

WELD COUNTY RE-1

Aug 10, 2015 thru Aug 31, 2015

Base Menu Spreadsheet

LUNCH 6-8

Portion Values - Detailed

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Generated on: 7/14/2015 1:08:55 PM

| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------|--------------|-----------|----------|
| Mon - 08/10/2015 | | | |
| LUNCH 6-8 | Total | 200 | |
| HAMBURGER,WITH BUN | 1 SANDWICH | 175 | 25.05 |
| BAKED BEANS (VEGETARIAN) | SERVINGS | 175 | 35.98 |
| FRUIT,FRESH variety | 1 PIECE | 100 | 21.48 |
| MIXED GREEN SALAD | 1 cup | 100 | 1.73 |
| CARROTS, BABY | 1/2 CUP | 75 | 4.62 |
| MILK,VARIETY | 8 OZ | 175 | 24.0 |
| PBJ SANDWICH | 2.8oz ea | 20 | 33.16 |
| SALAD DRESSING,Assorted | 2 TBSP | 100 | 6.59 |
| KETCHUP | 1 TBSP | 175 | 3.53 |
| PICKLES,DILL SPEAR | 1 EACH | 50 | 0.91 |
| Weighted Daily Average | | | 97.66 |
| % of Calories | | | 63.6% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|----------|-----|-------|
| Tue - 08/11/2015 | | | |
| LUNCH 6-8 | Total | 200 | |
| PIZZA BAGEL,PEPPERONI MINI | 4 EA | 185 | 25.0 |
| CORN: frozen, yellow | 1/2 CUP | 150 | 21.89 |
| WATERMELON,CHUNKS | 1 CUP | 200 | 11.48 |
| MIXED GREEN SALAD | 1 cup | 100 | 1.73 |
| CARROTS, BABY | 1/2 CUP | 75 | 4.62 |
| SOYBEANS,MATURE SEEDS,SPROUTED | .5 cup | 75 | 3.35 |
| SALAD DRESSING,Assorted | 2 TBSP | 100 | 6.59 |
| MILK,VARIETY | 8 OZ | 175 | 24.0 |
| PBJ SANDWICH | 2.8oz ea | 20 | 33.16 |
| Weighted Daily Average | | | 82.48 |
| % of Calories | | | 59.2% |
| Nutrient Guideline | | | |

| | | | |
|-------------------------|----------|-----|-------|
| Wed - 08/12/2015 | | | |
| LUNCH 6-8 | Total | 200 | |
| TACO SALAD | SERVINGS | 175 | 20.11 |
| 3 BEAN CILANTRO SALSA | 1/4 CUP | 100 | 4.94 |
| LETTUCE,SHREDDED | 1/4 cup | 100 | 0.53 |
| TOMATOES,RAW DICED | 1/4 CUP | 1 | 1.76 |
| JUICE,VARIETY | 4 fl.oz. | 150 | 13.9 |
| FRUIT,FRESH variety | 1 PIECE | 75 | 21.48 |
| SALSA:COMMUNITY | 2 OZ | 150 | 3.97 |
| MILK,VARIETY | 8 OZ | 175 | 24.0 |
| PBJ SANDWICH | 2.8oz ea | 20 | 33.16 |
| SOUR CREAM,ss | 1 OZ | 50 | 1.0 |
| SALAD DRESSING,Assorted | 2 TBSP | 100 | 6.59 |
| Weighted Daily Average | | | 69.65 |
| % of Calories | | | 49.9% |
| Nutrient Guideline | | | |

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| | Portion Size | Reimb Qty | Carb (g) |
|-------------------------------|--------------|-----------|----------|
| Thu - 08/13/2015 | | | |
| LUNCH 6-8 | Total | 200 | |
| TURKEY AND CHEESE HOAGIE 9-12 | 1 EACH | 175 | 44.15 |
| POTATO WEDGES,ALEXIA | 1/2 CUP | 1 | 24.3 |
| CREAMY COLE SLAW | 1/2 CUP | 175 | 9.03 |
| MIXED GREEN SALAD | 1 cup | 100 | 1.73 |
| CARROTS, BABY | 1/2 CUP | 75 | 4.62 |
| PEACHES: canned,light syrup | 1 CUP | 175 | 36.52 |
| FRUIT,FRESH variety | 1 PIECE | 75 | 21.48 |
| MILK,VARIETY | 8 OZ | 175 | 24.0 |
| SALAD DRESSING,Assorted | 2 TBSP | 100 | 6.59 |
| PBJ SANDWICH | 2.8oz ea | 20 | 33.16 |
| Weighted Daily Average | | | 116.87 |
| % of Calories | | | 60.4% |
| Nutrient Guideline | | | |

