



CHEF ANN FOUNDATION
Meal Pattern Certification Tool

Site: 440 ARAPAHOE RIDGE HIGH SCHOOL
Week Of: 8/4/2014 to 8/8/2014

Age Group: Grades 9-12

Serving Period: Lunch



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Meal Pattern Certification Tool

Reimbursable Meals

1	2	3	3a	3b	4		5	5a	6
Meal Name <i>Name of each reimbursable meal found on the weekly menu.</i>	Meat/Meat Alternate (oz equivalents)	Grains (oz equivalents)			Fruits (cups)		Vegetables (cups)		Fluid Milk (cups)
	Total meat/meat alternate offered with this meal	Total grains ounces/bread servings including whole grain rich and desserts offered with this meal	Of the grains offered with this meal, number of ounces/bread servings that are whole grain rich	Of the grains offered with this meal, number of ounces/bread servings that are grain based desserts	Number of cups of fruit including fruit juice offered with this meal	ONLY the cups of fruit juice	Number of cups of vegetables including juice offered with this meal	ONLY the cups of vegetable juice	Number of cups of fluid milk offered with this meal
PIZZA PESTO HS 6-CUT ZA042	2 1/4	3	3	0	1	0	2	0	1
SALAD BAR MEAL W/ 2 OZ ROLL SA305	2 1/2	2	2	0	1	0	2	0	1
PIZZA CHEESE HS 6-CUT ZA002	2 1/4	3	3	0	1	0	2	0	1
PIZZA PEPP HS 6-CUT ZA012	2 1/4	3	3	0	1	0	2	0	1
SALAD BAR MEAL W/ 2 OZ ROLL SA305	2 1/2	2	2	0	1	0	2	0	1
QUESADILLA CHEESE SEC MV055	2 1/4	2 1/4	2 1/4	0	1	0	2	0	1
BEEF BURGER SEC 4 OZ MB402	3 1/4	2 1/4	2 1/4	0	1	0	2	0	1
SANDWICH CHICKEN PARM MP414	3 1/2	2 1/4	2 1/4	0	1	0	2	0	1
PORK RIBS 9-12/ 3 EA MB102	3 1/4	2	2	0	1	0	2	0	1
SALAD BAR MEAL W/ 2 OZ ROLL SA305	2 1/2	2	2	0	1	0	2	0	1
SPAGHETTI MARINARA SEC PV083	2 1/4	2 1/4	2 1/4	0	1	0	2	0	1
SWEET N SOUR TOFU SEC MV025	2 1/4	2 1/4	2 1/4	0	1	0	2	0	1



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SALAD BAR MEAL W/ 2 OZ ROLL SA305	2 1/2	2	2	0	1	0	2	0	1
SANDWICH BRATWURST MB115	2	2 1/4	2 1/4	0	1	0	2	0	1
LASAGNA CHEESE SEC PV081	2 3/4	2 1/2	2 1/2	0	1	0	2	0	1
QUESADILLA PINTO SEC MV045	2 3/4	2 1/4	2 1/4	0	1	0	2	0	1
SALAD BAR MEAL W/ 2 OZ ROLL SA305	2 1/2	2	2	0	1	0	2	0	1
PIZZA CHEESE #2 HS 6-CUT ZA022	2 1/4	3	3	0	1	0	2	0	1
QUESADILLA CHICKEN SEC MP007	2 1/4	2 1/4	2 1/4	0	1	0	2	0	1



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Daily Requirement Check

Monday (8/4/2014)

Meal Name <i>Name of each reimbursable meal found on the weekly menu.</i>	2. Meat/Meat Alternate (M/MA)		3. Grains				4. Fruits			5. Vegetables			6. Milk	
	M/MA oz equivalents	Daily M/MA Requirement Check 2 oz equivalents	a. Grains oz equivalents or bread servings	Daily Grain Requirement Check 2 oz equivalents	b. Whole Grain Rich oz equivalents or bread servings	c. Grain Based Dessert oz equivalents or bread servings	a. Fruit cups	Daily Fruit Requirement Check 1 cup	b. Fruit Juice cups	a. Vegetables cups	Daily Vegetable Requirement Check 1 cup	b. Vegetable Juice cups	Milk cups	Daily Milk Requirement Check 1 cup
PIZZA PESTO HS 6-CUT ZA042	2 1/4	Yes	3	Yes	3	0	1	Yes	0	2	Yes	0	1	Yes
SALAD BAR MEAL W/ 2 OZ ROLL SA305	2 1/2	Yes	2	Yes	2	0	1	Yes	0	2	Yes	0	1	Yes
PIZZA CHEESE HS 6-CUT ZA002	2 1/4	Yes	3	Yes	3	0	1	Yes	0	2	Yes	0	1	Yes
PIZZA PEPP HS 6-CUT ZA012	2 1/4	Yes	3	Yes	3	0	1	Yes	0	2	Yes	0	1	Yes

