

# Milwaukee Center for Independence

Sep 1, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

K-8 Hot Lunch, Chef Creation

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Fri - 09/01/2017			
K-8 Hot Lunch, Chef Creatio	Total	1	
Meatloaf, Homemade 16/17	1 each	1	6.94
WW Dinner Roll 16/17	1 EACH	1	12.34
MARGARINE, SMART BAL	1 EA	1	0.0
MASHED POTATOES: 2015-2016	.75 CUP	1	20.29
Seasonal Fruit, Lunch	1 each	1	17.42
CHOICE OF MILK	1 CUP	1	19.55
Weighted Daily Average			76.54
% of Calories			47.3%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 09/05/2017			
K-8 Hot Lunch, Chef Creatio	Total	1	
Teriyaki Chicken 17/18	#12 scoop	1	13.33
WHOLE GRAIN BROWN RICE 14-15	1/2 CUP	1	23.81
ASSORTED GRAHAM CRACKERS 16/17	ONE EACH	1	20.16
BABY CARROTS: Schools	3/4 CUP	1	8.97
RANCH DRESSING PACKET	1 EACH	1	0.86
Seasonal Fruit, Lunch	1 each	1	17.42
CHOICE OF MILK	1 CUP	1	19.55
Weighted Daily Average			104.10
% of Calories			62.0%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 09/06/2017			
K-8 Hot Lunch, Chef Creatio	Total	1	
CHEF SALAD: Prediced T Ha ROM	1 EACH	1	4.18
xWG Breadstick 16/17	1 EACH	1	17.0
RANCH DRESSING PACKET	1 EACH	1	0.86
Seasonal Fruit, Lunch	1 each	1	17.42
CHOICE OF MILK	1 CUP	1	19.55
Crackers, Cheez-Its .75 oz	1 EACH	1	14.0
Weighted Daily Average			73.01
% of Calories			49.4%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 09/07/2017			
K-8 Hot Lunch, Chef Creatio	Total	1	
GRILLED CHICKEN SANDWICH (NF)	1 SANDWICH	1	26.47
MAYONNAISE	POUCH	1	0.0
GREEN BEANS: frozen,boiled	.75 CUP	1	6.53
Seasonal Fruit, Lunch	1 each	1	17.42
CHOICE OF MILK	1 CUP	1	19.55
Weighted Daily Average			69.97
% of Calories			51.6%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 09/08/2017			
K-8 Hot Lunch, Chef Creatio	Total	1	
Cheeseburger, 16/17	burgers	1	27.95
KETCHUP	PC	1	3.0
Beans, Veg Baked 15/16	3/4 cup	1	44.86
Seasonal Fruit, Lunch	1 each	1	17.42
CHOICE OF MILK	1 CUP	1	19.55
Weighted Daily Average			112.77
% of Calories			61.3%
Nutrient Guideline			

Mon - 09/11/2017			
K-8 Hot Lunch, Chef Creatio	Total	1	
CHICKEN FAJITAS: 2014-2015	Servings	1	1.36
TACO SAUCE	POUCH	1	1.0
Refried Beans 16/17	1/2 CUP EQV	1	34.97
Seasonal Fruit, Lunch	1 each	1	17.42
CHOICE OF MILK	1 CUP	1	19.55
Weighted Daily Average			74.29
% of Calories			60.4%
Nutrient Guideline			

Tue - 09/12/2017			
K-8 Hot Lunch, Chef Creatio	Total	1	
Lasagna, 16/17	1 each	1	43.62
xWG Breadstick 16/17	1 EACH	1	17.0
ROMAINE SALAD	1.5 CUP	1	1.94
RANCH DRESSING PACKET	1 EACH	1	0.86
Seasonal Fruit, Lunch	1 each	1	17.42
CHOICE OF MILK	1 CUP	1	19.55
Weighted Daily Average			100.39
% of Calories			53.5%
Nutrient Guideline			

Wed - 09/13/2017			
K-8 Hot Lunch, Chef Creatio	Total	1	
Chicken Breast Fillet 17/18	piece	1	14.79
BBQ SAUCE PACKET	1 EACH	1	4.0
ROASTED SWEET POTATOES: SWEET	.75 CUP	1	26.55
Seasonal Fruit, Lunch	1 each	1	17.42
CHOICE OF MILK	1 CUP	1	19.55
PRETZEL GOLDFISH CRACKERS	1 EA	1	16.0
Weighted Daily Average			98.30
% of Calories			60.6%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<b>Thu - 09/14/2017</b>			
K-8 Hot Lunch, Chef Creatio	Total	1	
GRILLED CHICKEN (NF)	1 EACH	1	0.0
Flatbread, 6" Round WG 17/18	1 EACH	1	26.0
CORN: frozen, yellow	1 CUP	1	31.85
Seasonal Fruit, Lunch	1 each	1	17.42
CHOICE OF MILK	1 CUP	1	19.55
ROMAINE SALAD	.5 CUP	1	0.65
RANCH DRESSING PACKET	1 EACH	1	0.86
Weighted Daily Average			96.32
% of Calories			64.7%
Nutrient Guideline			

<b>Fri - 09/15/2017</b>			
K-8 Hot Lunch, Chef Creatio	Total	1	
Turkey Breast Sub, Cold 16/17	sub	1	26.47
MAYONNAISE	POUCH	1	0.0
BABY CARROTS: Schools	3/4 CUP	1	8.97
RANCH DRESSING PACKET	1 EACH	1	0.86
Seasonal Fruit, Lunch	1 each	1	17.42
CHOICE OF MILK	1 CUP	1	19.55
WG Cookie, Choc Chip 16/17	1 EACH	1	17.0
Weighted Daily Average			90.26
% of Calories			50.1%
Nutrient Guideline			

