

# Washington County School District

Mar 1, 2024 thru Mar 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)
Fri - 03/01/2024																
ELEMENTARY LUNCH	Total	1														
PEPPERONI PIZZA RIPPERS	1 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 CHOCOLATE CHIP	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
FRUIT, CANNED - CHOOSE ONE	1/2 C SE RVING	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			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	

	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 - 03/04/2024																
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	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.57	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			1116	76	2572	10.11	*2.75	*927.3	*18624	*45.14	*67	42.10	156.09	33.85	7.51	*0.00
% of Calories											*24.0%	15.1%	55.9%	27.3%	6.1%	*0.0%
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  
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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)
Tue - 03/05/2024																
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	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.57	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			1146	*88	2039	21.58	*5.01	*807.9	*9616	*124.25	*75	49.68	150.04	38.07	9.91	*0.00
% of Calories											*26.0%	17.3%	52.4%	29.9%	7.8%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Wed - 03/06/2024																
ELEMENTARY LUNCH	Total	1														
HOMESTYLE WG CHICKEN TENDER ST	3 PC SERVINGS	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 SERVINGS	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	

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Thu - 03/07/2024																
ELEMENTARY LUNCH	Total	1														
CHERRY BLOSSOM CHICKEN FRO30:S	3.92 OZ	1	178	55	128	1.00	0.00	0.0	0	0.0	16	14.04	24.06	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
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: 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			916	*84	1346	12.49	*1.33	*664.0	*2459	*79.01	*76	39.04	136.39	22.60	6.79	*0.01
% of Calories											*33.3%	17.1%	59.6%	22.2%	6.7%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Fri - 03/08/2024																
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 RVING	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			876	362	1738	7.08	*2.10	*702.7	*5401	*25.71	*74	31.65	125.21	25.01	7.50	0.00
% of Calories											*33.7%	14.5%	57.2%	25.7%	7.7%	0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Tue - 03/19/2024																
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	

Wed - 03/20/2024																
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			734	107	1419	5.81	*0.62	*640.7	*9153	*12.17	*45	43.71	90.91	19.78	6.46	0.00
% of Calories											*24.8%	23.8%	49.5%	24.3%	7.9%	0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Thu - 03/21/2024																
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
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: 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			1045	*101	1078	14.18	*2.28	*706.8	*2802	*79.01	*84	43.29	151.75	31.00	10.16	*0.01
% of Calories											*32.2%	16.6%	58.1%	26.7%	8.7%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Fri - 03/22/2024																
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 RVING	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	

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# Washington County School District

Mar 1, 2024 thru Mar 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)
Mon - 03/25/2024																
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 & 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																
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
	RVING															
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	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			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	

Tue - 03/26/2024																
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	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															
CORN, STREET	1/2 CUP	1	147	9	101	2.42	*0.01	*48.2	*100	*0.0	*5	4.08	21.66	7.16	1.55	*0.00
	SERVING															
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	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

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# Washington County School District

Mar 1, 2024 thru Mar 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)
Weighted Daily Average % of Calories			1339	*100	1896	23.88	*4.80	*1034.3	*2872	*81.16	*79 *23.5%	55.05 16.4%	186.76 55.8%	41.93 28.2%	14.04 9.4%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Wed - 03/27/2024																
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 % of Calories			702	55	1553	7.84	*2.88	*653.9	*1303	*33.64	*49 *28.0%	35.91 20.5%	96.58 55.1%	17.76 22.8%	6.81 8.7%	*0.50 *0.6%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Thu - 03/28/2024																
ELEMENTARY LUNCH	Total	1														
SANDWICH, CHICKEN TUKEY HAM &	SANDWICHES	1	300	40	871	5.01	*N/A*	*N/A*	*N/A*	*N/A*	3	21.03	27.04	9.01	3.51	0.00
CHIPS: DORITOS	bag	1	131	0	181	2.01	0.36	20.0	53	0.0	0	2.01	19.62	5.03	0.75	0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	0.00
COOKIE: EASTER	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
PEACH CUP, FROZEN	SERVING	1	90	0	0	2.00	0.00	0.0	0	0.0	19	1.0	21.0	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

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# Washington County School District

Mar 1, 2024 thru Mar 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)
Weighted Daily Average			1089	79	1803	13.29	*1.92	*671.9	*13003	*7.00	*69	44.00	138.43	35.13	8.72	0.00
% of Calories											*25.4%	16.2%	50.8%	29.0%	7.2%	0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Weighted Average			998	*142	1787	12.52	*5.18	*810.3	*6115	*48.66	*67	42.58	137.14	30.22	9.02	*0.04
											*60.2%	17.1%	55.0%	27.3%	8.1%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	998		645	155%				
Cholesterol (mg)	142				Missing			
Sodium 1 (mg)	1787						1787	
Sodium 1a (mg)	1787						1787	
Fiber (g)	12.52							
Iron (mg)	5.18		3.30	157%	Missing			
Calcium (mg)	810.3		267.00	303%	Missing			
Vitamin A (IU)	6115		1055	580%	Missing			
Sugars (g)	67	26.78%			Missing			
Vitamin C (mg)	48.66		15.00	324%	Missing			
Protein (g)	42.58	17.08%	8.87	480%				
Carbohydrate (g)	137.14	54.99%						
Total Fat (g)	30.22	27.26%	<=30.00%					
Saturated Fat (g)	9.02	8.14%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.04	0.03%			Missing			

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