| | Portion Size | Reimb Qty | Carb (g) |
|-------------------------|--------------|-----------|----------|
| Fri - 08/14/2015 | | | |
| LUNCH 6-8 | Total | 200 | |
| SCRAMBLED EGGS,CKD,FRZ | 3 OZ | 150 | 1.61 |
| YOGURT,upstate variety | 1/2 c | 1 | 19.48 |
| GRANOLA | 1/4 CUP | 1 | 24.85 |
| UBR,2.2OZ WRAPPED | 2.2 OZ | 12 | 44.26 |
| ORANGES,MANDARIN | 1/2 C | 175 | 15.61 |
| MIXED GREEN SALAD | 1 cup | 100 | 1.73 |
| CARROTS, BABY | 1/2 CUP | 75 | 4.62 |
| FRUIT,FRESH variety | 1 PIECE | 75 | 21.48 |
| MILK,VARIETY | 8 OZ | 175 | 24.0 |
| PBJ SANDWICH | 2.8oz ea | 20 | 33.16 |
| SALAD DRESSING,Assorted | 2 TBSP | 100 | 6.59 |
| Weighted Daily Average | | | 56.01 |
| % of Calories | | | 56.3% |
| Nutrient Guideline | | | |

| | Portion Size | Reimb Qty | Carb (g) |
|-------------------------|--------------|-----------|----------|
| Mon - 08/17/2015 | | | |
| LUNCH 6-8 | Total | 200 | |
| BBQ BEEF SLIDER | 1 SANDWICH | 185 | 38.64 |
| SWEET POTATO FRENCH FRY | 1/2 CUP | 1 | 28.02 |
| MIXED GREEN SALAD | 1 cup | 100 | 1.73 |
| CARROTS, BABY | 1/2 CUP | 75 | 4.62 |
| BEANS GARBANZO ,CANNED | 1/4 C | 1 | 10.65 |
| FRUIT,FRESH variety | 1 PIECE | 75 | 21.48 |
| MILK,VARIETY | 8 OZ | 175 | 24.0 |
| PBJ SANDWICH | 2.8oz ea | 20 | 33.16 |
| SALAD DRESSING,Assorted | 2 TBSP | 100 | 6.59 |
| Weighted Daily Average | | | 74.20 |
| % of Calories | | | 58.0% |
| Nutrient Guideline | | | |

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Tue - 08/18/2015 | | | |
| LUNCH 6-8 | Total | 200 | |
| CHICKEN BREAST BITES | SERVINGS | 175 | 4.0 |
| MASHED POTATOES:flakes,mlk+but | 1/2 CUP | 150 | 11.41 |
| MIXED GREEN SALAD | 1 cup | 100 | 1.73 |
| CARROTS, BABY | 1/2 CUP | 75 | 4.62 |
| PINEAPPLE CHUNKS:canned,lt syr | 1 CUP | 1 | 33.89 |
| FRUIT,FRESH variety | 1 PIECE | 75 | 21.48 |
| MILK,VARIETY | 8 OZ | 175 | 24.0 |
| PBJ SANDWICH | 2.8oz ea | 20 | 33.16 |
| SALAD DRESSING,Assorted | 2 TBSP | 100 | 6.59 |
| GRAVY, PEPPERED BISCUIT, LOW S | 2 OZ | 150 | 5.0 |
| Weighted Daily Average | | | 54.24 |
| % of Calories | | | 57.4% |
| Nutrient Guideline | | | |

| | Portion Size | Reimb Qty | Carb (g) |
|-------------------------|--------------|-----------|----------|
| Wed - 08/19/2015 | | | |
| LUNCH 6-8 | Total | 200 | |
| BEAN BURRITO | SERVINGS | 175 | 40.01 |
| GREEN CHILI SAUCE | 2 OZ | 1 | 4.82 |
| LETTUCE,SHREDDED | 1/4 cup | 100 | 0.53 |
| TOMATOES,RAW DICED | 1/4 CUP | 75 | 1.76 |
| FRUIT,FRESH variety | 1 PIECE | 75 | 21.48 |
| MANGO,frozen | 1/2 CUP | 125 | 16.99 |
| MILK,VARIETY | 8 OZ | 175 | 24.0 |
| CHIP, TORTILLA | 10 EACH | 175 | 17.0 |
| SALSA:COMMODITY | 2 OZ | 150 | 3.97 |
| SALAD DRESSING,Assorted | 2 TBSP | 100 | 6.59 |
| PBJ SANDWICH | 2.8oz ea | 20 | 33.16 |
| Weighted Daily Average | | | 100.10 |
| % of Calories | | | 61.5% |
| Nutrient Guideline | | | |

