

# WELD COUNTY RE-1

Aug 31, 2015 thru Sep 30, 2015

Base Menu Spreadsheet

LUNCH 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 08/31/2015			
LUNCH 9-12	Total	200	
PIZZA W/ALPHA CRUST	1 SLICE	150	32.35
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
ORANGES,MANDARIN	1/2 C	1	15.61
MILK,VARIETY	8 OZ	195	24.0
SALAD DRESSING,Assorted	2 TBSP	175	6.59
PBJ SANDWICH	2.8oz ea	75	33.16
YOGURT/CHEESE/SEEDS	1 EACH	1	5.95
CRACKERS, GOLDFISH, GIANT	.9 OZ	1	19.0
Weighted Daily Average			95.89
% of Calories			54.7%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 09/01/2015			
LUNCH 9-12	Total	400	
CHICKEN,ROASTED,FC,BREAST/THIG	3 OZ	140	0.0
ROLL,WHEAT, 1.25OZ	1ROLL	76	28.0
MASHED POTATOES:flakes,mlk+but	1/2 CUP	125	11.41
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
MILK,VARIETY	8 OZ	175	24.0
SALAD DRESSING,Assorted	2 TBSP	100	6.59
PBJ SANDWICH	2.8oz ea	40	33.16
YOGURT/CHEESE/SEEDS	1 EACH	25	5.95
Weighted Daily Average			36.89
% of Calories			51.9%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 09/02/2015			
LUNCH 9-12	Total	200	
TACO SALAD	SERVINGS	135	20.11
3 BEAN CILANTRO SALSA	1/2 CUP	75	9.87
JUICE,VARIETY	4 fl.oz.	200	13.9
FRUIT,FRESH variety	1 PIECE	150	21.48
MILK,VARIETY	8 OZ	195	24.0
SALAD DRESSING,Assorted	2 TBSP	100	6.59
SALSA:COMMODITY	2 OZ	150	3.97
PBJ SANDWICH	2.8oz ea	60	33.16
SOUR CREAM,ss	1 OZ	50	1.0
YOGURT/CHEESE/SEEDS	1 EACH	70	5.95
OATMEAL BENEFIT BAR,MINI	1.25 OZ	150	24.0
Weighted Daily Average			107.23
% of Calories			56.0%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 09/03/2015			
LUNCH 9-12	Total	200	
HOT ITALIAN SANDWICH	SANDWICH	165	30.11
SWEET POTATO FRENCH FRY	1/2 CUP	150	28.02
TROPICAL FRUIT SALAD	1/2 c	150	1.56
FRUIT,FRESH variety	1 PIECE	75	21.48
MIXED GREEN SALAD	1 cup	100	1.73
CARROTS, BABY	1/2 CUP	75	4.62
SALAD DRESSING,Assorted	2 TBSP	100	6.59
MILK,VARIETY	8 OZ	175	24.0
PBJ SANDWICH	2.8oz ea	40	33.16
YOGURT/CHEESE/SEEDS	2 M/MA	25	5.95
Weighted Daily Average			89.34
% of Calories			54.1%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 09/04/2015			
LUNCH 9-12	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
PBJ SANDWICH	2.8oz ea	75	33.16
YOGURT/CHEESE/SEEDS	1 EACH	1	5.95
Weighted Daily Average			141.93
% of Calories			66.3%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Mon - 09/07/2015			
LUNCH 9-12	Total	1	
HOLIDAY	SERVING	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 09/08/2015			
LUNCH 9-12	Total	200	
TOASTED CHEESE SANDWICH	SERVINGS	170	16.0
TOMATO SOUP, HR	1/2 CUP	150	22.73
MIXED GREEN SALAD	1 cup	100	1.73
CARROTS, BABY	1/2 CUP	75	4.62
PEAS: frozen,boiled	1 CUP	1	22.82
ORANGES,MANDARIN	1/2 C	150	15.61
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	40	33.16
YOGURT/CHEESE/SEEDS	2 M/MA	25	5.95
GOLDFISH CRACKERS, WG .75OZ	.75 OZ	150	13.0
Weighted Daily Average			94.54
% of Calories			55.0%
Nutrient Guideline			

