

Washington County School District

Sep 1, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

Page 1

Generated on: 8/28/2023 11:54:30 AM

	Portion Size	Reimb Qty	Carb (g)
Fri - 09/01/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
GARLIC CHEESE BREAD RIPPERS	1 EACH	1	30.11
DINNER SALAD	1 CUP	1	7.49
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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
ALT INT WEEKLY 1st CHOI	Total	1	
WRAP, CHICKEN	WRAP	1	43.67
CHIPS: DORITOS	BAG	1	19.62
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
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			137.90
% of Calories			54.2%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Tue - 09/05/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
ENCHILADA	ENCHILADA	1	35.28
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CORN, STREET	1/2 CUP SERVING	1	21.66
BROWNIE MIX, SHIRLEY J	SERVINGS	1	23.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	21.13
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
NACHOS	SERVINGS	1	49.5
CHILI, THREE BEAN JTM	1/4 CUP	1	9.5
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	2.86
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
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			166.49
% of Calories			52.4%
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

Page 2

Generated on: 8/28/2023 11:54:31 AM

	Portion Size	Reimb Qty	Carb (g)
Wed - 09/06/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN NOODLE SOUP: USDA 1C.	1 CUP	1	31.79
BREADSTICK, CHEESE - BOSCO'S	SERVINGS	1	17.0
TOMATO, CUCUMBER, CARROTS:INTE	3/4 CUP	1	11.38
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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
ALT INT WEEKLY 1st CHOI	Total	1	
SPICY CHICKEN PATTY - A PIERRE	SERVINGS	1	43.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
WAFFLE FRIES, SKIN ON MCCAIN	3oz SERVINGS	1	19.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	10.42
MAC & CHEESE - JTM	4oz SERVINGS	1	18.36
FRUIT BAR : ELEMENTARY	1/2 CUP	1	14.48
PEACH, DICED, CANNED	1/2 CUP	1	14.0
PICKLE:, CHIPS	1 OZ.	1	1.0
KETCHUP : P/C	PC	1	10.12
BARBAQUE SAUCE: P/C	1 Each	1	13.0
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			154.41
% of Calories			55.1%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Thu - 09/07/2023			
INTERMEDIATE LUNCH 6-8	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 : SECONDARY	1 CUP	1	22.62
MANDARIN ORANGE- CANNED:PRE	1/2 CUP	1	14.0
SALAD BAR: 3 THURSDAY'S:INTERM	1/2 CUP	1	10.51
COOKIE, COWBOY	1 oz.	1	29.34
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
TACO SALAD :ALT LINE	SERVING	1	42.73
BLACK BEANS	1/2 CUP	1	25.09
FRUIT BAR : ELEMENTARY	1/2 CUP	1	14.48
MANDARIN ORANGE- CANNED:PRE	1/2 CUP	1	14.0
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			142.30
% of Calories			58.4%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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Portion Values - Detailed

Page 3

Generated on: 8/28/2023 11:54:31 AM

	Portion Size	Reimb Qty	Carb (g)
Fri - 09/08/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
CALZONE, MINI, WG	SERVINGS	1	40.01
DINNER SALAD	1 CUP	1	7.49
PUDDING,CHOICE	SERVING	1	20.5
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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
ALT INT WEEKLY 1st CHOI	Total	1	
WRAP, CHICKEN	WRAP	1	43.67
CHIPS: DORITOS	BAG	1	19.62
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
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			145.11
% of Calories			55.6%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Mon - 09/11/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
CHEESEBURGER 100 % BEEF: SEC	SERVINGS	1	27.0
CHEESE: PROCESS SLICE	1 oz.	1	1.98
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	33.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	10.42
CREAMIES JR.	CREAMIE	1	14.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0
PICKLE:, CHIPS	1 OZ.	1	1.0
MUSTARD:, P/C	1 Each	1	0.33
KETCHUP : P/C	PC	1	10.12
MAYONNAISE, LIGHT	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0
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			146.34
% of Calories			53.3%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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Page 4

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	Portion Size	Reimb Qty	Carb (g)
Tue - 09/12/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
BEEF TACO STICK	1 EACH	1	31.87
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CORNMEAL SUPER STAR	1 EA	1	23.0
CORN, STREET	1/2 CUP SERVING	1	21.66
CARROTS,RAW 1/4C	1/4 CUP	1	1.09
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PEARS, DICED, CANNED	1/2 CUP	1	16.0
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	21.13
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
NACHOS	SERVINGS	1	49.5
CHILI, THREE BEAN JTM	1/4 CUP	1	9.5
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	2.86
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
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			161.25
% of Calories			51.2%
Nutrient Guideline			

