

WELD COUNTY RE-1

Aug 31, 2015 thru Sep 30, 2015

Base Menu Spreadsheet

LUNCH K-5

Portion Values - Detailed

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Generated on: 8/25/2015 7:00:49 AM

	Portion Size	Reimb Qty	Carb (g)
Mon - 08/31/2015			
LUNCH K-5	Total	200	
PIZZA W/ALPHA CRUST K-5	1 SLICE	150	23.45
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
Weighted Daily Average			76.58
% of Calories			55.8%
Nutrient Guideline			

Tue - 09/01/2015			
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
MILK,VARIETY	8 OZ	175	24.0
SALAD DRESSING,Assorted	2 TBSP	100	6.59
Weighted Daily Average			37.61
% of Calories			59.4%
Nutrient Guideline			

Wed - 09/02/2015			
LUNCH K-5	Total	200	
TACO SALAD	SERVINGS	135	20.11
3 BEAN CILANTRO SALSA	1/4 CUP	75	4.94
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
Weighted Daily Average			75.10
% of Calories			58.9%
Nutrient Guideline			

Thu - 09/03/2015			
LUNCH K-5	Total	200	
HOT ITALIAN SANDWICH	SANDWICH	165	30.11
SWEET POTATO FRENCH FRY	3/8 CUP	150	21.01
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

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			76.71
% of Calories			55.8%
Nutrient Guideline			

Fri - 09/04/2015			
LUNCH K-5	Total	200	
CHEESE RAVIOLI,WHITE SAUCE	1/2 CUP	135	18.52
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	1/2 CUP	150	20.86
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			101.32
% of Calories			68.8%
Nutrient Guideline			

Mon - 09/07/2015			
LUNCH K-5	Total	1	
HOLIDAY	SERVING	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

Tue - 09/08/2015			
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
PEAS: frozen,boiled	1/4 CUP	1	5.7
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
Weighted Daily Average			60.28
% of Calories			54.7%
Nutrient Guideline			

Wed - 09/09/2015			
LUNCH K-5	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

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			76.31
% of Calories			64.4%
Nutrient Guideline			

Thu - 09/10/2015			
LUNCH K-5	Total	400	
CHICKEN DARK MEAT POPCORN	5 each	150	8.5
POTATOES,MASHED	3/8 C	150	25.5
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
GRAVY, PEPPERED BISCUIT, LOW S	2 OZ	1	5.0
Weighted Daily Average			43.87
% of Calories			66.9%
Nutrient Guideline			

Fri - 09/11/2015			
LUNCH K-5	Total	200	
YOGURT,upstate variety	4 oz	100	155.86
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
SALAD DRESSING,Assorted	2 TBSP	75	6.59
Weighted Daily Average			152.11
% of Calories			74.8%
Nutrient Guideline			

Mon - 09/14/2015			
LUNCH K-5	Total	200	
HAMBURGER,WITH BUN	1 EACH	135	25.05
POTATO WEDGES,ALEXIA	3/8 CUP	100	18.22
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	1/2 CUP	150	16.95
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			85.95
% of Calories			63.7%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 09/15/2015			
LUNCH K-5	Total	200	
TURKEY & CHEESE-GOLDFISH BRD	1 EACH	150	21.26
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
MILK,VARIETY	8 OZ	195	24.0
KRAFT LIGHT DONE RIGHT	32 GRAMS	175	7.0
Weighted Daily Average			113.65
% of Calories			71.2%
Nutrient Guideline			

Wed - 09/16/2015			
LUNCH K-5	Total	200	
CHICKEN FAJITAS, k-5	2 oz	135	15.94
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
KRAFT LIGHT DONE RIGHT	32 GRAMS	60	7.0
Weighted Daily Average			56.85
% of Calories			56.6%
Nutrient Guideline			

Thu - 09/17/2015			
LUNCH K-5	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
TACO,HARD SHELL	1 EACH	1	8.69
Weighted Daily Average			88.73
% of Calories			63.7%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 09/18/2015			
LUNCH K-5	Total	200	
FISH NUGGET,TROUT,WG	3 EACH	135	13.45
ROLL,WHEAT, 1.25OZ	1ROLL	75	28.0
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
KRAFT LIGHT DONE RIGHT	32 GRAMS	175	7.0
Weighted Daily Average			94.94
% of Calories			66.9%
Nutrient Guideline			

Mon - 09/21/2015			
LUNCH K-5	Total	200	
PIZZA BAGEL,PEPPERONI MINI	3 EA	185	18.75
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
KRAFT LIGHT DONE RIGHT	32 GRAMS	100	7.0
Weighted Daily Average			67.35
% of Calories			62.8%
Nutrient Guideline			

Tue - 09/22/2015			
LUNCH K-5	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
SALSA:COMMODITY	2 OZ	100	3.97
Weighted Daily Average			77.71
% of Calories			46.0%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/23/2015			
LUNCH K-5	Total	200	
PIG IN A BLANKET	2 OZ	185	31.8
CORN: frozen, yellow	3/8 CUP	1	16.41
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
KRAFT LIGHT DONE RIGHT	32 GRAMS	100	7.0
Weighted Daily Average			83.23
% of Calories			60.8%
Nutrient Guideline			

Thu - 09/24/2015			
LUNCH K-5	Total	200	
BBQ BEEF SANDWICH	1 SANDWICH	185	39.64
SWEET POTATO FRENCH FRY	3/8 CUP	1	21.01
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
Weighted Daily Average			72.02
% of Calories			61.7%
Nutrient Guideline			

Fri - 09/25/2015			
LUNCH K-5	Total	200	
MAC & CHEESE,LOL,FRZ	2/3 CUP	175	21.73
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
MILK,VARIETY	8 OZ	175	24.0
KRAFT LIGHT DONE RIGHT	32 GRAMS	100	7.0
Weighted Daily Average			69.70
% of Calories			48.0%
Nutrient Guideline			

Mon - 09/28/2015			
LUNCH K-5	Total	1	
NO SCHOOL TODAY	SERVING	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

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Tue - 09/29/2015			
LUNCH K-5	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
PEARS: canned,light syrup	1 CUP	1	38.08
FRUIT,FRESH variety	1 PIECE	100	21.48
MILK,VARIETY	8 OZ	175	24.0
KRAFT LIGHT DONE RIGHT	32 GRAMS	100	7.0
KETCHUP	1 TBSP	175	3.53
PICKLES.DILL SPEAR	1 EACH	50	0.91
Weighted Daily Average			94.75
% of Calories			65.1%
Nutrient Guideline			

Wed - 09/30/2015			
LUNCH K-5	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
KRAFT LIGHT DONE RIGHT	32 GRAMS	100	7.0
OATMEAL MUFFIN SQUARES	SERVINGS	12	34.51
Weighted Daily Average			65.90
% of Calories			51.6%
Nutrient Guideline			

Weighted Average			79.56
			61.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	79.56	61.08%						

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