

Washington County School District

Sep 1, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 1

Generated on: 8/28/2023 11:44:30 AM

	Portion Size	Reimb Qty	Carb (g)
Fri - 09/01/2023			
ELEMENTARY LUNCH	Total	1	
WILD MIKE'S DEEP DISH PIZZA	SERVING	1	34.0
MAX STUFFED CRUST PEPPERONI PI	SERVINGS	1	35.0
DINNER SALAD	1 CUP	1	7.49
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			157.76
% of Calories			48.3%
Nutrient Guideline			

BG____@____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Tue - 09/05/2023			
ELEMENTARY LUNCH	Total	1	
CHEESY BITES, LIL WG	4 BITES	1	30.11
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CORN, STREET	1/2 CUP SERVING	1	21.66
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	21.35
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PEARS, DICED, CANNED	1/2 CUP	1	16.0
BROWNIE MIX, SHIRLEY J	SERVINGS	1	23.0
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			185.00
% of Calories			56.6%
Nutrient Guideline			

BG____@____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Wed - 09/06/2023			
ELEMENTARY LUNCH	Total	1	
CHICKEN NOODLE SOUP: USDA 1C.	1 CUP	1	31.79
BREADSTICK, CHEESE WG	SERVING	1	15.0
TOMATOES, CUCUMBER, CARROTS:EL	3/4 CUP	1	9.38
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PEACH, DICED, CANNED	1/2 CUP	1	14.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			117.64
% of Calories			55.4%
Nutrient Guideline			

BG____@____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Portion Values - Detailed

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Generated on: 8/28/2023 11:44:30 AM

	Portion Size	Reimb Qty	Carb (g)
Thu - 09/07/2023			
ELEMENTARY LUNCH	Total	1	
CHERRY BLOSSOM CHICKEN FRO30:S	3.92 OZ	1	24.06
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	16.48
BROCCOLI, ROASTED	3/4 CUP	1	3.29
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MANDARIN ORANGE- CANNED:PRE	1/2 CUP	1	14.0
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	22.03
COOKIE, COWBOY	1 oz.	1	29.34
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			156.68
% of Calories			58.4%
Nutrient Guideline			

BG____@____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Fri - 09/08/2023			
ELEMENTARY LUNCH	Total	1	
CALZONE, MINI, WG	SERVINGS	1	40.01
DINNER SALAD	1 CUP	1	7.49
PUDDING,CHOICE	SERVING	1	20.5
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MARINARA SAUCE	1/2 CUP	1	11.93
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			145.20
% of Calories			56.8%
Nutrient Guideline			

BG____@____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Mon - 09/11/2023			
ELEMENTARY LUNCH	Total	1	
HAMBURGER 100% BEEF :ELE	PATTY	1	21.1
CHEESE: PROCESS SLICE	1 oz.	1	1.98
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
PICKLE:, CHIPS	1 OZ.	1	1.0
SMILE FRIES	4 SMILE FRIES	1	25.0
CREAMIES JR.	CREAMIE	1	14.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	16.0
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
MAYONNAISE, LIGHT	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			139.67
% of Calories			52.3%
Nutrient Guideline			

BG____@____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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	Portion Size	Reimb Qty	Carb (g)
Tue - 09/12/2023			
ELEMENTARY LUNCH	Total	1	
BEEF TACO STICK	1 EACH	1	31.87
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CORN, STREET	1/2 CUP SERVING	1	21.66
CORNMEAL SUPER STAR	1 EA	1	23.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PEARS, DICED, CANNED	1/2 CUP	1	16.0
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	21.35
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			186.76
% of Calories			55.8%
Nutrient Guideline			

BG ____@____
 Total Carbs: _____
 Units for Carbs: _____
 + Correction Dose: _____
 = Total Insulin: _____

Wed - 09/13/2023			
ELEMENTARY LUNCH	Total	1	
TERIYAKI BEEF NUGGETS	4 Nugget	1	6.0
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	17.03
GRAVY, BROWN LOW SODIUM	1/4 CUP	1	0.37
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PEACH, DICED, CANNED	1/2 CUP	1	14.0
ROLLS - NO EGGS	SERVINGS	1	23.19
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			111.06
% of Calories			58.5%
Nutrient Guideline			

BG ____@____
 Total Carbs: _____
 Units for Carbs: _____
 + Correction Dose: _____
 = Total Insulin: _____

Thu - 09/14/2023			
ELEMENTARY LUNCH	Total	1	
TERIYAKI CHICKEN	2.4 OZ	1	6.0
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	24.01
BROCCOLI, ROASTED	3/4 CUP	1	3.29
MARSHMALLOW RICE TREAT	1 EACH	1	15.0
MANDARIN ORANGE- CANNED:PRE	1/2 CUP	1	14.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	22.03
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			131.81
% of Calories			56.3%
Nutrient Guideline			

BG ____@____
 Total Carbs: _____
 Units for Carbs: _____
 + Correction Dose: _____
 = Total Insulin: _____

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	Portion Size	Reimb Qty	Carb (g)
Fri - 09/15/2023			
ELEMENTARY LUNCH	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
DINNER SALAD	1 CUP	1	7.49
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	22.59
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MARINARA SAUCE	1/2 CUP	1	11.93
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			134.28
% of Calories			52.6%
Nutrient Guideline			