Wed - 09/09/2015			
LUNCH 9-12	Total	200	
BEAN BURRITO	SERVINGS	175	40.01
LETTUCE,SHREDDED	1/4 cup	100	0.53
CARROTS, BABY	1/2 CUP	75	4.62
FRUIT,FRESH variety	1 PIECE	75	21.48
JUICE,VARIETY	4 fl.oz.	100	13.9
MILK,VARIETY	8 OZ	175	24.0
SALAD DRESSING,Assorted	2 TBSP	100	6.59
PBJ SANDWICH	2.8oz ea	15	33.16
YOGURT/CHEESE/SEEDS	2 M/MA	30	5.95
CHIP, TORTILLA	10 EACH	100	17.0
GREEN CHILI SAUCE	2 OZ	100	4.82
Weighted Daily Average			90.60
% of Calories			60.9%
Nutrient Guideline			

Thu - 09/10/2015			
LUNCH 9-12	Total	400	
CHICKENBRST SPICY SANDWICH	4 OZ	150	39.0
MASHED POTATOES:flakes,mlk+but	1 CUP	150	22.83
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
SALAD DRESSING,Assorted	2 TBSP	175	6.59
MILK,VARIETY	8 OZ	195	24.0
PBJ SANDWICH	2.8oz ea	75	33.16
YOGURT/CHEESE/SEEDS	1 EACH	1	5.95
GRAVY, PEPPERED BISCUIT, LOW S	2 OZ	1	5.0
Weighted Daily Average			60.54
% of Calories			57.2%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 09/11/2015			
LUNCH 9-12	Total	200	
SCRAMBLED EGGS W/CHEESE	3 OZ	75	1.88
YOGURT,upstate variety	8 oz	100	311.73
UBR,2.2OZ WRAPPED	2.2 OZ	135	44.26
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
PBJ SANDWICH	2.8oz ea	1	33.16
SALAD DRESSING,Assorted	2 TBSP	75	6.59
Weighted Daily Average			230.91
% of Calories			72.8%
Nutrient Guideline			

Mon - 09/14/2015			
LUNCH 9-12	Total	200	
HAMBURGER,WITH BUN	1 EACH	135	25.05
POTATO WEDGES,ALEXIA	1/2 CUP	100	24.3
MIXED GREEN SALAD	1 cup	175	1.73
SPINACH,RAW	1 c	1	4.36
BEANS GARBANZO ,CANNED	1/4 C	1	10.65
PINEAPPLE CHUNKS:canned,lt syr	1 CUP	150	33.89
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
YOGURT/CHEESE/SEEDS	1 EACH	1	5.95
Weighted Daily Average			113.80
% of Calories			62.9%
Nutrient Guideline			

Tue - 09/15/2015			
LUNCH 9-12	Total	200	
TURKEY AND CHEESE HOAGIE 9-12	1 SANDWICH	150	44.15
CREAMY COLE SLAW	1/4 CUP	150	4.52
MIXED GREEN SALAD	1 cup	175	1.73
CARROTS, BABY	1/2 CUP	75	4.62
MIXED FRUIT: frozen,sweetened	1 CUP	150	60.58
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
YOGURT/CHEESE/SEEDS	1 EACH	1	5.95
Weighted Daily Average			142.91
% of Calories			62.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/16/2015			
LUNCH 9-12	Total	200	
CHICKEN FAJITAS, 6-12	2.46 oz	135	16.39
REFRIED BEANS	1/2 CUP	75	18.28
LETTUCE,SHREDDED	1/2 cup	100	1.07
TOMATOES,RAW DICED	1/4 CUP	1	1.76
JUICE,VARIETY	4 fl.oz.	150	13.9
MANGO,frozen	1/2 CUP	1	16.99
MILK,VARIETY	8 OZ	195	24.0
SALSA:COMMODITY	2 OZ	135	3.97
SALAD DRESSING,Assorted	2 TBSP	60	6.59
PBJ SANDWICH	2.8oz ea	75	33.16
YOGURT/CHEESE/SEEDS	2 M/MA	75	5.95
SOUR CREAM,ss	1 OZ	75	1.0
OATMEAL BENEFIT BAR,MINI	1.25 OZ	125	24.0
Weighted Daily Average			87.07
% of Calories			51.0%
Nutrient Guideline			

Thu - 09/17/2015			
LUNCH 9-12	Total	200	
SPAGHETTI AND MEAT SAUCE	1 CUP	135	34.22
GREEN BEANS: frozen,boiled	1/2 CUP	75	4.35
MIXED GREEN SALAD	1 cup	175	1.73
CARROTS, BABY	1 CUP	75	9.24
PEACHES: canned,light syrup	1/2 CUP	150	18.26
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	60	33.16
YOGURT/CHEESE/SEEDS	1 EACH	70	5.95
ROLL,WHEAT, 1.25OZ	1ROLL	100	28.0
Weighted Daily Average			114.71
% of Calories			59.6%
Nutrient Guideline			