BG ____ @ ____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Wed - 09/13/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
TERIYAKI BEEF NUGGETS	4 Nugget	1	6.0
POTATO, TRIPLE CHEESE TWICE BA	SERVINGS	1	25.95
GREEN BEANS 3/4 CUP	3/4 CUP	1	4.5
ROLLS - NO EGGS	SERVINGS	1	23.19
MARGARINE REDDIES: (1)	1 Patty	1	0.0
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
ALT INT WEEKLY 1st CHOI	Total	1	
SPICY CHICKEN PATTY - A PIERRE	SERVINGS	1	43.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
WAFFLE FRIES, SKIN ON MCCAIN	3oz SERVINGS	1	19.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	10.42
MAC & CHEESE - JTM	4oz SERVINGS	1	18.36
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PEACH, DICED, CANNED	1/2 CUP	1	14.0
PICKLE:, CHIPS	1 OZ.	1	1.0
KETCHUP : P/C	PC	1	10.12
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MAYONNAISE, LIGHT	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

BG ____ @ ____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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Portion Values - Detailed

Page 5

Generated on: 8/28/2023 11:54:31 AM

	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			150.08
% of Calories			52.6%
Nutrient Guideline			

Thu - 09/14/2023			
INTERMEDIATE LUNCH 6-8	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
EGG ROLL, WG VEGETABLE	SERVINGS	1	24.01
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MANDARIN ORANGE- CANNED:PRE	1/2 CUP	1	14.0
SALAD BAR: 3 THURSDAY'S:INTERM	1/2 CUP	1	10.51
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
TACO SALAD :ALT LINE	SERVING	1	42.73
BLACK BEANS	1/2 CUP	1	25.09
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MANDARIN ORANGE- CANNED:PRE	1/2 CUP	1	14.0
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			130.30
% of Calories			56.9%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Fri - 09/15/2023			
INTERMEDIATE LUNCH 6-8	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 : SECONDARY	1 CUP	1	22.62
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
ALT INT WEEKLY 1st CHOI	Total	1	
WRAP, CHICKEN	WRAP	1	43.67
CHIPS: DORITOS	BAG	1	19.62
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
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			139.65
% of Calories			53.5%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

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Page 6

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	Portion Size	Reimb Qty	Carb (g)
Mon - 09/18/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN SANDWICH- FR102 GK7516	SERVINGS	1	39.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	22.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0
CHOCOLATE CHIP COOKIES	1 EACH	1	13.49
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
MAYONNAISE, LIGHT	POUCH	1	0.0
PICKLE:, CHIPS	1 OZ.	1	1.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0
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			136.31
% of Calories			57.1%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Tue - 09/19/2023			
INTERMEDIATE LUNCH 6-8	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
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	21.13
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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
ALT INT WEEKLY 1st CHOI	Total	1	
NACHOS	SERVINGS	1	49.5
CHILI, THREE BEAN JTM	1/4 CUP	1	9.5
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	2.86
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
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			145.42
% of Calories			48.8%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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Page 7

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/20/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN TENDER - TYSON	3 PIECES	1	15.6
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
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
MARGARINE REDDIES: (1)	1 Patty	1	0.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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
ALT INT WEEKLY 1st CHOI	Total	1	
SPICY CHICKEN PATTY - A PIERRE	SERVINGS	1	43.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
WAFFLE FRIES, SKIN ON MCCAIN	3oz SERVINGS	1	19.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	10.42
MAC & CHEESE - JTM	4oz SERVINGS	1	18.36
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PEACH, DICED, CANNED	1/2 CUP	1	14.0
PICKLE:, CHIPS	1 OZ.	1	1.0
KETCHUP : P/C	PC	1	10.12
BARBAQUE SAUCE: P/C	1 Each	1	13.0
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			163.65
% of Calories			54.8%
Nutrient Guideline			

