

WELD COUNTY RE-1

Oct 1, 2015 thru Oct 30, 2015

Base Menu Spreadsheet

LUNCH K-5

Portion Values - Detailed

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Generated on: 9/29/2015 11:57:46 AM

	Portion Size	Reimb Qty	Carb (g)
Thu - 10/01/2015			
LUNCH K-5	Total	200	
CHICKEN DARK MEAT POPCORN	5 each	175	8.5
PRETZEL,HEART SHAPED	1BAG	1	15.0
CORN: frozen, yellow	1/2 CUP	150	21.89
MIXED GREEN SALAD	1 cup	100	1.73
CARROTS, BABY	1/2 CUP	75	4.62
FRUIT,MIXED,DELUXE	1/2 CUP	1	11.34
FRUIT,FRESH variety	1 PIECE	75	21.48
MILK,VARIETY	8 OZ	175	24.0
KRAFT LIGHT DONE RIGHT	32 GRAMS	100	7.0
KETCHUP: individual	Pkt 6g	150	1.57
Weighted Daily Average			60.32
% of Calories			59.3%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 10/02/2015			
LUNCH K-5	Total	200	
CHEESE RAVIOLI,WHITE SAUCE	1 CUP	135	37.03
ROLL,WHEAT, 1.25OZ	1ROLL	175	28.0
BROCCOLI: frozen, ROASTED	1/2 CUP	75	4.92
MIXED GREEN SALAD	1 cup	175	1.73
CARROTS, BABY	1 CUP	1	9.24
APRICOTS: canned,light syrup	1 CUP	150	41.72
FRUIT,FRESH variety	1 PIECE	150	21.48
SALAD DRESSING,Assorted	2 TBSP	175	6.59
MILK,VARIETY	8 OZ	195	24.0
Weighted Daily Average			129.47
% of Calories			69.4%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 10/06/2015			
LUNCH K-5	Total	200	
TURKEY & CHEESE-GOLDFISH BRD	1 EACH	135	21.26
SWEET POTATO FRENCH FRY	1/2 CUP	100	28.02
MIXED GREEN SALAD	1 cup	175	1.73
BEANS GARBANZO ,CANNED	1/4 C	1	10.65
SPINACH,RAW	1/2 c	1	2.18
TROPICAL MIXED FRUIT	1/2 CUP	150	17.0
FRUIT,FRESH variety	1 PIECE	150	21.48
MILK,VARIETY	8 OZ	195	24.0
KRAFT LIGHT DONE RIGHT	32 GRAMS	175	7.0
MAYONNAISE,LIGHT	1 TBSP	1	1.0
KETCHUP	1 TBSP	1	3.53
Weighted Daily Average			88.35
% of Calories			63.2%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 10/07/2015			
LUNCH K-5	Total	600	
BEAN BURRITO	SERVINGS	175	40.01
MIXED GREEN SALAD	1 cup	100	1.73
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
GREEN CHILI SAUCE	2 OZ	1	4.82
KRAFT LIGHT DONE RIGHT	32 GRAMS	100	7.0
Weighted Daily Average			26.58
% of Calories			65.9%
Nutrient Guideline			

Thu - 10/08/2015			
LUNCH K-5	Total	200	
SPAGHETTI AND MEAT SAUCE	1 CUP	135	34.22
TACO,HARD SHELL	1 EACH	175	8.69
GREEN BEANS: frozen,boiled	1/2 CUP	75	4.35
MIXED GREEN SALAD	1 cup	175	1.73
CARROTS, BABY	1/2 CUP	75	4.62
PEACHES: canned,light syrup	1/2 CUP	150	18.26
FRUIT,FRESH variety	1 PIECE	150	21.48
MILK,VARIETY	8 OZ	195	24.0
KRAFT LIGHT DONE RIGHT	32 GRAMS	175	7.0
Weighted Daily Average			94.91
% of Calories			57.3%
Nutrient Guideline			

