

Washington County School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 1

Generated on: 1/23/2024 12:30:01 PM

| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Thu - 02/01/2024 | | | |
| SECONDARY LUNCH 9-12 | Total | 1 | |
| TERIYAKI CHICKEN | 2.4 OZ | 1 | 6.0 |
| VEGETABLE BROWN RICE : SEC | 8 OZ | 1 | 40.42 |
| BROCCOLI, ROASTED | 3/4 CUP | 1 | 3.29 |
| EGG ROLL, WG VEGETABLE | SERVINGS | 1 | 24.01 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 22.62 |
| MANDARIN ORANGE- CANNED:PRE | 1/2 CUP | 1 | 14.0 |
| SALAD BAR: 3 THURSDAY'S:SEC | 1 CUP | 1 | 40.38 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 20.0 |
| MILK 1% WHITE | CARTON | 1 | 13.0 |
| ALT SEC WEEKLY 1st CHO | Total | 1 | |
| TACO SALAD :ALT LINE | SERVING | 1 | 33.3 |
| BEANS, CANNED, BLACK BEAN, LS | 1/2 CUP | 1 | 18.0 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 22.62 |
| 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 | | | 153.32 |
| % of Calories | | | 57.2% |
| Nutrient Guideline | | | |

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

| | | | |
|--------------------------------|---------------|---|--------|
| Fri - 02/02/2024 | | | |
| SECONDARY LUNCH 9-12 | Total | 1 | |
| PEPPERONI PIZZA RIPPERS | SERVING | 1 | 27.0 |
| DINNER SALAD | 1 CUP | 1 | 7.49 |
| CARROT STICKS 1/2 CUP | 1/2 CUP | 1 | 2.0 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 22.62 |
| FRUIT, CANNED - CHOOSE ONE | 1/2 C SERVING | 1 | 15.8 |
| COOKIE: PUMPKIN CHOCOLATE CHIP | COOKIE | 1 | 22.59 |
| 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 SEC WEEKLY 1st CHO | 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 : SECONDARY | 1 CUP | 1 | 22.62 |
| 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 | | | 144.72 |
| % of Calories | | | 52.9% |
| 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

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

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Washington County School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

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Generated on: 1/23/2024 12:30:01 PM

| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Mon - 02/05/2024 | | | |
| SECONDARY LUNCH 9-12 | Total | 1 | |
| CHICKEN SANDWICH- FR102 GK7516 | SERVINGS | 1 | 44.0 |
| SHREDDED LETTUCE & TOMATO-DELI | 1/2 CUP | 1 | 2.67 |
| FRENCH FRIES- S.S. 3/4 CUP | 6 OZ | 1 | 33.0 |
| COOKIE, CHOCOLATE CHIP | 1 EACH | 1 | 13.55 |
| 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 SEC WEEKLY 1st CHO | 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 : SECONDARY | 1 CUP | 1 | 22.62 |
| 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 | | | 152.49 |
| % of Calories | | | 58.8% |
| Nutrient Guideline | | | |

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

| | | | |
|--------------------------------|----------|---|--------|
| Tue - 02/06/2024 | | | |
| SECONDARY LUNCH 9-12 | Total | 1 | |
| TACO SOUP | 1 CUP | 1 | 21.65 |
| CHEDDAR/ JACK FANCY SHRED-.5OZ | .5 OZ | 1 | 0.51 |
| CINNAMON ROLL W. W.W. BRIDGFOR | ROLL | 1 | 35.0 |
| MIXED FRESH VEGETABLES:ELE | 3/4 CUP | 1 | 6.31 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 22.62 |
| PEARS, DICED, CANNED | 1/2 CUP | 1 | 16.0 |
| SALAD BAR: 2 TUESDAY (SEC) | 1 CUP | 1 | 41.02 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 20.0 |
| MILK 1% WHITE | CARTON | 1 | 13.0 |
| ALT SEC WEEKLY 1st CHO | Total | 1 | |
| NACHOS | SERVINGS | 1 | 42.75 |
| LETTUCE & TOMATO:3/4 CUP-TACOS | 3/4 CUP | 1 | 9.94 |
| 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 | | | 150.90 |
| % of Calories | | | 51.8% |
| Nutrient Guideline | | | |