| | Portion Size | Reimb Qty | Carb (g) |
|-----------------------------|--------------|-----------|----------|
| Thu - 08/20/2015 | | | |
| LUNCH 6-8 | Total | 200 | |
| SPAGHETTI AND MEAT SAUCE | 1 CUP | 150 | 34.22 |
| GREEN BEANS: frozen,boiled | 1/2 CUP | 100 | 4.35 |
| PEACHES: canned,light syrup | 1/2 CUP | 100 | 18.26 |
| MIXED GREEN SALAD | 1 cup | 100 | 1.73 |
| CARROTS, BABY | 1/2 CUP | 75 | 4.62 |
| FRUIT,FRESH variety | 1 PIECE | 75 | 21.48 |
| MILK,VARIETY | 8 OZ | 175 | 24.0 |
| SALAD DRESSING,Assorted | 2 TBSP | 100 | 6.59 |
| PBJ SANDWICH | 2.8oz ea | 20 | 33.16 |
| ROLL,WHEAT, 1.25OZ | 1ROLL | 125 | 28.0 |
| Weighted Daily Average | | | 92.74 |
| % of Calories | | | 60.1% |
| Nutrient Guideline | | | |

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| | Portion Size | Reimb Qty | Carb (g) |
|-------------------------|--------------|-----------|----------|
| Fri - 08/21/2015 | | | |
| LUNCH 6-8 | Total | 200 | |
| FISH SANDWICH | 1 SANDWICH | 175 | 41.17 |
| CORN: frozen, yellow | 1/2 CUP | 175 | 21.89 |
| MIXED GREEN SALAD | 1 cup | 100 | 1.73 |
| CARROTS, BABY | 1/2 CUP | 75 | 4.62 |
| WATERMELON,CHUNKS | 1/2 CUP | 150 | 5.74 |
| TARTAR SAUCE | 2 TBSP | 50 | 7.94 |
| SALAD DRESSING,Assorted | 2 TBSP | 100 | 6.59 |
| MILK,VARIETY | 8 OZ | 175 | 24.0 |
| PBJ SANDWICH | 2.8oz ea | 20 | 33.16 |
| Weighted Daily Average | | | 91.67 |
| % of Calories | | | 61.8% |
| Nutrient Guideline | | | |

| | | | |
|-------------------------|------------|-----|-------|
| Mon - 08/24/2015 | | | |
| LUNCH 6-8 | Total | 200 | |
| HAMBURGER,WITH BUN | 1 SANDWICH | 175 | 25.05 |
| POTATO WEDGES,ALEXIA | 1/2 CUP | 175 | 24.3 |
| FRUIT,FRESH variety | 1 PIECE | 100 | 21.48 |
| MIXED GREEN SALAD | 1 cup | 100 | 1.73 |
| CARROTS, BABY | 1/2 CUP | 75 | 4.62 |
| MILK,VARIETY | 8 OZ | 175 | 24.0 |
| PBJ SANDWICH | 2.8oz ea | 20 | 33.16 |
| SALAD DRESSING,Assorted | 2 TBSP | 100 | 6.59 |
| KETCHUP | 1 TBSP | 175 | 3.53 |
| PICKLES,DILL SPEAR | 1 EACH | 50 | 0.91 |
| Weighted Daily Average | | | 87.44 |
| % of Calories | | | 57.8% |
| Nutrient Guideline | | | |

| | | | |
|------------------------|----------|-----|-------|
| Tue - 08/25/2015 | | | |
| LUNCH 6-8 | Total | 200 | |
| MEATLESS CHILI BEANS | 1/2 CUPS | 175 | 35.19 |
| CHEESE, SHREDDED | 1 OZ | 175 | 0.0 |
| CHIP, TORTILLA | 10 EACH | 175 | 17.0 |
| LETTUCE,SHREDDED | 1/4 cup | 100 | 0.53 |
| TOMATOES,RAW DICED | 1/4 CUP | 75 | 1.76 |
| FRUIT,FRESH variety | 1 PIECE | 75 | 21.48 |
| MILK,VARIETY | 8 OZ | 175 | 24.0 |
| PBJ SANDWICH | 2.8oz ea | 20 | 33.16 |
| SALSA:COMMODITY | 2 OZ | 100 | 3.97 |
| SOUR CREAM,ss | 1 OZ | 100 | 1.0 |
| Weighted Daily Average | | | 81.45 |
| % of Calories | | | 48.3% |
| Nutrient Guideline | | | |