Fri - 10/09/2015			
LUNCH K-5	Total	200	
FISH NUGGET,TROUT,WG	3 EACH	135	13.45
ROLL,WHEAT, 1.25OZ	1ROLL	75	28.0
POTATOES,MASHED	3/8 C	135	25.5
MIXED GREEN SALAD	1 cup	175	1.73
CARROTS, BABY	1/2 CUP	75	4.62
APRICOTS: canned,light syrup	1 CUP	150	41.72
FRUIT,FRESH variety	1 PIECE	150	21.48
MILK,VARIETY	8 OZ	195	24.0
KRAFT LIGHT DONE RIGHT	32 GRAMS	175	7.0
GRAVY, PEPPERED BISCUIT, LOW S	2 OZ	100	5.0
Weighted Daily Average			119.46
% of Calories			71.8%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 10/13/2015			
LUNCH K-5	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
CARROTS, BABY	1/2 CUP	75	4.62
SOYBEANS,MATURE SEEDS,SPROUTED	.25 cup	1	1.67
ORANGES,MANDARIN	1/2 C	150	15.61
FRUIT,FRESH variety	1 PIECE	150	21.48
MILK,VARIETY	8 OZ	195	24.0
KRAFT LIGHT DONE RIGHT	32 GRAMS	175	7.0
Weighted Daily Average			93.70
% of Calories			62.1%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 10/14/2015			
LUNCH K-5	Total	200	
MEATLESS CHILI BEANS	1/2 CUPS	175	35.19
CHEESE, SHREDDED	2 OZ	135	0.0
CHIP, TORTILLA	10 EACH	135	17.0
LETTUCE,SHREDDED	1/4 cup	175	0.53
TOMATOES,RAW DICED	1/4 CUP	1	1.76
JUICE,VARIETY	4 fl.oz.	100	13.9
FRUIT,FRESH variety	1 PIECE	75	21.48
MILK,VARIETY	8 OZ	195	24.0
KRAFT LIGHT DONE RIGHT	32 GRAMS	100	7.0
SALSA:COMMODITY	2 OZ	100	3.97
PEPPERS,JALEPENO,CND,DRND	.25 CUP	1	2.0
Weighted Daily Average			86.65
% of Calories			49.9%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 10/15/2015			
LUNCH K-5	Total	400	
HOT DOG BUN (turkey)	SERVING	150	22.78
POTATO WEDGES,ALEXIA	1/2 CUP	175	24.3
MIXED GREEN SALAD	1 cup	1	1.73
CARROTS, BABY	1/2 C	1	4.62
PEACHES: canned,light syrup	1/2 CUP	150	18.26
FRUIT,FRESH variety	1 PIECE	150	21.48
MILK,VARIETY	8 OZ	195	24.0
KRAFT LIGHT DONE RIGHT	32 GRAMS	175	7.0
KETCHUP	1 TBSP	1	3.53
Weighted Daily Average			48.86
% of Calories			65.6%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 10/16/2015			
LUNCH K-5	Total	200	
TOASTED CHEESE SANDWICH	SERVINGS	170	16.0
MIXED GREEN SALAD	1 cup	100	1.73
CARROTS, BABY	1/2 CUP	75	4.62
MIXED BERRIES: frozen	1/2 CUP	150	21.24
FRUIT,FRESH variety	1 PIECE	75	21.48
MILK,VARIETY	8 OZ	175	24.0
KRAFT LIGHT DONE RIGHT	32 GRAMS	100	7.0
Weighted Daily Average			64.68
% of Calories			57.6%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 10/20/2015			
LUNCH K-5	Total	400	
HAMBURGER,WITH BUN	1 EACH	135	25.05
BAKED BEANS (NEW)	1/2 CUP	100	34.56
MIXED GREEN SALAD	1 cup	175	1.73
SPINACH,RAW	1 c	1	4.36
PINEAPPLE CHUNKS:canned,lt syr	1 CUP	150	33.89
FRUIT,FRESH variety	1 PIECE	150	21.48
MILK,VARIETY	8 OZ	195	24.0
KRAFT LIGHT DONE RIGHT	32 GRAMS	175	7.0
KETCHUP	1 TBSP	1	3.53
PICKLES,DILL SPEAR	1 EACH	1	0.91
Weighted Daily Average			53.40
% of Calories			70.3%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 10/21/2015			
LUNCH K-5	Total	200	
BEEF TACO	2 EACH	135	20.35
BEAN,REFRIED WHOLE DEHY	1/2 CUP	125	24.89
LETTUCE,SHREDDED	1/4 cup	1	0.53
TOMATOES,RAW DICED	1/4 CUP	1	1.76
JUICE,VARIETY	4 fl.oz.	200	13.9
FRUIT,FRESH variety	1 PIECE	150	21.48
OATMEAL BENEFIT BAR,MINI	1.25 OZ	125	24.0
MILK,VARIETY	8 OZ	195	24.0
KRAFT LIGHT DONE RIGHT	32 GRAMS	100	7.0
SALSA:COMMODITY	2 OZ	150	3.97
Weighted Daily Average			104.19
% of Calories			59.7%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 10/22/2015			
LUNCH K-5	Total	400	
CHICKEN,ROASTED,FC,BREAST/THIG	3 OZ	140	0.0
ROLL,WHEAT, 1.25OZ	1ROLL	76	28.0
POTATOES,MASHED	3/8 C	125	25.5
PEACHES: canned,light syrup	1/2 CUP	150	18.26
FRUIT,FRESH variety	1 PIECE	75	21.48
MIXED GREEN SALAD	1 cup	100	1.73
CARROTS, BABY	1/2 CUP	75	4.62
PEAS: frozen,boiled	.25 CUP	1	5.7
MILK,VARIETY	8 OZ	175	24.0
KRAFT LIGHT DONE RIGHT	32 GRAMS	100	7.0
GRAVY, PEPPERED BISCUIT, LOW S	2 OZ	1	5.0
Weighted Daily Average			37.74
% of Calories			60.0%
Nutrient Guideline			

