

# Washington County School District

Sep 1, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/01/2023																
ELEMENTARY LUNCH	Total	1														
WILD MIKE'S DEEP DISH PIZZA	SERVING	1	360	35	570	3.00	1.80	400.0	500	9.0	4	20.0	34.0	16.0	7.00	0.00
MAX STUFFED CRUST PEPPE RONI PI	SERVINGS	1	330	20	870	3.00	*N/A*	*N/A*	*N/A*	0.0	4	17.0	35.0	14.0	4.50	0.00
DINNER SALAD	1 CUP	1	92	14	155	1.49	0.53	59.0	3540	8.97	*2	1.47	7.49	6.02	1.01	0.00
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	104	7	69	0.50	*N/A*	*N/A*	*N/A*	*N/A*	7	1.0	16.0	4.0	1.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
FRUIT, CANNED - CHOOSE ONE	1/2 C SE RVING	1	64	0	7	0.60	*0.14	*4.0	*N/A*	*4.2	13	0.2	15.8	0.0	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1307	*101	2078	10.46	*2.66	*1078.4	*5139	*57.68	*69	57.42	157.76	48.80	15.58	*0.00
% of Calories											*21.0%	17.6%	48.3%	33.6%	10.7%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/05/2023																
ELEMENTARY LUNCH	Total	1														
CHEESY BITES, LIL WG	4 BITES	1	341	30	462	3.01	*N/A*	*N/A*	*N/A*	*N/A*	2	16.06	30.11	18.06	7.03	0.00
REFRIED BEANS, V V	1/2 C SE RVINGS	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	*N/A*	1	7.0	24.0	2.5	0.00	0.00
CORN, STREET	1/2 CUP SERVING	1	147	9	101	2.42	*0.01	*48.2	*100	*0.0	*5	4.08	21.66	7.16	1.55	*0.00
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	206	*12	280	5.05	*0.72	*26.8	*1298	*39.27	*9	4.11	21.35	11.56	1.66	*0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
BROWNIE MIX, SHIRLEY J	SERVINGS	1	120	0	65	1.00	*0.00	*0.2	*0	*0.0	*15	1.0	23.0	3.5	1.15	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	89	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1308	*67	1702	22.54	*0.93	*690.6	*2580	*74.79	*82	49.24	185.00	45.68	12.97	*0.00
% of Calories											*25.2%	15.1%	56.6%	31.4%	8.9%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Washington County School District