Milk Type		
Types of milk offered to students on Monday. All types of milk included.		
Skim/fat-free, unflavored	<input checked="" type="checkbox"/>	Yes
Skim/fat-free, flavored	<input type="checkbox"/>	
Low-fat (1% or less), unflavored	<input checked="" type="checkbox"/>	
Low-fat (1% or less), flavored	<input type="checkbox"/>	
Reduced fat (2% fat) or whole, unflavored and flavored	<input type="checkbox"/>	



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Daily Vegetable Subgroup

Creditable Amount of Each Vegetable Offered on Monday (8/4/2014)

Offered weekly vegetable bar on Monday with **NO CHANGES:**

Vegetables offered in addition to the weekly vegetable bar are listed below. NOTE: If the vegetable bar offered on Monday differs from the weekly offerings, all offerings and quantities for each vegetable subgroup is listed below.

Dark Green vegetables offered on Monday	Quantity (cups)	Red/Orange vegetables offered on Monday	Quantity (cups)	Beans/Peas (legumes) offered on Monday	Quantity (cups)	Starchy vegetables offered on Monday	Quantity (cups)	Other vegetables offered on Monday	Quantity (cups)
Largest amount of Dark Green vegetables	7/8	Largest amount of Red/Orange vegetables	5/8	Largest amount of Beans/Peas (legumes)	1/2	Largest amount of Starchy vegetables	1/8	Largest amount of Other vegetables	1/2

Unspecified Vegetable Subgroups

Unspecified Dark Green Vegetables	Unspecified Red/Orange Vegetables	Unspecified Beans/Peas (legumes)	Unspecified Starchy Vegetables	Unspecified Other Vegetables



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Daily Requirement Check

Tuesday (8/5/2014)

Meal Name <i>Name of each reimbursable meal found on the weekly menu.</i>	2. Meat/Meat Alternate (M/MA)		3. Grains				4. Fruits			5. Vegetables			6. Milk	
	M/MA oz equivalents	Daily M/MA Requirement Check 2 oz equivalents	a. Grains oz equivalents or bread servings	Daily Grain Requirement Check 2 oz equivalents	b. Whole Grain Rich oz equivalents or bread servings	c. Grain Based Dessert oz equivalents or bread servings	a. Fruit cups	Daily Fruit Requirement Check 1 cup	b. Fruit Juice cups	a. Vegetables cups	Daily Vegetable Requirement Check 1 cup	b. Vegetable Juice cups	Milk cups	Daily Milk Requirement Check 1 cup
SALAD BAR MEAL W/ 2 OZ ROLL SA305	2 1/2	Yes	2	Yes	2	0	1	Yes	0	2	Yes	0	1	Yes
QUESADILLA CHEESE SEC MV055	2 1/4	Yes	2 1/4	Yes	2 1/4	0	1	Yes	0	2	Yes	0	1	Yes
BEEF BURGER SEC 4 OZ MB402	3 1/4	Yes	2 1/4	Yes	2 1/4	0	1	Yes	0	2	Yes	0	1	Yes
SANDWICH CHICKEN PARM MP414	3 1/2	Yes	2 1/4	Yes	2 1/4	0	1	Yes	0	2	Yes	0	1	Yes

Milk Type		
Types of milk offered to students on Tuesday. All types of milk included.		
Skim/fat-free, unflavored	<input checked="" type="checkbox"/>	Yes
Skim/fat-free, flavored	<input type="checkbox"/>	
Low-fat (1% or less), unflavored	<input checked="" type="checkbox"/>	
Low-fat (1% or less), flavored	<input type="checkbox"/>	
Reduced fat (2% fat) or whole, unflavored and flavored	<input type="checkbox"/>	



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Daily Vegetable Subgroup

Creditable Amount of Each Vegetable Offered on Tuesday (8/5/2014)

Offered weekly vegetable bar on Tuesday with **NO CHANGES:**

Vegetables offered in addition to the weekly vegetable bar are listed below. NOTE: If the vegetable bar offered on Tuesday differs from the weekly offerings, all offerings and quantities for each vegetable subgroup is listed below.

