	1 EACH	390	60	1127	2.40	1.37	344.3	728	0.0	*3	15.28	28.9	23.58	12.57	0.00
Fruit and Veggie Bar: 1/2c F&V	1/2c F + 1/2c V	100	0	44	3.11	0.52	42.9	2270	40.13	*2	1.25	24.35	0.09	0.01	0.00
Milk, Skim Chocolate: PF	1 CARTO N (1c)	110	5	180	0.00	0.40	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Milk, Skim	1 CARTO N (1c)	80	5	128	0.00	0.18	300.0	1150	2.4	*N/A*	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		596	65	1343	5.51	2.26	687.2	3596	41.51	*5 *3.5%	24.53 16.5%	72.05 48.4%	23.67 35.7%	12.58 19.0%	0.00 0.0%
Nutrient Guideline		550-650		1230											<10.00

Thu - 09/28/2017															
Knapp & O'Brown	Total														
Tacos, Beef: E	2 TACOS	516	76	1150	5.73	3.21	364.6	815	2.13	*N/A*	27.84	37.84	25.86	14.88	0.00
Taco Sauce, Packet	1 PKT (9g)	5	0	95	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Corn	1/2 CUP	66	0	1	2.00	0.39	2.0	163	2.9	*N/A*	2.09	15.83	0.55	0.08	0.00
Fruit and Veggie Bar: complete	1/2c F + 3/4c V	110	0	57	3.85	0.75	52.9	3627	42.64	*2	1.78	26.27	0.17	0.02	0.00
Milk, Skim Chocolate: PF	1 CARTO N (1c)	110	5	180	0.00	0.40	300.0	500	1.2	*N/A*	8.0	20.0	0.0	0.00	0.00
Milk, Skim	1 CARTO N (1c)	80	5	128	0.00	0.18	300.0	1150	2.4	*N/A*	8.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		802	81	1475	11.57	4.72	719.5	5203	49.05	*2 *1.1%	39.71 19.8%	99.74 49.7%	26.58 29.8%	14.98 16.8%	0.00 0.0%
Nutrient Guideline		550-650		1230											<10.00

Weighted Average		596	42	1024	8.37	3.61	538.2	4304	48.24	*7 *11.2%	27.37 18.4%	87.66 58.8%	15.85 23.9%	5.60 8.5%	*0.00 *0.0%
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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	596		550 - 650	100%													
Cholesterol (mg)	42																
Sodium (mg)	1024		1230														
Fiber (g)	8.37																
Iron (mg)	3.61																
Calcium (mg)	538.2																
Vitamin A (IU)	4304																
Sugars (g)	7	4.99%			Missing												
Vitamin C (mg)	48.24																
Protein (g)	27.37	18.37%															
Carbohydrate (g)	87.66	58.84%															
Total Fat (g)	15.85	23.94%															
Saturated Fat (g)	5.60	8.46%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® 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.