Sep 1, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 09/06/2023																
ELEMENTARY LUNCH	Total	1														
CHICKEN NOODLE SOUP: US DA 1C.	1 CUP	1	237	57	600	3.22	*0.08	*20.5	*1956	*1.69	*3	19.21	31.79	3.59	0.43	0.00
BREADSTICK, CHEESE WG TOMATOES, CUCUMBER, CAR ROTS:EL	SERVING	1	140	15	270	1.00	0.72	100.0	300	0.0	1	7.0	15.0	6.0	2.00	0.00
FRUIT BAR :ELEMENTARY PEACH, DICED, CANNED	3/4 CUP	1	125	20	285	1.89	0.54	20.2	6197	6.88	*1	0.77	9.38	9.17	2.03	0.00
MILK : CHOCOLATE MILK FAT FREE	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
MILK 1% WHITE	1/2 CUP	1	60	0	10	0.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	14.0	0.0	0.00	0.00
	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			849	*107	1477	7.97	*1.53	*756.1	*9547	*44.08	*54 *25.4%	43.73 20.6%	117.64 55.4%	21.54 22.8%	6.04 6.4%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/07/2023																
ELEMENTARY LUNCH	Total	1														
CHERRY BLOSSOM CHICKEN FRO30:S	3.92 OZ	1	178	55	128	1.00	0.00	0.0	0	0.0	16	14.04	24.06	3.01	3.01	0.00
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	80	0	70	1.00	0.36	1.1	0	0.0	*0	2.0	16.48	0.75	0.00	*0.00
BROCCOLI, ROASTED	3/4 CUP	1	55	1	35	1.30	*0.00	*16.0	*27	*0.0	*1	1.93	3.29	4.47	0.54	0.01
FRUIT BAR :ELEMENTARY MANDARIN ORANGE- CANNE D:PRE	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	60	0	20	1.00	0.00	0.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
COOKIE, COWBOY	.5 CUP	1	210	*12	286	5.33	*0.78	*31.5	*1338	*43.5	*9	4.32	22.03	11.6	1.67	*0.00
MILK : CHOCOLATE MILK FAT FREE	1 oz.	1	202	15	164	2.08	1.01	45.0	364	0.0	*15	3.31	29.34	8.48	3.38	*0.00
MILK 1% WHITE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			1072	*99	1014	13.57	*2.34	*709.0	*2823	*79.01	*91 *34.0%	42.35 15.8%	156.68 58.4%	31.08 26.1%	10.17 8.5%	*0.02 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 09/08/2023																
ELEMENTARY LUNCH	Total	1														
CALZONE, MINI, WG	SERVINGS	1	325	23	490	4.00	1.80	225.0	*N/A*	*N/A*	6	16.5	40.01	11.5	5.00	0.00
DINNER SALAD	1 CUP	1	92	14	155	1.49	0.53	59.0	3540	8.97	*2	1.47	7.49	6.02	1.01	0.00
PUDDING,CHOICE	SERVING	1	115	0	133	0.50	0.54	225.0	75	0.0	15	1.0	20.5	3.0	1.75	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
FRUIT, CANNED - CHOOSE ONE	1/2 C SE	1	64	0	7	0.60	*0.14	*4.0	*N/A*	*4.2	13	0.2	15.8	0.0	0.00	0.00
	RVING															
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
MARINARA SAUCE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	745	8.94	3	1.99	11.93	1.49	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1023	*360	1807	10.45	*4.63	*1168.2	*5459	*57.62	*78	38.91	145.20	30.79	9.83	*0.00
% of Calories											*30.4%	15.2%	56.8%	27.1%	8.6%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Mon - 09/11/2023																
ELEMENTARY LUNCH	Total	1														
HAMBURGER 100% BEEF :ELE	PATTY	1	257	39	390	2.03	34.38	73.7	10	2.43	2	21.08	21.1	10.15	3.40	0.00
CHEESE: PROCESS SLICE	1 oz.	1	109	25	395	0.00	0.00	148.2	395	0.0	1	4.94	1.98	8.89	4.94	*N/A*
SHREDDED LETTUCE & TOMA TO-DELI	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
SMILE FRIES	4 SMILE FRIES	1	160	0	230	2.00	0.00	0.0	0	0.0	0	2.0	25.0	6.0	1.00	0.00
CREAMIES JR.	CREAMIE	1	93	16	39	0.00	0.00	260.0	1988	3.45	*N/A*	2.0	14.0	3.5	2.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
PINEAPPLE, TIDBITS, CAN	1/2 C SE	1	60	0	0	1.00	0.36	20.0	*N/A*	*N/A*	13	1.0	16.0	0.0	0.00	0.00
	RVING															
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	0.0	0	0.0	0	0.22	0.33	0.22	0.00	0.00
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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ELEMENTARY LUNCH