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| | Portion Size | Reimb Qty | Carb (g) |
|-------------------------|--------------|-----------|----------|
| Wed - 08/26/2015 | | | |
| LUNCH 6-8 | Total | 200 | |
| PIG IN A BLANKET | 2 OZ | 185 | 31.8 |
| CORN: frozen, yellow | 1/2 CUP | 150 | 21.89 |
| TROPICAL FRUIT SALAD | 1/2 c | 175 | 1.56 |
| MIXED GREEN SALAD | 1 cup | 100 | 1.73 |
| CARROTS, BABY | 1/2 CUP | 75 | 4.62 |
| FRUIT,FRESH variety | 1 PIECE | 75 | 21.48 |
| SALAD DRESSING,Assorted | 2 TBSP | 100 | 6.59 |
| MILK,VARIETY | 8 OZ | 175 | 24.0 |
| PBJ SANDWICH | 2.8oz ea | 20 | 33.16 |
| Weighted Daily Average | | | 85.46 |
| % of Calories | | | 53.0% |
| Nutrient Guideline | | | |

| | Portion Size | Reimb Qty | Carb (g) |
|-------------------------------|--------------|-----------|----------|
| Thu - 08/27/2015 | | | |
| LUNCH 6-8 | Total | 200 | |
| TURKEY AND CHEESE HOAGIE 9-12 | 1 EACH | 175 | 44.15 |
| SWEET POTATO FRENCH FRY | 1/2 CUP | 1 | 28.02 |
| CREAMY COLE SLAW | 1/2 CUP | 125 | 9.03 |
| MIXED GREEN SALAD | 1 cup | 100 | 1.73 |
| CARROTS, BABY | 1/2 CUP | 75 | 4.62 |
| FRUIT,MIXED,DELUXE | 1/2 CUP | 175 | 11.34 |
| FRUIT,FRESH variety | 1 PIECE | 75 | 21.48 |
| MILK,VARIETY | 8 OZ | 175 | 24.0 |
| PBJ SANDWICH | 2.8oz ea | 20 | 33.16 |
| SALAD DRESSING,Assorted | 2 TBSP | 100 | 6.59 |
| Weighted Daily Average | | | 92.60 |
| % of Calories | | | 54.4% |
| Nutrient Guideline | | | |

| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Fri - 08/28/2015 | | | |
| LUNCH 6-8 | Total | 200 | |
| MAC & CHEESE,LOL,FRZ | 1 CUP | 175 | 32.59 |
| BROCCOLI: frozen, ROASTED | 1/2 CUP | 150 | 4.92 |
| PINEAPPLE CHUNKS:canned,lt syr | 1/2 CUP | 150 | 16.95 |
| MIXED GREEN SALAD | 1 cup | 100 | 1.73 |
| CARROTS, BABY | 1/2 CUP | 75 | 4.62 |
| FRUIT,FRESH variety | 1 PIECE | 75 | 21.48 |
| SALAD DRESSING,Assorted | 2 TBSP | 100 | 6.59 |
| MILK,VARIETY | 8 OZ | 175 | 24.0 |
| PBJ SANDWICH | 2.8oz ea | 20 | 33.16 |
| Weighted Daily Average | | | 83.18 |
| % of Calories | | | 43.6% |
| Nutrient Guideline | | | |

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Mon - 08/31/2015 | | | |
| LUNCH 6-8 | Total | 200 | |
| LOCO Pizza,pepperoni | SERVINGS | 150 | 29.54 |
| CORN: frozen, yellow | 1/2 CUP | 100 | 21.89 |
| MIXED GREEN SALAD | 1 cup | 175 | 1.73 |
| SOYBEANS,MATURE SEEDS,SPROUTED | .5 cup | 75 | 3.35 |
| FRUIT,FRESH variety | 1 PIECE | 150 | 21.48 |
| SALAD DRESSING,Assorted | 2 TBSP | 175 | 6.59 |
| MILK,VARIETY | 8 OZ | 195 | 24.0 |
| PBJ SANDWICH | 2.8oz ea | 75 | 33.16 |
| Weighted Daily Average | | | 93.57 |
| % of Calories | | | 55.2% |
| Nutrient Guideline | | | |

| | | | |
|------------------|--|--|-------|
| Weighted Average | | | 84.96 |
| | | | 56.1% |

| Nutrient | Menu AVG | % of Cals | Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|--------|-------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 84.96 | 56.06% | | | | | | |

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