

# Washington County School District

Feb 1, 2024 thru Feb 29, 2024

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)
Thu - 02/01/2024																
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			937	*99	1592	11.49	*3.13	*682.9	*5060	*83.81	*74	42.01	131.81	26.84	5.62	*0.01
% of Calories											*31.6%	17.9%	56.3%	25.8%	5.4%	*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)
Fri - 02/02/2024																
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, 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
Weighted Daily Average			963	370	1878	11.78	*3.12	*747.1	*6549	*25.72	*60	39.26	119.80	35.15	10.46	*0.00
% of Calories											*24.9%	16.3%	49.8%	32.8%	9.8%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Feb 1, 2024 thru Feb 29, 2024

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)
Mon - 02/05/2024																
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
COOKIE, CHOCOLATE CHIP	1 EACH	1	100	11	126	0.73	*0.46	*25.5	*199	*0.0	*6	1.54	13.55	4.56	1.92	*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			1146	86	2727	10.11	*2.75	*927.3	*18619	*45.14	*66	41.10	154.09	36.85	9.01	*0.00
% of Calories											*23.0%	14.3%	53.8%	28.9%	7.1%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Tue - 02/06/2024																
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
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
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
Weighted Daily Average			1176	*98	2194	21.58	*5.01	*807.9	*9611	*124.25	*74	48.68	148.04	41.07	11.41	*0.00
% of Calories											*25.0%	16.6%	50.3%	31.4%	8.7%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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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)
Wed - 02/07/2024																
ELEMENTARY LUNCH	Total	1														
HOMESTYLE WG CHICKEN TENDER ST	3 PC SE RVINGS	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 SE RVINGS	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
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			775	50	1904	8.85	*3.81	*683.0	*1257	*47.11	*48	37.95	123.15	15.28	4.32	*0.00
% of Calories											*24.7%	19.6%	63.5%	17.7%	5.0%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Thu - 02/08/2024																
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			888	*84	1440	11.49	*1.33	*664.0	*2459	*79.01	*69	40.04	127.37	22.60	6.79	*0.01
% of Calories											*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	

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Fri - 02/09/2024																
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, CANNED - CHOOSE ONE	1/2 C SE R Ving	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			876	362	1738	7.08	*2.10	*702.7	*5401	*25.71	*74 *33.7%	31.65 14.5%	125.21 57.2%	25.01 25.7%	7.50 7.7%	0.00 0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Mon - 02/12/2024																
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
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 % of Calories			1049	107	2309	9.46	*3.27	*667.6	*7481	*43.78	*66 *25.2%	40.06 15.3%	136.05 51.9%	33.16 28.4%	8.17 7.0%	0.00 0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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<b>Tue - 02/13/2024</b>																
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	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
TO-DELI																
CHEDDAR/ JACK FANCY SHRE	.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
D.25OZ																
REFRIED BEANS, V V	1/2 C SE	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
	RVINGS															
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	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			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	

<b>Wed - 02/14/2024</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	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
mix,P																
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
COOKIE: VALENTINES	COOKIE	1	172	6	78	1.00	0.72	10.0	50	0.0	15	1.7	26.9	6.7	1.80	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
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
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	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			996	66	1754	9.84	*4.19	*690.4	*1135	*33.64	*63	39.60	140.11	30.45	10.11	*0.00
% of Calories											*25.3%	15.9%	56.3%	27.5%	9.1%	*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

Feb 1, 2024 thru Feb 29, 2024

## 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 - 02/15/2024																
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
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, CHOC OLATE	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
Weighted Daily Average			930	*99	1634	12.50	*1.69	*662.9	*2459	*79.01	*81	43.03	146.01	26.34	5.78	*0.01
% of Calories											*34.9%	18.5%	62.8%	25.5%	5.6%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Tue - 02/20/2024																
ELEMENTARY LUNCH	Total	1														
NACHO BITES-ELE	8 BITES	1	320	25	550	4.00	1.44	150.0	500	2.4	2	15.0	34.0	14.0	4.50	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			1286	*62	1790	23.53	*2.37	*840.6	*3080	*77.19	*82	48.18	188.90	41.61	10.44	*0.00
% of Calories											*25.6%	15.0%	58.7%	29.1%	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