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			1068	*100	2193	8.16	35.24	1126.8	*4221	*50.30	*64 *24.2%	48.90 18.3%	139.67 52.3%	35.62 30.0%	13.42 11.3%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Tue - 09/12/2023																
ELEMENTARY LUNCH	Total	1														
BEEF TACO STICK	1 EACH	1	345	52	631	3.85	2.77	328.8	252	6.37	1	20.07	31.87	12.82	8.35	0.00
REFRIED BEANS, V V	1/2 C SE RVINGS	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	*N/A*	1	7.0	24.0	2.5	0.00	0.00
CORN, STREET	1/2 CUP SERVING	1	147	9	101	2.42	*0.01	*48.2	*100	*0.0	*5	4.08	21.66	7.16	1.55	*0.00
CORNMEAL SUPER STAR	1 EA	1	148	11	91	1.50	1.10	15.0	40	0.0	12	2.8	23.0	5.0	0.90	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	206	*12	280	5.05	*0.72	*26.8	*1298	*39.27	*9	4.11	21.35	11.56	1.66	*0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	89	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			1339	*100	1896	23.88	*4.80	*1034.3	*2872	*81.16	*79 *23.5%	55.05 16.4%	186.76 55.8%	41.93 28.2%	14.04 9.4%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Wed - 09/13/2023																
ELEMENTARY LUNCH	Total	1														
TERIYAKI BEEF NUGGETS	4 Nugget	1	160	40	440	1.00	1.44	20.0	20	0.0	4	14.0	6.0	8.0	3.50	0.50
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	0.37	22.4	5	30.04	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, BROWN LOW SODIUM	1/4 CUP	1	2	0	19	0.00	0.01	1.1	0	0.0	0	0.0	0.37	0.0	0.00	*0.00
GREEN BEANS: 1/2 C.	1/2 CUP	1	16	0	140	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1	1.0	3.0	0.0	0.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	10	0.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	14.0	0.0	0.00	0.00
ROLLS - NO EGGS	SERVINGS	1	118	0	280	3.83	1.06	10.3	78	0.0	*2	2.91	23.19	2.26	0.81	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			759	*55	1554	9.71	*3.08	*669.3	*1397	*65.56	*57 *30.0%	36.66 19.3%	111.06 58.5%	18.04 21.4%	6.89 8.2%	*0.50 *0.6%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Thu - 09/14/2023																
ELEMENTARY LUNCH	Total	1														
TERIYAKI CHICKEN	2.4 OZ	1	115	70	330	0.00	0.72	0.0	0	0.0	6	15.0	6.0	3.5	1.00	0.00
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	0	580	2.00	1.44	20.0	2501	4.8	*N/A*	3.0	24.01	2.5	0.00	0.00
BROCCOLI, ROASTED	3/4 CUP	1	55	1	35	1.30	*0.00	*16.0	*27	*0.0	*1	1.93	3.29	4.47	0.54	0.01
MARSHMALLOW RICE TREAT	1 EACH	1	80	0	30	0.00	0.00	0.0	100	0.0	8	1.0	15.0	2.0	0.84	0.00
MANDARIN ORANGE- CANNE	1/2 CUP	1	60	0	20	1.00	0.00	0.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
D:PRE																
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	210	*12	286	5.33	*0.78	*31.5	*1338	*43.5	*9	4.32	22.03	11.6	1.67	*0.00
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			937	*99	1592	11.49	*3.13	*682.9	*5060	*83.81	*74 *31.6%	42.01 17.9%	131.81 56.3%	26.84 25.8%	5.62 5.4%	*0.01 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Fri - 09/15/2023																
ELEMENTARY LUNCH	Total	1														
PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	*N/A*	*N/A*	*N/A*	0.0	3	16.0	27.0	13.0	5.00	0.00
DINNER SALAD	1 CUP	1	92	14	155	1.49	0.53	59.0	3540	8.97	*2	1.47	7.49	6.02	1.01	0.00
COOKIE: PUMPKIN CHOCOLA	COOKIE	1	147	8	145	4.70	1.02	44.4	1258	0.01	*8	2.61	22.59	6.14	2.45	*0.00
TE CHIP																
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
FRUIT, CANNED - CHOOSE ONE	1/2 C SE	1	64	0	7	0.60	*0.14	*4.0	*N/A*	*4.2	13	0.2	15.8	0.0	0.00	0.00
RVING																
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
MARINARA SAUCE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	745	8.94	3	1.99	11.93	1.49	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Washington County School District