Fri - 09/18/2015			
LUNCH 9-12	Total	200	
FISH,POLLOCK RECTANGLE	SERVINGS	135	4.49
HAMBURGER BUN,WG,	1 BUN	75	23.0
CORN: frozen, yellow	1/2 CUP	135	21.89
MIXED GREEN SALAD	1 cup	175	1.73
CARROTS, BABY	1/2 CUP	75	4.62
ORANGES,MANDARIN	1/2 C	150	15.61
FRUIT,FRESH variety	1 PIECE	150	21.48
MILK,VARIETY	8 OZ	195	24.0
SALAD DRESSING,Assorted	2 TBSP	175	6.59
PBJ SANDWICH	2.8oz ea	75	33.16
YOGURT/CHEESE/SEEDS	2 M/MA	75	5.95
TARTAR SAUCE	2 TBSP	100	7.94

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			105.29 63.6%
Nutrient Guideline			

Mon - 09/21/2015			
LUNCH 9-12	Total	200	
PIZZA BAGEL, PEPPERONI MINI	4 EA	185	25.0
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
PINEAPPLE CHUNKS: canned, lt syr	1 CUP	1	33.89
FRUIT, FRESH variety	1 PIECE	200	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
YOGURT/CHEESE/SEEDS	2 M/MA	25	5.95
Weighted Daily Average % of Calories			76.98 57.9%
Nutrient Guideline			

Tue - 09/22/2015			
LUNCH 9-12	Total	200	
MEATLESS CHILI BEANS	1/2 CUPS	175	35.19
CHEESE, SHREDDED	2 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
JUICE, VARIETY	4 fl.oz.	1	13.9
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
YOGURT/CHEESE/SEEDS	2 M/MA	25	5.95
OATMEAL BENEFIT BAR, MINI	1.25 OZ	1	24.0
Weighted Daily Average % of Calories			82.39 43.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/23/2015			
LUNCH 9-12	Total	200	
PIG IN A BLANKET	2 OZ	185	31.8
CORN: frozen, yellow	1/2 CUP	1	21.89
MIXED BERRIES: frozen	1/2 CUP	175	21.24
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
YOGURT/CHEESE/SEEDS	2 M/MA	25	5.95
SUN CHIPS	1 oz	12	5.04
Weighted Daily Average			87.42
% of Calories			58.5%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 09/24/2015			
LUNCH 9-12	Total	200	
BBQ BEEF SANDWICH	1 SANDWICH	185	39.64
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
PEACHES: canned,light syrup	.5 CUP	1	18.26
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
YOGURT/CHEESE/SEEDS	2 M/MA	25	5.95
Weighted Daily Average			75.90
% of Calories			59.0%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 09/25/2015			
LUNCH 9-12	Total	200	
MAC & CHEESE,LOL,FRZ	1 CUP	175	32.59
ROLL,WHEAT, 1.25OZ	1ROLL	1	28.0
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
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			82.32
% of Calories			43.1%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Mon - 09/28/2015			
LUNCH 9-12	Total	1	
NO SCHOOL TODAY	SERVING	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 09/29/2015			
LUNCH 9-12	Total	200	
HAMBURGER,WITH BUN	1 SANDWICH	175	25.05
BAKED BEANS (VEGETARIAN)	SERVINGS	175	35.98
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
PEARS: canned,light syrup	1 CUP	1	38.08
FRUIT,FRESH variety	1 PIECE	100	21.48
MILK,VARIETY	8 OZ	175	24.0
PBJ SANDWICH	2.8oz ea	20	33.16
YOGURT/CHEESE/SEEDS	2 M/MA	25	5.95
SUN CHIPS	1 oz	1	5.04
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			98.68
% of Calories			62.6%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 09/30/2015			
LUNCH 9-12	Total	200	
TACO SALAD	SERVINGS	175	20.11
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:COMMODITY	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
YOGURT/CHEESE/SEEDS	2 M/MA	25	5.95
OATMEAL MUFFIN SQUARES	SERVINGS	12	34.51
Weighted Daily Average			70.00
% of Calories			48.8%
Nutrient Guideline			

Weighted Average			99.30
			58.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	99.30	58.12%						

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\* - 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.