Dark Green vegetables offered on Tuesday	Quantity (cups)	Red/Orange vegetables offered on Tuesday	Quantity (cups)	Beans/Peas (legumes) offered on Tuesday	Quantity (cups)	Starchy vegetables offered on Tuesday	Quantity (cups)	Other vegetables offered on Tuesday	Quantity (cups)
Largest amount of Dark Green vegetables	7/8	Largest amount of Red/Orange vegetables	5/8	Largest amount of Beans/Peas (legumes)	1/2	Largest amount of Starchy vegetables	1/8	Largest amount of Other vegetables	1/2

Unspecified Vegetable Subgroups

Unspecified Dark Green Vegetables	Unspecified Red/Orange Vegetables	Unspecified Beans/Peas (legumes)	Unspecified Starchy Vegetables	Unspecified Other Vegetables



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Daily Requirement Check

Wednesday (8/6/2014)

Meal Name <i>Name of each reimbursable meal found on the weekly menu.</i>	2. Meat/Meat Alternate (M/MA)		3. Grains				4. Fruits			5. Vegetables			6. Milk	
	M/MA oz equivalents	Daily M/MA Requirement Check 2 oz equivalents	a. Grains oz equivalents or bread servings	Daily Grain Requirement Check 2 oz equivalents	b. Whole Grain Rich oz equivalents or bread servings	c. Grain Based Dessert oz equivalents or bread servings	a. Fruit cups	Daily Fruit Requirement Check 1 cup	b. Fruit Juice cups	a. Vegetables cups	Daily Vegetable Requirement Check 1 cup	b. Vegetable Juice cups	Milk cups	Daily Milk Requirement Check 1 cup
PORK RIBS 9-12/ 3 EA MB102	3 1/4	Yes	2	Yes	2	0	1	Yes	0	2	Yes	0	1	Yes
SALAD BAR MEAL W/ 2 OZ ROLL SA305	2 1/2	Yes	2	Yes	2	0	1	Yes	0	2	Yes	0	1	Yes
SPAGHETTI MARINARA SEC PV083	2 1/4	Yes	2 1/4	Yes	2 1/4	0	1	Yes	0	2	Yes	0	1	Yes

Milk Type		
Types of milk offered to students on Wednesday. All types of milk included.		
Skim/fat-free, unflavored	<input checked="" type="checkbox"/>	Yes
Skim/fat-free, flavored	<input type="checkbox"/>	
Low-fat (1% or less), unflavored	<input checked="" type="checkbox"/>	
Low-fat (1% or less), flavored	<input type="checkbox"/>	
Reduced fat (2% fat) or whole, unflavored and flavored	<input type="checkbox"/>	



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Daily Vegetable Subgroup

Creditable Amount of Each Vegetable Offered on Wednesday (8/6/2014)

Offered weekly vegetable bar on Wednesday with **NO CHANGES:**

Vegetables offered in addition to the weekly vegetable bar are listed below. NOTE: If the vegetable bar offered on Wednesday differs from the weekly offerings, all offerings and quantities for each vegetable subgroup is listed below.

Dark Green vegetables offered on Wednesday	Quantity (cups)	Red/Orange vegetables offered on Wednesday	Quantity (cups)	Beans/Peas (legumes) offered on Wednesday	Quantity (cups)	Starchy vegetables offered on Wednesday	Quantity (cups)	Other vegetables offered on Wednesday	Quantity (cups)
Largest amount of Dark Green vegetables	7/8	Largest amount of Red/Orange vegetables	5/8	Largest amount of Beans/Peas (legumes)	1/2	Largest amount of Starchy vegetables	1/8	Largest amount of Other vegetables	1/2

Unspecified Dark Green Vegetables	Unspecified Red/Orange Vegetables	Unspecified Beans/Peas (legumes)	Unspecified Starchy Vegetables	Unspecified Other Vegetables



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Daily Requirement Check

Thursday (8/7/2014)