Sep 1, 2023 thru Sep 29, 2023

## Base Menu Spreadsheet

ELEMENTARY LUNCH

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			1020	*370	1879	13.65	*3.32	*762.6	*6642	*57.63	*68	40.01	134.28	35.42	10.53	*0.00
% of Calories											*26.6%	15.7%	52.6%	31.2%	9.3%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Mon - 09/18/2023																
ELEMENTARY LUNCH	Total	1														
CHICKEN SANDWICH ELEM - GK6654	SANDWIC	1	302	35	573	4.02	1.26	251.7	11107	2.4	2	20.13	34.11	10.58	2.02	0.00
SMILE FRIES	SERVINGS	1	160	0	230	2.00	0.00	0.0	0	0.0	0	2.0	25.0	6.0	1.00	0.00
CHOCOLATE CHIP COOKIES	1 EACH	1	99	10	126	1.05	0.50	27.0	213	0.0	*6	1.6	13.49	4.63	1.94	*0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	90	0	0	1.00	0.00	0.0	0	0.0	18	0.0	18.0	0.0	0.00	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	129	20	299	2.36	0.66	30.1	6005	34.31	*1	1.42	6.31	9.21	2.07	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1203	*85	2729	12.30	2.97	944.2	18726	77.06	*74	41.90	168.50	37.19	9.10	*0.00
% of Calories											*24.5%	13.9%	56.0%	27.8%	6.8%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Tue - 09/19/2023																
ELEMENTARY LUNCH	Total	1														
TACO SOUP	1 CUP	1	256	45	1006	6.30	*1.99	*64.9	*1111	*13.95	*5	18.89	21.65	10.25	3.59	*0.00
CHEDDAR/ JACK FANCY SHRE D.25OZ	.25 OZ	1	28	6	43	0.00	0.00	50.6	63	0.0	0	1.52	0.25	2.28	1.52	0.00
CINNAMON ROLL W. W.W. BRI DGFOR	ROLL	1	210	0	250	4.00	1.44	20.0	40	1.2	8	6.0	35.0	5.0	1.00	0.00
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	206	*12	280	5.05	*0.72	*26.8	*1298	*39.27	*9	4.11	21.35	11.56	1.66	*0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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# Washington County School District

Sep 1, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			1047	*78	1896	19.22	*4.35	*777.8	*3606	*89.94	*73 *27.8%	47.26 18.1%	141.73 54.2%	31.86 27.4%	9.34 8.0%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Wed - 09/20/2023																
ELEMENTARY LUNCH	Total	1														
HOMESTYLE WG CHICKEN TENDER ST	3 PC SERVINGS	1	191	35	382	2.01	2.01	29.2	73	11.06	0	16.09	14.08	9.05	2.01	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	0.37	22.4	5	30.04	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	19	0	135	0.00	0.01	1.1	0	0.0	*1	0.95	2.86	0.48	0.00	0.00
CARROTS, SLICED, FZ	1/2 C SERVINGS	1	27	0	43	2.00	*N/A*	*N/A*	*N/A*	*N/A*	3	0.0	6.0	0.0	0.00	0.00
ROLLS - NO EGGS	SERVINGS	1	118	0	280	3.83	1.06	10.3	78	0.0	*2	2.91	23.19	2.26	0.81	*0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	10	0.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	14.0	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			832	*50	1906	10.72	*4.01	*698.4	*1350	*79.02	*56 *26.8%	38.70 18.6%	137.62 66.1%	15.56 16.8%	4.40 4.8%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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# Washington County School District