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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Washington County School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

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Generated on: 1/23/2024 12:30:01 PM

| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|----------------|-----------|----------|
| Wed - 02/07/2024 | | | |
| SECONDARY LUNCH 9-12 | Total | 1 | |
| HOMESTYLE WG CHICKEN TENDER ST | 3 PC SERVINGS | 1 | 14.08 |
| 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 SEC WEEKLY 1st CHO | 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 | 2.0 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 22.62 |
| PEACH, DICED, CANNED | 1/2 CUP | 1 | 14.0 |
| PICKLE:, CHIPS | 1 OZ. | 1 | 1.0 |
| 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 |
| Weighted Daily Average | | | 147.07 |
| % of Calories | | | 56.9% |
| Nutrient Guideline | | | |

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

| | | | |
|--------------------------------|---------|---|--------|
| Thu - 02/08/2024 | | | |
| SECONDARY LUNCH 9-12 | Total | 1 | |
| ORANGE CHICKEN | 3.92 OZ | 1 | 17.04 |
| RICE: COOKED BROWN (SEC) | 1 CUP | 1 | 32.96 |
| BROCCOLI, ROASTED | 1 CUP | 1 | 4.45 |
| COOKIE: FORTUNE COOKIE | COOKIE | 1 | 7.05 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 22.62 |
| MANDARIN ORANGE- CANNED:PRE | 1/2 CUP | 1 | 14.0 |
| SALAD BAR: 3 THURSDAY'S:SEC | 1 CUP | 1 | 40.38 |
| SOY SAUCE: PC | PC | 1 | 0.0 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 20.0 |
| MILK 1% WHITE | CARTON | 1 | 13.0 |
| ALT SEC WEEKLY 1st CHO | Total | 1 | |
| TACO SALAD :ALT LINE | SERVING | 1 | 33.3 |
| BEANS, CANNED, BLACK BEAN, LS | 1/2 CUP | 1 | 18.0 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 22.62 |
| 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 | | | 147.21 |
| % of Calories | | | 57.8% |
| 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: 1/23/2024 12:30:01 PM

| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|---------------|-----------|----------|
| Fri - 02/09/2024 | | | |
| SECONDARY LUNCH 9-12 | Total | 1 | |
| PIZZA, 7" WG BREADSTICK | BREAD STICK | 1 | 30.0 |
| STRING CHEESE: 1oz M | 1 EA | 1 | 0.0 |
| DINNER SALAD | 1 CUP | 1 | 7.49 |
| JELL-O | GEL CUP | 1 | 25.0 |
| 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 SEC WEEKLY 1st CHO | 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 : SECONDARY | 1 CUP | 1 | 22.62 |
| 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 | | | 146.42 |
| % of Calories | | | 55.5% |
| Nutrient Guideline | | | |

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

| | | | |
|--------------------------------|----------|---|--------|
| Mon - 02/12/2024 | | | |
| SECONDARY LUNCH 9-12 | 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 |
| RANCH: (WILD COYOTE LITE) | PC CUP | 1 | 2.0 |
| SYRUP | 1 EA | 1 | 4.0 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 20.0 |
| MILK 1% WHITE | CARTON | 1 | 13.0 |
| ALT SEC WEEKLY 1st CHO | 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 : SECONDARY | 1 CUP | 1 | 22.62 |
| 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 | | | 138.33 |
| % of Calories | | | 55.9% |
| 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: 1/23/2024 12:30:01 PM

| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|----------------|-----------|----------|
| Tue - 02/13/2024 | | | |
| SECONDARY LUNCH 9-12 | Total | 1 | |
| SOFT FLOUR TACO:SEC | serving | 1 | 23.0 |
| LETTUCE & TOMATO:3/4 CUP-TACOS | 3/4 CUP | 1 | 9.94 |
| CHEDDAR/ JACK FANCY SHRED-.5OZ | .5 OZ | 1 | 0.51 |
| REFRIED BEANS, V V | 1/2 C SERVINGS | 1 | 24.0 |
| CHURRO- APPLE WG | SERVINGS | 1 | 25.0 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 22.62 |
| PEARS, DICED, CANNED | 1/2 CUP | 1 | 16.0 |
| SALAD BAR: 2 TUESDAY (SEC) | 1 CUP | 1 | 41.02 |
| SALSA PICANTE | 1 OZ | 1 | 1.4 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 20.0 |
| MILK 1% WHITE | CARTON | 1 | 13.0 |
| ALT SEC WEEKLY 1st CHO | Total | 1 | |
| NACHOS | SERVINGS | 1 | 42.75 |
| LETTUCE & TOMATO:3/4 CUP-TACOS | 3/4 CUP | 1 | 9.94 |
| 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 | | | 161.09 |
| % of Calories | | | 55.2% |
| Nutrient Guideline | | | |

BG ____ @ ____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

| | | | |
|--------------------------------|--------------|---|-------|
| Wed - 02/14/2024 | | | |
| SECONDARY LUNCH 9-12 | 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 |
| COOKIE: VALENTINES | COOKIE | 1 | 26.9 |
| ROLLS - NO EGGS | SERVINGS | 1 | 23.19 |
| GREEN BEANS 3/4 CUP | 3/4 CUP | 1 | 4.5 |
| 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 SEC WEEKLY 1st CHO | 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 | 2.0 |
| COOKIE: VALENTINES | COOKIE | 1 | 26.9 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 22.62 |
| PEACH, DICED, CANNED | 1/2 CUP | 1 | 14.0 |
| PICKLE:, CHIPS | 1 OZ. | 1 | 1.0 |
| 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 |

BG ____ @ ____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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Portion Values - Detailed

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| | Portion Size | Reimb Qty | Carb (g) |
|------------------------|--------------|-----------|----------|
| Weighted Daily Average | | | 169.75 |
| % of Calories | | | 55.8% |
| Nutrient Guideline | | | |

| Thu - 02/15/2024 | | | |
|--------------------------------|----------|---|--------|
| SECONDARY LUNCH 9-12 | Total | 1 | |
| TERIYAKI CHICKEN | 2.4 OZ | 1 | 6.0 |
| NOODLES, YAKISOBA WG 1 CUP | 1 CUP | 1 | 64.0 |
| BROCCOLI, ROASTED | 3/4 CUP | 1 | 3.29 |
| GRAHAM, TIGER BITES, CHOCOLATE | SERVINGS | 1 | 21.0 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 22.62 |
| MANDARIN ORANGE- CANNED:PRE | 1/2 CUP | 1 | 14.0 |
| SALAD BAR: 3 THURSDAY'S:SEC | 1 CUP | 1 | 40.38 |
| SOY SAUCE: PC | PC | 1 | 0.0 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 20.0 |
| MILK 1% WHITE | CARTON | 1 | 13.0 |
| ALT SEC WEEKLY 1st CHO | Total | 1 | |
| TACO SALAD :ALT LINE | SERVING | 1 | 33.3 |
| BEANS, CANNED, BLACK BEAN, LS | 1/2 CUP | 1 | 18.0 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 22.62 |
| 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 | | | 163.60 |
| % of Calories | | | 63.6% |
| Nutrient Guideline | | | |

