

Washington County School District

Mar 1, 2024 thru Mar 29, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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Generated on: 2/23/2024 8:17:00 AM

	Portion Size	Reimb Qty	Carb (g)	
Fri - 03/01/2024				
ELEMENTARY LUNCH	Total	1		BG _____@_____
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0	Total Carbs: _____
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	Units for Carbs: _____
MILK 1% WHITE	CARTON	1	13.0	
Weighted Daily Average			119.80	+ Correction Dose: _____
% of Calories			49.8%	= Total Insulin: _____
Nutrient Guideline				

Mon - 03/04/2024				
ELEMENTARY LUNCH	Total	1		BG _____@_____
CHICKEN SANDWICH ELEM - GK6654	SANDWICH	1	34.11	Total Carbs: _____
SMILE FRIES	SERVINGS	1	25.0	
COOKIE, CHOCOLATE CHIP	1 EACH	1	13.55	
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0	
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	8.31	
BARBAQUE SAUCE: P/C	1 Each	1	13.0	
MAYONNAISE, LIGHT	POUCH	1	0.0	
KETCHUP : P/C	PC	1	10.12	Units for Carbs: _____
PICKLE:, CHIPS	1 OZ.	1	1.0	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	+ Correction Dose: _____
MILK 1% WHITE	CARTON	1	13.0	= Total Insulin: _____
Weighted Daily Average			156.09	
% of Calories			55.9%	
Nutrient Guideline				

Tue - 03/05/2024				
ELEMENTARY LUNCH	Total	1		BG _____@_____
TACO SOUP	1 CUP	1	21.65	Total Carbs: _____
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	8.31	
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	Units for Carbs: _____
MILK 1% WHITE	CARTON	1	13.0	
Weighted Daily Average			150.04	+ Correction Dose: _____
% of Calories			52.4%	= Total Insulin: _____
Nutrient Guideline				

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	Portion Size	Reimb Qty	Carb (g)
Wed - 03/06/2024			
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 - 03/07/2024			
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
COOKIE: FORTUNE COOKIE	COOKIE	1	7.05
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PEARS, DICED, CANNED	1/2 CUP	1	16.0
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			136.39
% of Calories			59.6%
Nutrient Guideline			

BG ____ @ ____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Fri - 03/08/2024			
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: _____

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	Portion Size	Reimb Qty	Carb (g)	
Tue - 03/19/2024				
ELEMENTARY LUNCH	Total	1		BG ____ @ ____
NACHO BITES-ELE	8 BITES	1	34.0	Total Carbs: _____
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	Units for Carbs: _____
BROWNIE MIX, SHIRLEY J	SERVINGS	1	23.0	+ Correction Dose: _____
SALSA PICANTE	1 OZ	1	1.4	= Total Insulin: _____
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	
Weighted Daily Average			188.90	
% of Calories			58.7%	
Nutrient Guideline				

Wed - 03/20/2024				
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 - 03/21/2024				
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	
PEARS, DICED, CANNED	1/2 CUP	1	16.0	
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	22.03	
COOKIE, COWBOY	1 oz.	1	29.43	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			151.75	
% of Calories			58.1%	
Nutrient Guideline				

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	Portion Size	Reimb Qty	Carb (g)
Fri - 03/22/2024			
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 - 03/25/2024			
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 - 03/26/2024			
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: _____

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	Portion Size	Reimb Qty	Carb (g)
Wed - 03/27/2024			
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: _____

Thu - 03/28/2024			
ELEMENTARY LUNCH	Total	1	
SANDWICH, CHICKEN TUKEY HAM & CHIPS: DORITOS	SANDWICHES bag	1	27.04
CARROT & CELERY STICKS:ELE	3/4 CUP	1	19.62
COOKIE: EASTER	COOKIE	1	10.53
PEACH CUP, FROZEN	SERVING	1	26.9
MUSTARD:, P/C	1 Each	1	21.0
MAYONNAISE, LIGHT	POUCH	1	0.33
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	0.0
MILK 1% WHITE	CARTON	1	20.0
Weighted Daily Average			138.43
% of Calories			50.8%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Weighted Average			137.14
			55.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	137.14	54.99%						

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