<b>Mon - 09/18/2017</b>			
K-8 Hot Lunch, Chef Creatio	Total	1	
Sweet & Sour Chicken 17/18	#8 SCOOP	1	20.71
WHOLE GRAIN BROWN RICE 14-15	1/2 CUP	1	23.81
CHEDDAR GOLDFISH CRACKERS	1 EA	1	14.0
BABY CARROTS: Schools	3/4 CUP	1	8.97
RANCH DRESSING PACKET	1 EACH	1	0.86
Seasonal Fruit, Lunch	1 each	1	17.42
CHOICE OF MILK	1 CUP	1	19.55
Weighted Daily Average			105.32
% of Calories			65.4%
Nutrient Guideline			

<b>Tue - 09/19/2017</b>			
K-8 Hot Lunch, Chef Creatio	Total	1	
LOADED MASHED POTATO:Diced Ham	1 Serving	1	16.15
BROCCOLI: frozen, boiled	.25 CUP	1	2.58
WG Biscuit 16/17	1 EACH	1	27.0
Seasonal Fruit, Lunch	1 each	1	17.42
CHOICE OF MILK	1 CUP	1	19.55

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			82.70
% of Calories			52.8%
Nutrient Guideline			

Wed - 09/20/2017			
K-8 Hot Lunch, Chef Creatio	Total	1	
WG Cheese Ravioli - K-8 16/17	#8 SCOOPS	1	23.66
WW Dinner Roll 16/17	1 EACH	1	12.34
MARGARINE, SMART BAL	1 EA	1	0.0
ROMAINE SALAD	1.5 CUP	1	1.94
RANCH DRESSING PACKET	1 EACH	1	0.86
Seasonal Fruit, Lunch	1 each	1	17.42
CHOICE OF MILK	1 CUP	1	19.55
Weighted Daily Average			75.77
% of Calories			56.0%
Nutrient Guideline			

Thu - 09/21/2017			
K-8 Hot Lunch, Chef Creatio	Total	1	
HARVEST CHICKEN SALAD	1/3 CUP	1	4.16
WG Hamburger Bun, 15/16	1 each	1	25.66
BABY CARROTS: Schools	3/4 CUP	1	8.97
RANCH DRESSING PACKET	1 EACH	1	0.86
Seasonal Fruit, Lunch	1 each	1	17.42
CHOICE OF MILK	1 CUP	1	19.55
Weighted Daily Average			76.62
% of Calories			53.7%
Nutrient Guideline			

Fri - 09/22/2017			
K-8 Hot Lunch, Chef Creatio	Total	1	
Sloppy Joes 16/17	1 EACH	1	36.11
Beans, Veg Baked 15/16	3/4 cup	1	44.86
Seasonal Fruit, Lunch	1 each	1	17.42
CHOICE OF MILK	1 CUP	1	19.55
Weighted Daily Average			117.94
% of Calories			61.2%
Nutrient Guideline			

Mon - 09/25/2017			
K-8 Hot Lunch, Chef Creatio	Total	1	
Beef and Cheese Burrito 16/17	1 EACH	1	30.92
TACO SAUCE	1 PCS	1	1.33
Fiesta Beans 16/17	.75 CUP	1	39.25
Seasonal Fruit, Lunch	1 each	1	17.42
CHOICE OF MILK	1 CUP	1	19.55

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			108.47
% of Calories			57.7%
Nutrient Guideline			

Tue - 09/26/2017			
K-8 Hot Lunch, Chef Creatio	Total	1	
BBQ Chicken Leg 16/17	1 EACH	1	11.52
WG Cornbread	1 EACH	1	25.0
PRETZEL GOLDFISH CRACKERS	1 EA	1	16.0
CORN: frozen, yellow	.75 CUP	1	23.88
Seasonal Fruit, Lunch	1 each	1	17.42
CHOICE OF MILK	1 CUP	1	19.55
Weighted Daily Average			113.37
% of Calories			65.5%
Nutrient Guideline			

Wed - 09/27/2017			
K-8 Hot Lunch, Chef Creatio	Total	1	
Meatball Sub, Turkey 15/16	sandwiches	1	24.27
SHREDDED MOZZARELLA CHEESE	0.5 oz scoop	1	0.25
CARROTS:frozen, boiled	.75 CUP	1	10.73
Seasonal Fruit, Lunch	1 each	1	17.42
CHOICE OF MILK	1 CUP	1	19.55
Weighted Daily Average			72.22
% of Calories			60.1%
Nutrient Guideline			

Thu - 09/28/2017			
K-8 Hot Lunch, Chef Creatio	Total	1	
GRILLED CHICKEN SALAD	1 EACH	1	0.0
FRENCH DRESSING PACKET	1 EACH	1	2.0
Seasonal Fruit, Lunch	1 each	1	17.42
CHOICE OF MILK	1 CUP	1	19.55
xWG Breadstick 16/17	1 EACH	1	17.0
Weighted Daily Average			55.97
% of Calories			55.7%
Nutrient Guideline			

Fri - 09/29/2017			
K-8 Hot Lunch, Chef Creatio	Total	1	
Breakfast Sandwich, 15/16	1 each	1	30.48
Sunset Sip, Vegetable Juice	1 each	1	15.0
Seasonal Fruit, Lunch	1 each	1	17.42
CHOICE OF MILK	1 CUP	1	19.55

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			82.44
% of Calories			46.4%
Nutrient Guideline			

Weighted Average			89.34 56.8%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	89.34	56.79%						

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