BG _____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Thu - 09/21/2023			
INTERMEDIATE LUNCH 6-8	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
MANDARIN ORANGE- CANNED:PRE	1/2 CUP	1	14.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 3 THURSDAY'S:INTERM	1/2 CUP	1	10.51
COOKIE: FORTUNE COOKIE	COOKIE	1	7.05
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
TACO SALAD :ALT LINE	SERVING	1	42.73
BLACK BEANS	1/2 CUP	1	25.09
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MANDARIN ORANGE- CANNED:PRE	1/2 CUP	1	14.0
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

BG _____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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Washington County School District

Sep 1, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

Page 8

Generated on: 8/28/2023 11:54:31 AM

	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			127.65
% of Calories			58.1%
Nutrient Guideline			

Fri - 09/22/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
PIZZA, 7" WG BREADSTICK	BREAD STICK	1	30.0
DINNER SALAD	1 CUP	1	7.49
FRUIT BAR : SECONDARY	1 CUP	1	22.62
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8
JELL-O	GEL CUP	1	25.0
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
ALT INT WEEKLY 1st CHOI	Total	1	
WRAP, CHICKEN	WRAP	1	43.67
CHIPS: DORITOS	BAG	1	19.62
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
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			142.35
% of Calories			57.0%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Mon - 09/25/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN & WAFFLES	SERVINGS	1	35.0
TATER TOTS - MCCAIN	9 PIECES	1	17.04
ORANGES	ORANGE	1	23.32
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0
DINNER SALAD	1 CUP	1	7.49
KETCHUP : P/C	PC	1	10.12
SYRUP	1 EA	1	4.0
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
ALT INT WEEKLY 1st CHOI	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0
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

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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Washington County School District

Sep 1, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

Page 9

Generated on: 8/28/2023 11:54:31 AM

	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			134.26
% of Calories			55.2%
Nutrient Guideline			

Tue - 09/26/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
SOFT FLOUR TACO:SEC	serving	1	23.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	2.86
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	21.13
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
ALT INT WEEKLY 1st CHOI	Total	1	
NACHOS	SERVINGS	1	49.5
CHILI, THREE BEAN JTM	1/4 CUP	1	9.5
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	2.86
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
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			152.07
% of Calories			51.7%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Wed - 09/27/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
COUNTRY FRIED STEAK	SERVINGS	1	17.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
GRAVY, COUNTRY: (CUSTOM)	1/4 CUP	1	6.0
HUSHPUPIES	2- Hushpuppies	1	20.19
GREEN BEANS 3/4 CUP	3/4 CUP	1	4.5
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

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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Washington County School District

Sep 1, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

Page 10

Generated on: 8/28/2023 11:54:31 AM

	Portion Size	Reimb Qty	Carb (g)
ALT INT WEEKLY 1st CHOI	Total	1	
SPICY CHICKEN PATTY - A PIERRE	SERVINGS	1	43.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
WAFFLE FRIES, SKIN ON MCCAIN	3oz SERVINGS	1	19.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	10.42
MAC & CHEESE - JTM	4oz SERVINGS	1	18.36
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PEACH, DICED, CANNED	1/2 CUP	1	14.0
PICKLE., CHIPS	1 OZ.	1	1.0
KETCHUP : P/C	PC	1	10.12
BARBAQUE SAUCE: P/C	1 Each	1	13.0
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			153.10
% of Calories			52.6%
Nutrient Guideline			

BG ____ @ ____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Thu - 09/28/2023			
INTERMEDIATE LUNCH 6-8	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:INTERM	1/2 CUP	1	10.51
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
TACO SALAD :ALT LINE	SERVING	1	42.73
BLACK BEANS	1/2 CUP	1	25.09
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MANDARIN ORANGE- CANNED:PRE	1/2 CUP	1	14.0
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			141.90
% of Calories			61.0%
Nutrient Guideline			

BG ____ @ ____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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Washington County School District

Sep 1, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

Page 11

Generated on: 8/28/2023 11:54:31 AM

	Portion Size	Reimb Qty	Carb (g)
Fri - 09/29/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
GARLIC CHEESE BREAD RIPPERS	1 EACH	1	30.11
DINNER SALAD	1 CUP	1	7.49
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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
ALT INT WEEKLY 1st CHOI	Total	1	
WRAP, CHICKEN	WRAP	1	43.67
CHIPS: DORITOS	BAG	1	19.62
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
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			137.90
% of Calories			54.2%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Weighted Average			145.42
			54.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	145.42	54.44%						

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