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

| Tue - 02/20/2024 | | | |
|--------------------------------|-----------------|---|-------|
| SECONDARY LUNCH 9-12 | 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 (SEC) | 1 CUP | 1 | 41.02 |
| SALSA PICANTE | 1 OZ | 1 | 1.4 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 20.0 |
| MILK 1% WHITE | CARTON | 1 | 13.0 |
| ALT SEC WEEKLY 1st CHO | Total | 1 | |
| NACHOS | SERVINGS | 1 | 42.75 |
| LETTUCE & TOMATO:3/4 CUP-TACOS | 3/4 CUP | 1 | 9.94 |
| 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 |

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

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Washington County School District

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

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Generated on: 1/23/2024 12:30:01 PM

| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------------|--------------|-----------|-----------------|
| Weighted Daily Average % of Calories | | | 171.84 55.9% |
| Nutrient Guideline | | | |

| Wed - 02/21/2024 | | | |
|--------------------------------------|--------------|---|-----------------|
| SECONDARY LUNCH 9-12 | Total | 1 | |
| CHICKEN NOODLE SOUP: USDA 1C. | 1 CUP | 1 | 17.53 |
| BREADSTICK, CHEESE - BOSCO'S | SERVINGS | 1 | 17.0 |
| TOMATOES, CUCUMBER, CARROTS:SE | 1 CUP | 1 | 12.03 |
| 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 SEC WEEKLY 1st CHO | 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 | 2.0 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 22.62 |
| PEACH, DICED, CANNED | 1/2 CUP | 1 | 14.0 |
| PICKLE:, CHIPS | 1 OZ. | 1 | 1.0 |
| 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 |
| Weighted Daily Average % of Calories | | | 131.79 55.1% |
| Nutrient Guideline | | | |

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

| Thu - 02/22/2024 | | | |
|--------------------------------|---------|---|-------|
| SECONDARY LUNCH 9-12 | Total | 1 | |
| ORANGE CHICKEN | 3.92 OZ | 1 | 17.04 |
| RICE: COOKED BROWN (SEC) | 1 CUP | 1 | 32.96 |
| BROCCOLI, ROASTED | 1 CUP | 1 | 4.45 |
| COOKIE, COWBOY | 1 oz. | 1 | 29.43 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 22.62 |
| MANDARIN ORANGE- CANNED:PRE | 1/2 CUP | 1 | 14.0 |
| SALAD BAR: 3 THURSDAY'S:SEC | 1 CUP | 1 | 40.38 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 20.0 |
| MILK 1% WHITE | CARTON | 1 | 13.0 |
| ALT SEC WEEKLY 1st CHO | Total | 1 | |
| TACO SALAD :ALT LINE | SERVING | 1 | 33.3 |
| BEANS, CANNED, BLACK BEAN, LS | 1/2 CUP | 1 | 18.0 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 22.62 |
| 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

Feb 1, 2024 thru Feb 29, 2024

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

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Generated on: 1/23/2024 12:30:01 PM

| | Portion Size | Reimb Qty | Carb (g) |
|------------------------|--------------|-----------|----------|
| Weighted Daily Average | | | 158.40 |
| % of Calories | | | 57.7% |
| Nutrient Guideline | | | |

| Fri - 02/23/2024 | | | |
|--------------------------------|---------------|---|--------|
| SECONDARY LUNCH 9-12 | Total | 1 | |
| CALZONE, MINI, WG | 3 CALZONES | 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 SEC WEEKLY 1st CHO | 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 : SECONDARY | 1 CUP | 1 | 22.62 |
| 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 | | | 149.18 |
| % of Calories | | | 56.3% |
| Nutrient Guideline | | | |

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

| Mon - 02/26/2024 | | | |
|--------------------------------|---------|---|-------|
| SECONDARY LUNCH 9-12 | Total | 1 | |
| CHEESEBURGER 100 % BEEF: SEC | PATTY | 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 |
| 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 |

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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Washington County School District

Feb 1, 2024 thru Feb 29, 2024

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Combined: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 9

