

Washington County School District

May 1, 2024 thru May 17, 2024

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 4/25/2024 12:51:32 PM

	Portion Size	Reimb Qty	Carb (g)
Wed - 05/01/2024			
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 F/F	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 F/F	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 - 05/02/2024			
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
PEARS, DICED, CANNED	1/2 CUP	1	16.0
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	40.38
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK F/F	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
PEARS, DICED, CANNED	1/2 CUP	1	16.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			149.21
% of Calories			58.5%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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	Portion Size	Reimb Qty	Carb (g)
Fri - 05/03/2024			
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 F/F	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 F/F	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 - 05/06/2024			
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
PEARS, DICED, CANNED	1/2 CUP	1	16.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	9.73
KETCHUP : P/C	PC	1	10.12
SYRUP	1 EA	1	4.0
MILK : CHOCOLATE MILK F/F	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
PEARS, DICED, CANNED	1/2 CUP	1	16.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			136.45
% of Calories			58.6%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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	Portion Size	Reimb Qty	Carb (g)
Tue - 05/07/2024			
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 F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
NACHOS	SERVINGS	1	38.0
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 F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			158.71
% of Calories			55.1%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Wed - 05/08/2024			
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
HUSHPUPIES (3)	3 HUSHPUPIES	1	31.0
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 F/F	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 F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			146.76
% of Calories			54.1%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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	Portion Size	Reimb Qty	Carb (g)
Thu - 05/09/2024			
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
EGG ROLL, WG VEGETABLE	SERVINGS	1	24.01
GRAHAM, TIGER BITES, CHOCOLATE	SERVINGS	1	21.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	40.38
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK F/F	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
PEARS, DICED, CANNED	1/2 CUP	1	16.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			177.61
% of Calories			64.6%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Fri - 05/10/2024			
SECONDARY LUNCH 9-12	Total	1	
GARLIC CHEESE BREAD RIPPERS	1 EACH	1	30.11
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0
DINNER SALAD	1 CUP	1	7.49
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 F/F	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 F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			141.97
% of Calories			55.0%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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	Portion Size	Reimb Qty	Carb (g)
Mon - 05/13/2024			
SECONDARY LUNCH 9-12	Total	1	
CORN DOG, MINI GF	6 MINIS	1	30.0
TATER TOTS - MCCAIN	9 PIECES	1	17.04
CARROT STICKS 1/2 CUP	1/2 CUP	1	2.0
SWEET CAKE	SERVING	1	44.83
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
MILK : CHOCOLATE MILK F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			175.95
% of Calories			60.8%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Tue - 05/14/2024			
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
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 F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			214.58
% of Calories			56.8%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Wed - 05/15/2024			
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 F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			116.17
% of Calories			58.4%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

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	Portion Size	Reimb Qty	Carb (g)
Thu - 05/16/2024			
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
EGG ROLL, WG VEGETABLE	SERVINGS	1	24.01
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	40.38
MILK : CHOCOLATE MILK F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			219.90
% of Calories			62.3%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Fri - 05/17/2024			
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 F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			153.34
% of Calories			58.1%
Nutrient Guideline			

BG _____ @ _____

Total Carbs: _____

Units for Carbs: _____

+ Correction Dose: _____

= Total Insulin: _____

Weighted Average			160.32
			58.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	160.32	58.13%						

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