Sep 1, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 09/21/2023																
ELEMENTARY LUNCH	Total	1														
ORANGE CHICKEN	3.92 OZ	1	150	55	208	1.00	0.00	0.0	0	0.0	9	15.04	17.04	3.01	3.01	0.00
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	80	0	70	1.00	0.36	1.1	0	0.0	*0	2.0	16.48	0.75	0.00	*0.00
BROCCOLI, ROASTED	3/4 CUP	1	55	1	35	1.30	*0.00	*16.0	*27	*0.0	*1	1.93	3.29	4.47	0.54	0.01
COOKIE: FORTUNE COOKIE	COOKIE	1	35	0	10	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.05	0.0	0.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
MANDARIN ORANGE- CANNE D:PRE	1/2 CUP	1	60	0	20	1.00	0.00	0.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	210	*12	286	5.33	*0.78	*31.5	*1338	*43.5	*9	4.32	22.03	11.6	1.67	*0.00
SOY SAUCE: PC	PC	1	10	0	500	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			888	*84	1440	11.49	*1.33	*664.0	*2459	*79.01	*69	40.04	127.37	22.60	6.79	*0.01
											*31.2%	18.0%	57.4%	22.9%	6.9%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Fri - 09/22/2023																
ELEMENTARY LUNCH	Total	1														
PIZZA, 7" WG BREADSTICK	BREAD S TICK	1	250	25	510	3.00	*N/A*	*N/A*	*N/A*	*N/A*	3	11.0	30.0	9.0	4.50	0.00
DINNER SALAD	1 CUP	1	92	14	155	1.49	0.53	59.0	3540	8.97	*2	1.47	7.49	6.02	1.01	0.00
JELL-O	GEL CUP	1	100	0	45	0.00	0.00	0.0	110	0.0	22	0.0	25.0	0.0	0.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
FRUIT, CANNED - CHOOSE ONE	1/2 C SE RVING	1	64	0	7	0.60	*0.14	*4.0	*N/A*	*4.2	13	0.2	15.8	0.0	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
MARINARA SAUCE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	745	8.94	3	1.99	11.93	1.49	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			933	*362	1740	8.95	*2.29	*718.1	*5494	*57.62	*82	32.40	139.69	25.29	7.58	*0.00
											*35.0%	13.9%	59.9%	24.4%	7.3%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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# Washington County School District

Sep 1, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 09/25/2023																
ELEMENTARY LUNCH	Total	1														
POPCORN CHICKEN: FR100	10 PIECES	1	279	72	630	3.10	2.07	17.6	174	1.03	0	19.64	17.57	13.44	3.10	0.00
TATER TOTS - MCCAIN	9 PIECES	1	110	0	201	2.01	0.18	*N/A*	*N/A*	*N/A*	1	1.0	17.04	4.01	0.50	0.00
GRAHAMS, TIGER BITES CINN AMON	SERVINGS	1	120	0	105	1.00	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	21.0	4.0	1.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	90	0	0	1.00	0.00	0.0	0	0.0	18	0.0	18.0	0.0	0.00	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	129	20	299	2.36	0.66	30.1	6005	34.31	*1	1.42	6.31	9.21	2.07	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1106	*107	2310	11.33	*3.46	*683.1	*7575	*75.69	*74	40.81	150.52	33.43	8.25	*0.00
% of Calories											*26.7%	14.8%	54.4%	27.2%	6.7%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 09/26/2023																
ELEMENTARY LUNCH	Total	1														
SOFT FLOUR TACO: ELE	servings	1	224	49	412	3.00	1.44	120.1	413	0.6	0	17.01	19.0	9.5	2.70	0.00
SHREDDED LETTUCE & TOMA TO-DELI	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	0.00
CHEDDAR/ JACK FANCY SHRE D.25OZ	.25 OZ	1	28	6	43	0.00	0.00	50.6	63	0.0	0	1.52	0.25	2.28	1.52	0.00
REFRIED BEANS, V V	1/2 C SE RVINGS	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	*N/A*	1	7.0	24.0	2.5	0.00	0.00
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	206	*12	280	5.05	*0.72	*26.8	*1298	*39.27	*9	4.11	21.35	11.56	1.66	*0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
CHURRO- APPLE WG	SERVINGS	1	150	0	70	1.00	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	25.0	5.0	1.00	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	89	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1114	*83	1605	21.14	*2.66	*822.5	*3484	*81.87	*70	49.54	157.15	33.81	8.48	*0.00
% of Calories											*25.3%	17.8%	56.4%	27.3%	6.8%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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# Washington County School District

Sep 1, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 09/27/2023</b>																
ELEMENTARY LUNCH	Total	1														
COUNTRY FRIED STEAK	SERVINGS	1	290	45	475	2.00	2.00	40.0	1	0.0	2	16.0	17.0	17.5	5.50	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	0.37	22.4	5	30.04	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, COUNTRY: (CUSTOM)	1/4 CUP	1	30	0	147	0.00	0.04	7.7	1	0.0	*1	0.0	6.0	0.5	0.50	0.00
HUSHPUPPIES	2- Hushpuppies	1	130	7	313	1.95	*N/A*	*N/A*	*N/A*	*N/A*	5	1.95	20.19	3.91	0.98	0.00
GREEN BEANS: 1/2 C.	1/2 CUP	1	16	0	140	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1	1.0	3.0	0.0	0.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	10	0.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	14.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			893	*66	1709	8.82	*2.60	*685.5	*1100	*65.56	*58 *26.1%	37.70 16.9%	124.68 55.8%	25.68 25.9%	8.55 8.6%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