Generated on: 1/23/2024 12:30:01 PM

| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| ALT SEC WEEKLY 1st CHO | 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 : SECONDARY | 1 CUP | 1 | 22.62 |
| 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 | | | 145.20 |
| % of Calories | | | 54.8% |
| Nutrient Guideline | | | |

| Tue - 02/27/2024 | | | |
|--------------------------------|-----------------|---|--------|
| SECONDARY LUNCH 9-12 | Total | 1 | |
| BEEF TACO STICK | 1 EACH | 1 | 31.87 |
| REFRIED BEANS, V V | 1/2 C SERVINGS | 1 | 24.0 |
| CARROT STICKS 1/2 CUP | 1/2 CUP | 1 | 2.0 |
| CORN, STREET | 1/2 CUP SERVING | 1 | 21.66 |
| CORNMEAL SUPER STAR | 1 EA | 1 | 23.0 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 22.62 |
| PEARS, DICED, CANNED | 1/2 CUP | 1 | 16.0 |
| SALAD BAR: 2 TUESDAY (SEC) | 1 CUP | 1 | 41.02 |
| SALSA PICANTE | 1 OZ | 1 | 1.4 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 20.0 |
| MILK 1% WHITE | CARTON | 1 | 13.0 |
| ALT SEC WEEKLY 1st CHO | Total | 1 | |
| NACHOS | SERVINGS | 1 | 42.75 |
| LETTUCE & TOMATO:3/4 CUP-TACOS | 3/4 CUP | 1 | 9.94 |
| 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 | | | 171.13 |
| % of Calories | | | 54.0% |
| Nutrient Guideline | | | |

| Wed - 02/28/2024 | | | |
|--------------------------------|----------|---|-------|
| SECONDARY LUNCH 9-12 | 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 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 22.62 |
| PEACH, DICED, CANNED | 1/2 CUP | 1 | 14.0 |
| MARGARINE REDDIES: (1) | 1 Patty | 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: _____

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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Portion Values - Detailed

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Generated on: 1/23/2024 12:30:02 PM

| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| ALT SEC WEEKLY 1st CHO | 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 | 2.0 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 22.62 |
| PEACH, DICED, CANNED | 1/2 CUP | 1 | 14.0 |
| PICKLE:, CHIPS | 1 OZ. | 1 | 1.0 |
| 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 |
| Weighted Daily Average | | | 138.33 |
| % of Calories | | | 53.9% |
| Nutrient Guideline | | | |

| Thu - 02/29/2024 | | | |
|--------------------------------|----------|---|--------|
| SECONDARY LUNCH 9-12 | Total | 1 | |
| SCRAMBLED EGGS W/HAM:SEC | 3/4 cup | 1 | 2.84 |
| WHOLE GRAIN BISCUIT: RICH'S | BISCUIT | 1 | 23.0 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 22.62 |
| POTATOES, WEDGES | 1/2 CUP | 1 | 17.0 |
| COOKIE, BIRTHDAY | SERVINGS | 1 | 27.13 |
| KETCHUP : P/C | PC | 1 | 10.12 |
| JUICE, SUN SPLASH | SERVINGS | 1 | 15.0 |
| SALSA PICANTE | 1 OZ | 1 | 1.4 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 20.0 |
| MILK 1% WHITE | CARTON | 1 | 13.0 |
| ALT SEC WEEKLY 1st CHO | Total | 1 | |
| TACO SALAD :ALT LINE | SERVING | 1 | 33.3 |
| BEANS, CANNED, BLACK BEAN, LS | 1/2 CUP | 1 | 18.0 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 22.62 |
| MANDARIN ORANGE- CANNED:PRE | 1/2 CUP | 1 | 14.0 |
| COOKIE, BIRTHDAY | SERVINGS | 1 | 27.13 |
| 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 | | | 151.07 |
| % of Calories | | | 55.9% |
| Nutrient Guideline | | | |

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

| | | | |
|------------------|--|--|--------|
| Weighted Average | | | 152.20 |
| | | | 56.0% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 152.20 | 55.98% | | | | | | |

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