

WELD COUNTY RE-1

Aug 10, 2015 thru Aug 31, 2015

Base Menu Spreadsheet

LUNCH 9-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 08/10/2015			
LUNCH 9-12	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
YOGURT/CHEESE/SEEDS	2 M/MA	25	5.95
SALAD DRESSING,Assorted	2 TBSP	100	6.59
KETCHUP	1 TBSP	175	3.53
PICKLES,DILL SPEAR	1 EACH	50	0.91
SUN CHIPS	1 oz	1	5.04
Weighted Daily Average			98.43
% of Calories			62.6%
Nutrient Guideline			

Tue - 08/11/2015			
LUNCH 9-12	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
YOGURT/CHEESE/SEEDS	2 M/MA	25	5.95
UBR.2.2OZ WRAPPED	2.2 OZ	12	44.26
Weighted Daily Average			85.88
% of Calories			58.3%
Nutrient Guideline			

Wed - 08/12/2015			
LUNCH 9-12	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
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
CRACKERS, GOLDFISH, GIANT	.9 OZ	12	19.0

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			71.54 49.3%
Nutrient Guideline			

Thu - 08/13/2015			
LUNCH 9-12	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
YOGURT/CHEESE/SEEDS	2 M/MA	25	5.95
PBJ SANDWICH	2.8oz ea	20	33.16
Weighted Daily Average % of Calories			117.62 59.7%
Nutrient Guideline			

Fri - 08/14/2015			
LUNCH 9-12	Total	200	
SCRAMBLED EGGS,CKD,FRZ	3 OZ	150	1.61
YOGURT,upstate variety	1 c	1	38.97
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
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
YOGURT/CHEESE/SEEDS	2 M/MA	25	5.95
Weighted Daily Average % of Calories			56.85 55.1%
Nutrient Guideline			

Mon - 08/17/2015			
LUNCH 9-12	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
YOGURT/CHEESE/SEEDS	2 M/MA	25	5.95
SALAD DRESSING,Assorted	2 TBSP	100	6.59

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			74.94
% of Calories			57.0%
Nutrient Guideline			

Tue - 08/18/2015			
LUNCH 9-12	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
KETCHUP: individual	Pkt 6g	150	1.57
YOGURT/CHEESE/SEEDS	2 M/MA	25	5.95
Weighted Daily Average			52.42
% of Calories			56.4%
Nutrient Guideline			

Wed - 08/19/2015			
LUNCH 9-12	Total	600	
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
SOUR CREAM,ss	1 OZ	125	1.0
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			33.82
% of Calories			57.7%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 08/20/2015			
LUNCH 9-12	Total	400	
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
YOGURT/CHEESE/SEEDS	2 M/MA	25	5.95
ROLL,WHEAT, 1.25OZ	1ROLL	125	28.0
Weighted Daily Average			46.74
% of Calories			59.1%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 08/21/2015			
LUNCH 9-12	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
YOGURT/CHEESE/SEEDS	2 M/MA	25	5.95
Weighted Daily Average			92.41
% of Calories			60.8%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Mon - 08/24/2015			
LUNCH 9-12	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
YOGURT/CHEESE/SEEDS	2 M/MA	25	5.95
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			88.18
% of Calories			56.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 08/25/2015			
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
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			82.32
% of Calories			43.9%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 08/26/2015			
LUNCH 9-12	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
YOGURT/CHEESE/SEEDS	2 M/MA	25	5.95
SUN CHIPS	1 oz	12	5.04
Weighted Daily Average			86.50
% of Calories			52.3%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 08/27/2015			
LUNCH 9-12	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
YOGURT/CHEESE/SEEDS	2 M/MA	25	5.95
Weighted Daily Average			93.34
% of Calories			53.7%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 08/28/2015			
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
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			83.32
% of Calories			43.6%
Nutrient Guideline			

Mon - 08/31/2015			
LUNCH 9-12	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			78.62
			54.5%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	78.62	54.53%						

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