Meal Name <i>Name of each reimbursable meal found on the weekly menu.</i>	2. Meat/Meat Alternate (M/MA)		3. Grains				4. Fruits			5. Vegetables			6. Milk	
	M/MA oz equivalents	Daily M/MA Requirement Check 2 oz equivalents	a. Grains oz equivalents or bread servings	Daily Grain Requirement Check 2 oz equivalents	b. Whole Grain Rich oz equivalents or bread servings	c. Grain Based Dessert oz equivalents or bread servings	a. Fruit cups	Daily Fruit Requirement Check 1 cup	b. Fruit Juice cups	a. Vegetables cups	Daily Vegetable Requirement Check 1 cup	b. Vegetable Juice cups	Milk cups	Daily Milk Requirement Check 1 cup
SWEET N SOUR TOFU SEC MV025	2 1/4	Yes	2 1/4	Yes	2 1/4	0	1	Yes	0	2	Yes	0	1	Yes
SALAD BAR MEAL W/ 2 OZ ROLL SA305	2 1/2	Yes	2	Yes	2	0	1	Yes	0	2	Yes	0	1	Yes
SANDWICH BRATWURST MB115	2	Yes	2 1/4	Yes	2 1/4	0	1	Yes	0	2	Yes	0	1	Yes
LASAGNA CHEESE SEC PV081	2 3/4	Yes	2 1/2	Yes	2 1/2	0	1	Yes	0	2	Yes	0	1	Yes

Milk Type		
Types of milk offered to students on Thursday. All types of milk included.		
Skim/fat-free, unflavored	<input checked="" type="checkbox"/>	Yes
Skim/fat-free, flavored	<input type="checkbox"/>	
Low-fat (1% or less), unflavored	<input checked="" type="checkbox"/>	
Low-fat (1% or less), flavored	<input type="checkbox"/>	
Reduced fat (2% fat) or whole, unflavored and flavored	<input type="checkbox"/>	



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Daily Vegetable Subgroup

Creditable Amount of Each Vegetable Offered on Thursday (8/7/2014)

Offered weekly vegetable bar on Thursday with **NO CHANGES:**

Vegetables offered in addition to the weekly vegetable bar are listed below. NOTE: If the vegetable bar offered on Thursday differs from the weekly offerings, all offerings and quantities for each vegetable subgroup is listed below.

Dark Green vegetables offered on Thursday	Quantity (cups)	Red/Orange vegetables offered on Thursday	Quantity (cups)	Beans/Peas (legumes) offered on Thursday	Quantity (cups)	Starchy vegetables offered on Thursday	Quantity (cups)	Other vegetables offered on Thursday	Quantity (cups)
Largest amount of Dark Green vegetables	7/8	Largest amount of Red/Orange vegetables	5/8	Largest amount of Beans/Peas (legumes)	1/2	Largest amount of Starchy vegetables	1/8	Largest amount of Other vegetables	1/2

Unspecified Vegetable Subgroups

Unspecified Dark Green Vegetables	Unspecified Red/Orange Vegetables	Unspecified Beans/Peas (legumes)	Unspecified Starchy Vegetables	Unspecified Other Vegetables



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Daily Requirement Check

Friday (8/8/2014)

Meal Name <small>Name of each reimbursable meal found on the weekly menu.</small>	2. Meat/Meat Alternate (M/MA)		3. Grains				4. Fruits			5. Vegetables			6. Milk	
	M/MA oz equivalents	Daily M/MA Requirement Check 2 oz equivalents	a. Grains oz equivalents or bread servings	Daily Grain Requirement Check 2 oz equivalents	b. Whole Grain Rich oz equivalents or bread servings	c. Grain Based Dessert oz equivalents or bread servings	a. Fruit cups	Daily Fruit Requirement Check 1 cup	b. Fruit Juice cups	a. Vegetables cups	Daily Vegetable Requirement Check 1 cup	b. Vegetable Juice cups	Milk cups	Daily Milk Requirement Check 1 cup
QUESADILLA PINTO SEC MV045	2 3/4	Yes	2 1/4	Yes	2 1/4	0	1	Yes	0	2	Yes	0	1	Yes
SALAD BAR MEAL W/ 2 OZ ROLL SA305	2 1/2	Yes	2	Yes	2	0	1	Yes	0	2	Yes	0	1	Yes
PIZZA CHEESE #2 HS 6-CUT ZA022	2 1/4	Yes	3	Yes	3	0	1	Yes	0	2	Yes	0	1	Yes
QUESADILLA CHICKEN SEC MP007	2 1/4	Yes	2 1/4	Yes	2 1/4	0	1	Yes	0	2	Yes	0	1	Yes

