

Washington County School District

Nov 1, 2023 thru Nov 30, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 1

Generated on: 10/30/2023 10:43:40 AM

	Portion Size	Reimb Qty	Carb (g)	
Wed - 11/01/2023				
ELEMENTARY LUNCH	Total	1		BG_____@_____
CHICKEN NOODLE SOUP: USDA 1C.	1 CUP	1	17.53	Total Carbs: _____
BREADSTICK, CHEESE - BOSCO'S	SERVINGS	1	17.0	
TOMATOES, CUCUMBER, CARROTS:EL	3/4 CUP	1	9.38	
PEACH, DICED, CANNED	1/2 CUP	1	14.0	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	Units for Carbs: _____
MILK 1% WHITE	CARTON	1	13.0	+ Correction Dose: _____
Weighted Daily Average			90.91	= Total Insulin: _____
% of Calories			49.5%	
Nutrient Guideline				
Thu - 11/02/2023				
ELEMENTARY LUNCH	Total	1		BG_____@_____
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	
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	Units for Carbs: _____
COOKIE, COWBOY	1 oz.	1	29.34	+ Correction Dose: _____
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	= Total Insulin: _____
MILK 1% WHITE	CARTON	1	13.0	
Weighted Daily Average			149.66	
% of Calories			57.3%	
Nutrient Guideline				
Fri - 11/03/2023				
ELEMENTARY LUNCH	Total	1		BG_____@_____
CALZONE, MINI, WG	3 CALZONES	1	40.01	Total Carbs: _____
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	Units for Carbs: _____
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	+ Correction Dose: _____
MILK 1% WHITE	CARTON	1	13.0	= Total Insulin: _____
Weighted Daily Average			130.72	
% of Calories			54.1%	
Nutrient Guideline				

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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	Portion Size	Reimb Qty	Carb (g)
Mon - 11/06/2023			
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: _____

Tue - 11/07/2023			
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 - 11/08/2023			
ELEMENTARY LUNCH	Total	1	
ROASTED TURKEY: VIP	2.9 OZ	1	1.34
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	17.03
GRAVY, TURKEY	1/4 Cup	1	3.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
DELUXE FRUIT SALAD	1/2 CUP	1	15.31
PUMPKIN PIE :(Sara Lee)	Slice	1	48.0
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			143.86
% of Calories			57.9%
Nutrient Guideline			

BG ____ @ ____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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	Portion Size	Reimb Qty	Carb (g)
Thu - 11/09/2023			
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: _____

Fri - 11/10/2023			
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, 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			119.80
% of Calories			49.8%
Nutrient Guideline			

BG_____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Mon - 11/13/2023			
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
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			154.03
% of Calories			53.8%
Nutrient Guideline			

BG_____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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	Portion Size	Reimb Qty	Carb (g)
Tue - 11/14/2023			
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
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31
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			148.04
% of Calories			50.3%
Nutrient Guideline			

BG _____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Wed - 11/15/2023			
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
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			123.15
% of Calories			63.5%
Nutrient Guideline			

BG _____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Thu - 11/16/2023			
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: _____

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	Portion Size	Reimb Qty	Carb (g)
Fri - 11/17/2023			
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, 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			125.21
% of Calories			57.2%
Nutrient Guideline			

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

Mon - 11/20/2023			
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
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			136.05
% of Calories			51.9%
Nutrient Guideline			

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

Tue - 11/21/2023			
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: ____

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	Portion Size	Reimb Qty	Carb (g)
Tue - 11/28/2023			
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 - 11/29/2023			
ELEMENTARY LUNCH	Total	1	
CHICKEN NOODLE SOUP: USDA 1C.	1 CUP	1	17.53
BREADSTICK, CHEESE - BOSCO'S	SERVINGS	1	17.0
TOMATOES, CUCUMBER, CARROTS:EL	3/4 CUP	1	9.38
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			90.91
% of Calories			49.5%
Nutrient Guideline			

BG _____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Thu - 11/30/2023			
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
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			149.66
% of Calories			57.3%
Nutrient Guideline			

BG _____@_____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Weighted Average			137.52
			54.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	137.52	54.70%						

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