

WELD COUNTY RE-1

Aug 10, 2015 thru Aug 31, 2015

Base Menu Spreadsheet

LUNCH K-5

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 08/10/2015			
LUNCH K-5	Total	1	
NO LUNCH	SERVING	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

Tue - 08/11/2015			
LUNCH K-5	Total	200	
PIZZA BAGEL, PEPPERONI MINI	3 EA	185	18.75
CORN: frozen, yellow	1/4 CUP	150	10.94
WATERMELON, CHUNKS	1/2 CUP	200	5.74
MIXED GREEN SALAD	1 cup	100	1.73
CARROTS, BABY	1/4 CUP	75	2.31
SOYBEANS, MATURE SEEDS, SPROUTED	.25 cup	75	1.67
SALAD DRESSING, Assorted	2 TBSP	100	6.59
MILK, VARIETY	8 OZ	175	24.0
Weighted Daily Average			57.94
% of Calories			58.1%
Nutrient Guideline			

Wed - 08/12/2015			
LUNCH K-5	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: COMMODITY	2 OZ	150	3.97
MILK, VARIETY	8 OZ	175	24.0
SALAD DRESSING, Assorted	2 TBSP	100	6.59
Weighted Daily Average			66.09
% of Calories			51.4%
Nutrient Guideline			

Thu - 08/13/2015			
LUNCH K-5	Total	200	
TURKEY & CHEESE-GOLDFISH BRD	1 EACH	175	21.26
POTATO WEDGES, ALEXIA	3/8 CUP	1	18.22
CREAMY COLE SLAW	1/4 CUP	175	4.52
MIXED GREEN SALAD	1 cup	100	1.73
CARROTS, BABY	1/4 CUP	75	2.31
PEACHES: canned, light syrup	1/2 CUP	175	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
Weighted Daily Average			72.70
% of Calories			61.8%
Nutrient Guideline			

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Fri - 08/14/2015			
LUNCH K-5	Total	200	
YOGURT,upstate variety	1/2 c	1	19.48
UBR,2.2OZ WRAPPED	2.2 OZ	12	44.26
GRANOLA	1/4 CUP	1	24.85
ORANGES,MANDARIN	1/2 C	175	15.61
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			51.48
% of Calories			75.7%
Nutrient Guideline			

Mon - 08/17/2015			
LUNCH K-5	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	1/4 CUP	75	2.31
BEANS GARBANZO ,CANNED	1/4 C	1	10.65
FRUIT,FRESH variety	1 PIECE	75	21.48
MILK,VARIETY	8 OZ	175	24.0
SALAD DRESSING,Assorted	2 TBSP	100	6.59
Weighted Daily Average			70.01
% of Calories			58.5%
Nutrient Guideline			

Tue - 08/18/2015			
LUNCH K-5	Total	200	
CHICKEN DARK MEAT POPCORN	10 PIECES EACH	175	1.7
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	1/2 CUP	1	16.95
FRUIT,FRESH variety	1 PIECE	75	21.48
MILK,VARIETY	8 OZ	175	24.0
SALAD DRESSING,Assorted	2 TBSP	100	6.59
KETCHUP: individual	Pkt 6g	150	1.57
Weighted Daily Average			46.26
% of Calories			60.8%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 08/19/2015			
LUNCH K-5	Total	200	
BEAN BURRITO	SERVINGS	175	40.01
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
SALSA:COMMODITY	2 OZ	150	3.97
SALAD DRESSING,Assorted	2 TBSP	100	6.59
Weighted Daily Average			81.88
% of Calories			65.6%
Nutrient Guideline			

Thu - 08/20/2015			
LUNCH K-5	Total	200	
SPAGHETTI AND MEAT SAUCE	1 CUP	150	34.22
GREEN BEANS: frozen,boiled	3/8 CUP	100	3.27
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
TACO SHELLS,BAKED	1 SHELL	125	8.13
Weighted Daily Average			76.46
% of Calories			59.1%
Nutrient Guideline			

Fri - 08/21/2015			
LUNCH K-5	Total	200	
FISH NUGGET,TROUT,WG	3 EACH	175	13.45
ROLL,WHEAT, 1.25OZ	1ROLL	1	28.0
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
SALAD DRESSING,Assorted	2 TBSP	100	6.59
MILK,VARIETY	8 OZ	175	24.0
KETCHUP	2 TBSP	20	7.06
Weighted Daily Average			62.96
% of Calories			58.7%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Mon - 08/24/2015			
LUNCH K-5	Total	200	
HAMBURGER,WITH BUN	1 SANDWICH	175	25.05
POTATO WEDGES,ALEXIA	3/8 CUP	175	18.22
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
SALAD DRESSING,Assorted	2 TBSP	100	6.59
KETCHUP	1 TBSP	175	3.53
Weighted Daily Average			78.58
% of Calories			57.9%
Nutrient Guideline			

Tue - 08/25/2015			
LUNCH K-5	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
SALSA:COMMODITY	2 OZ	100	3.97
Weighted Daily Average			77.64
% of Calories			50.5%
Nutrient Guideline			

Wed - 08/26/2015			
LUNCH K-5	Total	200	
PIG IN A BLANKET	2 OZ	185	31.8
CORN: frozen, yellow	3/8 CUP	150	16.41
TROPICAL FRUIT SALAD	1/2 c	175	1.56
MIXED GREEN SALAD	1 cup	100	1.73
CARROTS, BABY	1/4 CUP	75	2.31
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			77.17
% of Calories			52.1%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 08/27/2015			
LUNCH K-5	Total	200	
TURKEY & CHEESE-GOLDFISH BRD	1 EACH	175	21.26
SWEET POTATO FRENCH FRY	1/4 CUP	1	14.01
CREAMY COLE SLAW	1/4 CUP	125	4.52
MIXED GREEN SALAD	1 cup	100	1.73
CARROTS, BABY	1/4 CUP	75	2.31
FRUIT,MIXED,DELUXE	1/2 CUP	175	11.34
FRUIT,FRESH variety	1 PIECE	75	21.48
MILK,VARIETY	8 OZ	175	24.0
SALAD DRESSING,Assorted	2 TBSP	100	6.59
Weighted Daily Average			65.50
% of Calories			58.8%
Nutrient Guideline			

Fri - 08/28/2015			
LUNCH K-5	Total	200	
MAC & CHEESE,LOL,FRZ	2/3 CUP	175	21.73
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	1/4 CUP	75	2.31
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			69.49
% of Calories			48.0%
Nutrient Guideline			

Mon - 08/31/2015			
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
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			81.14
% of Calories			57.0%
Nutrient Guideline			

Weighted Average			69.02
			57.3%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	69.02	57.29%						

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