BG_____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Mon - 09/18/2023			
ELEMENTARY LUNCH	Total	1	
CHICKEN SANDWICH ELEM - GK6654	SANDWICH	1	34.11
SMILE FRIES	SERVINGS	1	25.0
CHOCOLATE CHIP COOKIES	1 EACH	1	13.49
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MAYONNAISE, LIGHT	POUCH	1	0.0
KETCHUP : P/C	PC	1	10.12
PICKLE:, CHIPS	1 OZ.	1	1.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			168.50
% of Calories			56.0%
Nutrient Guideline			

BG_____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Tue - 09/19/2023			
ELEMENTARY LUNCH	Total	1	
TACO SOUP	1 CUP	1	21.65
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	35.0
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	21.35
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PEARS, DICED, CANNED	1/2 CUP	1	16.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			141.73
% of Calories			54.2%
Nutrient Guideline			

BG_____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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Portion Values - Detailed

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Generated on: 8/28/2023 11:44:30 AM

	Portion Size	Reimb Qty	Carb (g)
Wed - 09/20/2023			
ELEMENTARY LUNCH	Total	1	
HOMESTYLE WG CHICKEN TENDER ST	3 PC SERVINGS	1	14.08
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	17.03
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	2.86
CARROTS, SLICED, FZ	1/2 C SERVINGS	1	6.0
ROLLS - NO EGGS	SERVINGS	1	23.19
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PEACH, DICED, CANNED	1/2 CUP	1	14.0
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			137.62
% of Calories			66.1%
Nutrient Guideline			

BG_____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Thu - 09/21/2023			
ELEMENTARY LUNCH	Total	1	
ORANGE CHICKEN	3.92 OZ	1	17.04
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	16.48
BROCCOLI, ROASTED	3/4 CUP	1	3.29
COOKIE: FORTUNE COOKIE	COOKIE	1	7.05
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MANDARIN ORANGE- CANNED:PRE	1/2 CUP	1	14.0
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	22.03
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			127.37
% of Calories			57.4%
Nutrient Guideline			

BG_____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Fri - 09/22/2023			
ELEMENTARY LUNCH	Total	1	
PIZZA, 7" WG BREADSTICK	BREAD STICK	1	30.0
DINNER SALAD	1 CUP	1	7.49
JELL-O	GEL CUP	1	25.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MARINARA SAUCE	1/2 CUP	1	11.93
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			139.69
% of Calories			59.9%
Nutrient Guideline			

BG_____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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	Portion Size	Reimb Qty	Carb (g)
Mon - 09/25/2023			
ELEMENTARY LUNCH	Total	1	
POPCORN CHICKEN: FR100	10 PIECES	1	17.57
TATER TOTS - MCCAIN	9 PIECES	1	17.04
GRAHAMS, TIGER BITES CINNAMON	SERVINGS	1	21.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31
BARBAQUE SAUCE: P/C	1 Each	1	13.0
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			150.52
% of Calories			54.4%
Nutrient Guideline			

BG _____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Tue - 09/26/2023			
ELEMENTARY LUNCH	Total	1	
SOFT FLOUR TACO: ELE	servings	1	19.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	21.35
PEARS, DICED, CANNED	1/2 CUP	1	16.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
CHURRO- APPLE WG	SERVINGS	1	25.0
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			157.15
% of Calories			56.4%
Nutrient Guideline			

BG _____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Wed - 09/27/2023			
ELEMENTARY LUNCH	Total	1	
COUNTRY FRIED STEAK	SERVINGS	1	17.0
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	17.03
GRAVY, COUNTRY: (CUSTOM)	1/4 CUP	1	6.0
HUSHPUPIES	2- Hushpuppies	1	20.19
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PEACH, DICED, CANNED	1/2 CUP	1	14.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			124.68
% of Calories			55.8%
Nutrient Guideline			

BG _____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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	Portion Size	Reimb Qty	Carb (g)
Thu - 09/28/2023			
ELEMENTARY LUNCH	Total	1	
GENERAL TSO'S CHICKEN	3.9oz SERVING	1	24.0
NOODLES, YAKISOBA WG	1/2 CUP	1	32.22
BROCCOLI, ROASTED	3/4 CUP	1	3.29
GRAHAM, TIGER BITES, CHOCOLATE	SERVINGS	1	21.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MANDARIN ORANGE- CANNED:PRE	1/2 CUP	1	14.0
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	22.03
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			164.01
% of Calories			64.0%
Nutrient Guideline			

BG ____@____
 Total Carbs: ____
 Units for Carbs: ____
 + Correction Dose: ____
 = Total Insulin: ____

Fri - 09/29/2023			
ELEMENTARY LUNCH	Total	1	
MAX STUFFED CRUST PEPPERONI PI	SERVINGS	1	35.0
DINNER SALAD	1 CUP	1	7.49
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			123.76
% of Calories			52.2%
Nutrient Guideline			

BG ____@____
 Total Carbs: ____
 Units for Carbs: ____
 + Correction Dose: ____
 = Total Insulin: ____

Weighted Average			145.05
			56.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	145.05	56.13%						

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