Fri - 10/23/2015			
LUNCH K-5	Total	200	
YOGURT,upstate variety	4 oz	100	155.86
PRETZEL,WW MINI,1OZ	1 OZ	135	14.0
GRANOLA	1/4 CUP	1	24.85
MIXED BERRIES: frozen	1/2 CUP	1	21.24
FRUIT,FRESH ASSORTED	1 EACH	175	18.8
MIXED GREEN SALAD	1 cup	1	1.73
CARROTS, BABY	1/2 CUP	75	4.62
SOYBEANS,MATURE SEEDS,SPROUTED	.25 cup	1	1.67
MILK,VARIETY	8 OZ	195	24.0
KRAFT LIGHT DONE RIGHT	32 GRAMS	1	7.0
Weighted Daily Average			129.25
% of Calories			79.7%
Nutrient Guideline			

Tue - 10/27/2015			
LUNCH K-5	Total	400	
TURKEY & CHEESE-GOLDFISH BRD	1 EACH	160	21.26
SWEET POTATO FRENCH FRY	1/2 CUP	100	28.02
MIXED GREEN SALAD	1 cup	175	1.73
SPINACH,RAW	1/2 c	1	2.18
SOYBEANS,MATURE SEEDS,SPROUTED	.25 cup	1	1.67
APPLESAUCE:cnnd,unswtnd,+vit C	1 CUP	100	27.55
FRUIT,FRESH variety	1 PIECE	150	21.48
SALAD DRESSING,Assorted	2 TBSP	175	6.59
MILK,VARIETY	8 OZ	195	24.0
KRAFT LIGHT DONE RIGHT	32 GRAMS	1	7.0
KETCHUP	2 TBSP	1	7.06
Weighted Daily Average			45.83
% of Calories			61.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 10/28/2015			
LUNCH K-5	Total	200	
CHICKEN FAJITAS, 6-12	2.46 oz	135	16.39
PINTO BEANS: cooked	.25 c	75	21.99
LETTUCE,SHREDDED	1/2 cup	100	1.07
TOMATOES,RAW DICED	1/4 CUP	1	1.76
FRUIT,FRESH variety	1 PIECE	150	21.48
MANGO,frozen	1/2 CUP	1	16.99
MILK,VARIETY	8 OZ	195	24.0
SALSA:COMMODITY	2 OZ	135	3.97
KRAFT LIGHT DONE RIGHT	32 GRAMS	60	7.0
PEPPERS,JALEPENO,CND,DRND	.25 CUP	1	2.0
Weighted Daily Average			64.24
% of Calories			61.3%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 10/29/2015			
LUNCH K-5	Total	200	
BBQ PORK SANDWICH	1 SANDWICH	185	39.64
POTATOES,MASHED	1/4 C	1	17.0
MIXED GREEN SALAD	1 cup	100	1.73
CARROTS, BABY	1/2 CUP	75	4.62
PEACHES: canned,light syrup	.5 CUP	1	18.26
FRUIT,FRESH variety	1 PIECE	75	21.48
MILK,VARIETY	8 OZ	175	24.0
KRAFT LIGHT DONE RIGHT	32 GRAMS	100	7.0
GRAVY, PEPPERED BISCUIT, LOW S	2 OZ	1	5.0
Weighted Daily Average			72.02
% of Calories			54.4%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 10/30/2015			
LUNCH K-5	Total	400	
MAC & CHEESE,LOL,FRZ	1 CUP	175	32.59
BROCCOLI: frozen, ROASTED	1/2 CUP	150	4.92
MIXED GREEN SALAD	1 cup	100	1.73
CARROTS, BABY	1/2 CUP	75	4.62
ORANGES,MANDARIN	1/2 C	150	15.61
FRUIT,FRESH variety	1 PIECE	75	21.48
MILK,VARIETY	8 OZ	175	24.0
KRAFT LIGHT DONE RIGHT	32 GRAMS	100	7.0
Weighted Daily Average			39.54
% of Calories			43.3%
Nutrient Guideline			

Weighted Average			75.51
			62.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	75.51	62.06%						

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