<b>Thu - 09/28/2023</b>																
ELEMENTARY LUNCH	Total	1														
GENERAL TSO'S CHICKEN	3.9oz SE R VING	1	210	50	450	2.00	*N/A*	*N/A*	*N/A*	*N/A*	13	12.0	24.0	7.0	1.00	0.00
NOODLES, YAKISOBA WG	1/2 CUP	1	72	0	26	1.01	*N/A*	*N/A*	*N/A*	*N/A*	8	3.02	32.22	0.0	0.00	0.00
BROCCOLI, ROASTED	3/4 CUP	1	55	1	35	1.30	*0.00	*16.0	*27	*0.0	*1	1.93	3.29	4.47	0.54	0.01
GRAHAM, TIGER BITES, CHOCOLATE	SERVINGS	1	120	0	125	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7	2.0	21.0	4.0	1.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
MANDARIN ORANGE- CANNE D:PRE	1/2 CUP	1	60	0	20	1.00	0.00	0.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	210	*12	286	5.33	*0.78	*31.5	*1338	*43.5	*9	4.32	22.03	11.6	1.67	*0.00
SOY SAUCE: PC	PC	1	10	0	500	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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# Washington County School District

Sep 1, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories			1025	*79	1754	14.50	*0.97	*662.9	*2459	*79.01	*88 *34.4%	40.03 15.6%	164.01 64.0%	29.84 26.2%	5.78 5.1%	*0.01 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Fri - 09/29/2023																	
ELEMENTARY LUNCH	Total	1															
MAX STUFFED CRUST PEPPE RONI PI	SERVINGS	1	330	20	870	3.00	*N/A*	*N/A*	*N/A*	0.0	4	17.0	35.0	14.0	4.50	0.00	
DINNER SALAD	1 CUP	1	92	14	155	1.49	0.53	59.0	3540	8.97	*2	1.47	7.49	6.02	1.01	0.00	
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	104	7	69	0.50	*N/A*	*N/A*	*N/A*	*N/A*	7	1.0	16.0	4.0	1.00	0.00	
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00	
FRUIT, CANNED - CHOOSE ONE	1/2 C SE	1	64	0	7	0.60	*0.14	*4.0	*N/A*	*4.2	13	0.2	15.8	0.0	0.00	0.00	
	RVING																
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00	
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00	
Weighted Daily Average % of Calories			947	*66	1508	7.46	*0.86	*678.4	*4639	*48.68	*65 *27.3%	37.42 15.8%	123.76 52.2%	32.80 31.2%	8.58 8.2%	*0.00 *0.0%	
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00		

Weighted Average			1034	*126	1789	12.89	*4.36	*800.6	*4832	*69.26	*71 *62.0%	43.00 16.6%	145.05 56.1%	31.19 27.2%	9.10 7.9%	*0.03 *0.0%
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# Washington County School District

Sep 1, 2023 thru Sep 29, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	1034		645	160%													
Cholesterol (mg)	126					Missing											
Sodium 1 (mg)	1789								1789								
Sodium 1a (mg)	1789								1789								
Fiber (g)	12.89																
Iron (mg)	4.36		3.30	132%	Missing												
Calcium (mg)	800.6		267.00	300%	Missing												
Vitamin A (IU)	4832		1055	458%	Missing												
Sugars (g)	71	27.55%			Missing												
Vitamin C (mg)	69.26		15.00	462%	Missing												
Protein (g)	43.00	16.64%	8.87	485%													
Carbohydrate (g)	145.05	56.13%															
Total Fat (g)	31.19	27.16%	<=30.00%														
Saturated Fat (g)	9.10	7.92%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.03	0.02%			Missing												

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