

# Washington County School District

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)	
Tue - 04/02/2024				BG _____ @ _____
ELEMENTARY LUNCH	Total	1		
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	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			150.04	
% of Calories			52.4%	
Nutrient Guideline				

Wed - 04/03/2024				BG _____ @ _____
ELEMENTARY LUNCH	Total	1		
HOMESTYLE WG CHICKEN TENDER ST	3 PC SERVINGS	1	14.08	Total Carbs: _____
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	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			123.15	
% of Calories			63.5%	
Nutrient Guideline				

Thu - 04/04/2024				BG _____ @ _____
ELEMENTARY LUNCH	Total	1		
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	
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	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			129.37	
% of Calories			58.3%	
Nutrient Guideline				

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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ELEMENTARY LUNCH

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	Portion Size	Reimb Qty	Carb (g)
Fri - 04/05/2024			
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: \_\_\_\_

Mon - 04/08/2024			
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	8.31
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			138.05
% of Calories			54.2%
Nutrient Guideline			

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

Tue - 04/09/2024			
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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Apr 1, 2024 thru Apr 30, 2024

ELEMENTARY LUNCH

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	Portion Size	Reimb Qty	Carb (g)
Wed - 04/10/2024			
ELEMENTARY LUNCH	Total	1	
COUNTRY FRIED STEAK	SERVINGS	1	17.0
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	17.03
GRAVY, COUNTRY: (CUSTOM)	1/4 CUP	1	6.0
HUSHPUPIES	2- Hushpuppies	1	20.19
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
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			110.21
% of Calories			52.7%
Nutrient Guideline			

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

Thu - 04/11/2024			
ELEMENTARY LUNCH	Total	1	
TERIYAKI CHICKEN	2.4 OZ	1	6.0
NOODLES, YAKISOBA WG	1/2 CUP	1	32.22
BROCCOLI, ROASTED	3/4 CUP	1	3.29
GRAHAM, TIGER BITES, CHOCOLATE	SERVINGS	1	21.0
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			148.01
% of Calories			63.7%
Nutrient Guideline			

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

Fri - 04/12/2024			
ELEMENTARY LUNCH	Total	1	
MAX STUFFED CRUST PEPPERONI PI	SERVINGS	1	35.0
DINNER SALAD	1 CUP	1	7.49
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8
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			109.29
% of Calories			49.1%
Nutrient Guideline			

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

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	Portion Size	Reimb Qty	Carb (g)	
Mon - 04/15/2024				
ELEMENTARY LUNCH	Total	1		BG _____ @ _____
HOT DOG, BEEF CLOVERDALE	SERVINGS	1	23.02	Total Carbs: _____
WAFFLE FRIES, SKIN ON MCCAIN	3oz SERVINGS	1	19.0	
CARROT STICKS 1/2 CUP	1/2 CUP	1	2.0	
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0	
KETCHUP : P/C	PC	1	10.12	
MUSTARD:, P/C	1 Each	1	0.33	
RELISH- DILL PICKLE	SERVING	1	0.0	Units for Carbs: _____
SWEET CAKE	SERVING	1	44.83	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	+ Correction Dose: _____
MILK 1% WHITE	CARTON	1	13.0	= Total Insulin: _____
Weighted Daily Average			150.31	
% of Calories			51.9%	
Nutrient Guideline				

Tue - 04/16/2024				
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	
BROWNIE MIX, SHIRLEY J	SERVINGS	1	23.0	Units for Carbs: _____
SALSA PICANTE	1 OZ	1	1.4	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	+ Correction Dose: _____
MILK 1% WHITE	CARTON	1	13.0	= Total Insulin: _____
Weighted Daily Average			188.90	
% of Calories			58.7%	
Nutrient Guideline				

Wed - 04/17/2024				
ELEMENTARY LUNCH	Total	1		BG _____ @ _____
DUTCH WAFFLE	1 EACH	1	43.0	Total Carbs: _____
SCRAMBLED EGGS: SUNNY FRESH	1oz SERVING	1	1.0	
SAUSAGE LINK - CLOVERDALE	1 LINK	1	1.0	
POTATOES, WEDGES	1/2 CUP	1	17.0	
PEACH CUP, FROZEN	SERVING	1	21.0	
JUICE, SUN SPLASH	SERVINGS	1	15.0	
SYRUP	1 EA	1	4.0	
KETCHUP : P/C	PC	1	10.12	Units for Carbs: _____
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	+ Correction Dose: _____
Weighted Daily Average			145.12	= Total Insulin: _____
% of Calories			58.0%	
Nutrient Guideline				

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	Portion Size	Reimb Qty	Carb (g)	
Thu - 04/18/2024				
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				

Fri - 04/19/2024				
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				

Mon - 04/22/2024				
ELEMENTARY LUNCH	Total	1		BG _____@_____
HAMBURGER 100% BEEF :ELE	PATTY	1	21.1	Total Carbs: _____
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	Units for Carbs: _____
MUSTARD:, P/C	1 Each	1	0.33	+ Correction Dose: _____
MAYONNAISE, LIGHT	POUCH	1	0.0	= Total Insulin: _____
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				

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	Portion Size	Reimb Qty	Carb (g)	
Tue - 04/23/2024				BG ____ @ ____
ELEMENTARY LUNCH	Total	1		
BEEF TACO STICK	1 EACH	1	31.87	Total Carbs: _____
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	Units for Carbs: _____
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	+ Correction Dose: _____
Weighted Daily Average			186.76	= Total Insulin: _____
% of Calories			55.8%	
Nutrient Guideline				

Wed - 04/24/2024				BG ____ @ ____
ELEMENTARY LUNCH	Total	1		
TERIYAKI BEEF NUGGETS	4 Nugget	1	6.0	Total Carbs: _____
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	Units for Carbs: _____
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	+ Correction Dose: _____
Weighted Daily Average			96.58	= Total Insulin: _____
% of Calories			55.1%	
Nutrient Guideline				

Thu - 04/25/2024				BG ____ @ ____
ELEMENTARY LUNCH	Total	1		
TERIYAKI CHICKEN	2.4 OZ	1	6.0	Total Carbs: _____
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	
PEARS, DICED, CANNED	1/2 CUP	1	16.0	
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	Units for Carbs: _____
MILK 1% WHITE	CARTON	1	13.0	+ Correction Dose: _____
Weighted Daily Average			133.80	= Total Insulin: _____
% of Calories			57.1%	
Nutrient Guideline				

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	Portion Size	Reimb Qty	Carb (g)	
Fri - 04/26/2024				BG _____ @ _____
ELEMENTARY LUNCH	Total	1		
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 - 04/29/2024				BG _____ @ _____
ELEMENTARY LUNCH	Total	1		
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 - 04/30/2024				BG _____ @ _____
ELEMENTARY LUNCH	Total	1		
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				

Weighted Average			139.31	
			55.3%	

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion Size % of Target	Reimb Qty Miss Data	Carb (g) Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	139.31	55.34%						

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*\* - 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.*

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.