

Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 2, 2023 thru Oct 31, 2023

ELEMENTARY LUNCH

Generated on: 9/25/2023 2:38:08 PM

	Portion Size	Reimb Qty	Carb (g)
Mon - 10/02/2023			
ELEMENTARY LUNCH	Total	1	
MINI CORN DOG NUGGETS (ELEM)	4 EACH	1	20.0
TATER TOTS - MCCAIN	9 PIECES	1	17.04
CARROT STICKS 1/2 CUP	1/2 CUP	1	2.0
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
SWEET CAKE	SERVING	1	44.83
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			145.33
% of Calories			58.5%
Nutrient Guideline			

BG_____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Tue - 10/03/2023			
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 - 10/04/2023			
ELEMENTARY LUNCH	Total	1	
DUTCH WAFFLE	1 EACH	1	43.0
SCRAMBLED EGGS: SUNNY FRESH	1oz SERVING	1	1.0
SAUSAGE LINK - CLOVERDALE	1 LINK	1	1.0
HASHBROWN PATTY:1/2 CUP	2 EACH	1	27.0
MIXED BERRIES, CUPS, FZ	SERVING	1	20.0
JUICE, SUN SPLASH	SERVINGS	1	15.0
SYRUP	1 EA	1	4.0
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			154.12
% of Calories			55.5%
Nutrient Guideline			

BG_____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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ELEMENTARY LUNCH

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	Portion Size	Reimb Qty	Carb (g)
Thu - 10/05/2023			
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 - 10/06/2023			
ELEMENTARY LUNCH	Total	1	
CALZONE, MINI, WG	3 CALZONES	1	40.01
DINNER SALAD	1 CUP	1	7.49
PUDDING,CHOICE	SERVING	1	20.5
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			130.72
% of Calories			54.1%
Nutrient Guideline			

BG_____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Mon - 10/09/2023			
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
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			125.20
% of Calories			49.6%
Nutrient Guideline			

BG_____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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	Portion Size	Reimb Qty	Carb (g)
Tue - 10/10/2023			
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 - 10/11/2023			
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
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			96.58
% of Calories			55.1%
Nutrient Guideline			

BG_____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Tue - 10/17/2023			
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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ELEMENTARY LUNCH

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	Portion Size	Reimb Qty	Carb (g)	
Wed - 10/18/2023				BG ____ @ ____
ELEMENTARY LUNCH	Total	1		
HOMESTYLE WG CHICKEN TENDER ST	3 PC SERVINGS	1	14.08	Total Carbs: ____
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	
PEACH, DICED, CANNED	1/2 CUP	1	14.0	
BARBAQUE SAUCE: P/C	1 Each	1	13.0	Units for Carbs: ____
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	+ Correction Dose: ____
Weighted Daily Average			123.15	= Total Insulin: ____
% of Calories			63.5%	
Nutrient Guideline				
Thu - 10/19/2023				BG ____ @ ____
ELEMENTARY LUNCH	Total	1		
ORANGE CHICKEN	3.92 OZ	1	17.04	Total Carbs: ____
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	Units for Carbs: ____
MANDARIN ORANGE- CANNED:PRE	1/2 CUP	1	14.0	
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	22.03	+ Correction Dose: ____
SOY SAUCE: PC	PC	1	0.0	= Total Insulin: ____
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				
Fri - 10/20/2023				BG ____ @ ____
ELEMENTARY LUNCH	Total	1		
PIZZA, 7" WG BREADSTICK	BREAD STICK	1	30.0	Total Carbs: ____
DINNER SALAD	1 CUP	1	7.49	
JELL-O	GEL CUP	1	25.0	
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	Units for Carbs: ____
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	+ Correction Dose: ____
Weighted Daily Average			125.21	= Total Insulin: ____
% of Calories			57.2%	
Nutrient Guideline				

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ELEMENTARY LUNCH

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	Portion Size	Reimb Qty	Carb (g)	
Mon - 10/23/2023				
ELEMENTARY LUNCH	Total	1		BG_____@_____
POPCORN CHICKEN: FR100	10 PIECES	1	17.57	Total Carbs: _____
TATER TOTS - MCCAIN	9 PIECES	1	17.04	
GRAHAMS, TIGER BITES CINNAMON	SERVINGS	1	21.0	Units for Carbs: _____
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0	
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31	+ Correction Dose: _____
BARBAQUE SAUCE: P/C	1 Each	1	13.0	
KETCHUP : P/C	PC	1	10.12	= Total Insulin: _____
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	
Weighted Daily Average			136.05	
% of Calories			51.9%	
Nutrient Guideline				
Tue - 10/24/2023				
ELEMENTARY LUNCH	Total	1		BG_____@_____
SOFT FLOUR TACO: ELE	servings	1	19.0	Total Carbs: _____
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67	
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25	Units for Carbs: _____
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0	
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	21.35	+ Correction Dose: _____
PEARS, DICED, CANNED	1/2 CUP	1	16.0	
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48	= Total Insulin: _____
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				
Wed - 10/25/2023				
ELEMENTARY LUNCH	Total	1		BG_____@_____
COUNTRY FRIED STEAK	SERVINGS	1	17.0	Total Carbs: _____
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	17.03	
GRAVY, COUNTRY: (CUSTOM)	1/4 CUP	1	6.0	Units for Carbs: _____
HUSHPUPIES	2- Hushpuppies	1	20.19	
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0	+ Correction Dose: _____
PEACH, DICED, CANNED	1/2 CUP	1	14.0	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	= Total Insulin: _____
MILK 1% WHITE	CARTON	1	13.0	
Weighted Daily Average			110.21	
% of Calories			52.7%	
Nutrient Guideline				

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ELEMENTARY LUNCH

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	Portion Size	Reimb Qty	Carb (g)
Thu - 10/26/2023			
ELEMENTARY LUNCH	Total	1	
TERIYAKI CHICKEN	2.4 OZ	1	6.0
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			146.01
% of Calories			62.8%
Nutrient Guideline			

BG ____ @ ____

Total Carbs: ____

Units for Carbs: ____

+ Correction Dose: ____

= Total Insulin: ____

Fri - 10/27/2023			
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, 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			109.29
% of Calories			49.1%
Nutrient Guideline			

BG ____ @ ____

Total Carbs: ____

Units for Carbs: ____

+ Correction Dose: ____

= Total Insulin: ____

Mon - 10/30/2023			
ELEMENTARY LUNCH	Total	1	
HOT DOG, BEEF CLOVERDALE	SERVINGS	1	23.02
WAFFLE FRIES, SKIN ON MCCAIN	3oz SERVINGS	1	19.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	2.0
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
RELISH- DILL PICKLE	SERVING	1	0.0
SWEET CAKE	SERVING	1	44.83
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			150.31
% of Calories			51.9%
Nutrient Guideline			

BG ____ @ ____

Total Carbs: ____

Units for Carbs: ____

+ Correction Dose: ____

= Total Insulin: ____

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	Portion Size	Reimb Qty	Carb (g)
Tue - 10/31/2023			
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
COOKIE: HALLOWEEN	1 EACH	1	26.9
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			188.90
% of Calories			55.6%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Weighted Average			141.88
			55.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	141.88	55.51%						

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