Feb 1, 2024 thru Feb 29, 2024

## 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)
<b>Wed - 02/21/2024</b>																
ELEMENTARY LUNCH	Total	1														
CHICKEN NOODLE SOUP: US DA 1C.	1 CUP	1	169	57	594	1.92	*0.08	*20.5	*1956	*1.69	*2	16.95	17.53	3.11	0.43	0.00
BREADSTICK, CHEESE - BOS CO'S	SERVINGS	1	150	15	220	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1	10.0	17.0	5.0	2.50	0.00
TOMATOES, CUCUMBER, CAR ROTS:EL	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
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			734	107	1419	5.81	*0.62	*640.7	*9153	*12.17	*45 *24.8%	43.71 23.8%	90.91 49.5%	19.78 24.3%	6.46 7.9%	0.00 0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	
<b>Thu - 02/22/2024</b>																
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
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
COOKIE, COWBOY	1 oz.	1	203	17	164	1.69	*0.95	*42.8	*344	*0.0	*15	3.25	29.43	8.41	3.36	*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			1045	*101	1093	13.18	*2.28	*706.8	*2802	*79.01	*84 *32.2%	43.29 16.6%	149.75 57.3%	31.00 26.7%	10.16 8.7%	*0.01 *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

Feb 1, 2024 thru Feb 29, 2024

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 - 02/23/2024																
ELEMENTARY LUNCH	Total	1														
CALZONE, MINI, WG	3 CALZONES	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, 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
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			966	360	1806	8.58	*4.44	*1152.8	*5366	*25.71	*70	38.16	130.72	30.51	9.76	0.00
% of Calories											*28.9%	15.8%	54.1%	28.4%	9.1%	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)
Mon - 02/26/2024																
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 & TOMATO-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
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
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
Weighted Daily Average			1010	100	2192	6.29	35.05	1111.4	*4128	*18.39	*57	48.15	125.20	35.34	13.35	*0.00
% of Calories											*22.4%	19.1%	49.6%	31.5%	11.9%	*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

Feb 1, 2024 thru Feb 29, 2024

## 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)
<b>Tue - 02/27/2024</b>																
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			1339	*100	1896	23.88	*4.80	*1034.3	*2872	*81.16	*79	55.05	186.76	41.93	14.04	*0.00
% of Calories											*23.5%	16.4%	55.8%	28.2%	9.4%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

<b>Wed - 02/28/2024</b>																
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
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
Weighted Daily Average			702	55	1553	7.84	*2.88	*653.9	*1303	*33.64	*49	35.91	96.58	17.76	6.81	*0.50
% of Calories											*28.0%	20.5%	55.1%	22.8%	8.7%	*0.6%
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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Washington County School District

Feb 1, 2024 thru Feb 29, 2024

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)
Thu - 02/29/2024																
ELEMENTARY LUNCH	Total	1														
SCRAMBLED EGGS W/HAM:ELE	1/2 CUP SERVING	1	120	249	382	0.00	1.20	45.9	352	0.58	*0	9.77	2.13	7.84	2.61	0.00
WHOLE GRAIN BISCUIT: RICH'S	BISCUIT	1	190	0	670	1.89	1.28	38.2	2	0.23	2	4.0	23.0	9.0	5.00	0.00
POTATOES, WEDGES	1/2 CUP	1	110	0	45	2.00	0.00	*N/A*	*N/A*	*N/A*	0	2.0	17.0	4.0	1.00	0.00
COOKIE, BIRTHDAY	SERVINGS	1	181	5	60	1.00	*N/A*	*N/A*	*N/A*	*N/A*	15	2.01	27.13	7.03	1.51	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
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
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
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	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			972	*269	1961	6.95	*2.67	*699.5	*1738	*38.75	*64	34.78	137.66	30.77	11.71	*0.00
% of Calories											*26.2%	14.3%	56.6%	28.5%	10.8%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Weighted Average			995	*140	1815	12.18	*4.64	*784.1	*4945	*54.48	*67	42.11	137.65	30.28	8.97	*0.03
											*60.7%	16.9%	55.3%	27.4%	8.1%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	995		645	154%				
Cholesterol (mg)	140				Missing			
Sodium 1 (mg)	1815					1815		
Sodium 1a (mg)	1815					1815		
Fiber (g)	12.18							
Iron (mg)	4.64		3.30	141%	Missing			
Calcium (mg)	784.1		267.00	294%	Missing			
Vitamin A (IU)	4945		1055	469%	Missing			
Sugars (g)	67	26.97%			Missing			
Vitamin C (mg)	54.48		15.00	363%	Missing			
Protein (g)	42.11	16.93%	8.87	475%				
Carbohydrate (g)	137.65	55.33%						
Total Fat (g)	30.28	27.38%	<=30.00%					
Saturated Fat (g)	8.97	8.11%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.03	0.03%			Missing			

\*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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