Milk Type		
Types of milk offered to students on Friday. All types of milk included.		
Skim/fat-free, unflavored	<input checked="" type="checkbox"/>	Yes
Skim/fat-free, flavored	<input type="checkbox"/>	
Low-fat (1% or less), unflavored	<input checked="" type="checkbox"/>	
Low-fat (1% or less), flavored	<input type="checkbox"/>	
Reduced fat (2% fat) or whole, unflavored and flavored	<input type="checkbox"/>	



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Daily Vegetable Subgroup

Creditable Amount of Each Vegetable Offered on Friday (8/8/2014)

Offered weekly vegetable bar on Friday with **NO CHANGES:**

Vegetables offered in addition to the weekly vegetable bar are listed below. NOTE: If the vegetable bar offered on Friday differs from the weekly offerings, all offerings and quantities for each vegetable subgroup is listed below.

Dark Green vegetables offered on Friday	Quantity (cups)	Red/Orange vegetables offered on Friday	Quantity (cups)	Beans/Peas (legumes) offered on Friday	Quantity (cups)	Starchy vegetables offered on Friday	Quantity (cups)	Other vegetables offered on Friday	Quantity (cups)
Largest amount of Dark Green vegetables	7/8	Largest amount of Red/Orange vegetables	5/8	Largest amount of Beans/Peas (legumes)	1/2	Largest amount of Starchy vegetables	1/8	Largest amount of Other vegetables	1/2

Creditable Amount of Each Vegetable Offered on Friday (8/8/2014)

Unspecified Dark Green Vegetables	Unspecified Red/Orange Vegetables	Unspecified Beans/Peas (legumes)	Unspecified Starchy Vegetables	Unspecified Other Vegetables



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Weekly Report

8/4/2014 to 8/8/2014

 Cells shaded this color means the daily minimum for the component is NOT met.

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Fruit (cups)	1	1	1	1	1	5	5	Yes

Weekly Fruit Juice Limit Check (no more than half of total fruit)	Total Weekly Fruit	Total Weekly Fruit Juice	Percent of total weekly fruit that is juice	Weekly Requirement Check
	5	0	0.00 %	Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Vegetables	2	2	2	2	2	10	5	Yes
Cups of DARK GREEN	7/8	7/8	7/8	7/8	7/8	4 3/8	1/2	Yes
Cups of RED/ORANGE	5/8	5/8	5/8	5/8	5/8	3 1/8	1 1/4	Yes
Cups of BEANS/PEAS (Legumes)	1/2	1/2	1/2	1/2	1/2	2 1/2	1/2	Yes
Cups of STARCHY vegetables	1/8	1/8	1/8	1/8	1/8	5/8	1/2	Yes
Cups of OTHER (any other type of vegetable)	1/2	1/2	1/2	1/2	1/2	2 1/2	3/4	Yes

Weekly Vegetable Juice Limit Check (no more than half of total vegetables)	Total Weekly Vegetables	Total Weekly Vegetable Juice	Percent of total weekly vegetables that is juice	Weekly Requirement Check
	10	0	0.00 %	Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (oz equivalents)	Weekly Requirement Check
Minimum Meat/Meat Alternate	2 1/4	2 1/4	2 1/4	2	2 1/4	11	10	Yes
Maximum Meat/Meat Alternate	2 1/2	3 1/2	3 1/4	2 3/4	2 3/4	14 3/4	12	No



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	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (oz equivalents)	Weekly Requirement Check
Minimum Grain	2	2	2	2	2	10	10	Yes
Maximum Grain	3	2 1/4	2 1/4	2 1/2	3	13	12	No
Grain Based Dessert Total for all weekly meals						0	No more 2 oz equivalents	Yes
Whole Grain Rich Weekly Amount	Weekly Grains Total	44 1/2	Weekly Whole Grain Rich Total	44 1/2	Percent of Whole Grain Rich	100.00 %	At least half whole grain rich	Yes

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Total	Weekly Requirement (cups)	Weekly Requirement Check
Minimum Fluid Milk	1	1	1	1	1	5	5	Yes
Variety: Skim/fat free unflavored, Skim/fat-free flavored, Low-fat (less	Yes	Yes	Yes	Yes	Yes			
Low-fat (1% or less), flavored								
Reduced fat (2% fat) or whole, unflavored and flavored								