

# Washington County School District

May 1, 2024 thru May 17, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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Generated on: 4/25/2024 12:52:27 PM

	Portion Size	Reimb Qty	Carb (g)
Wed - 05/01/2024			
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 F/F	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 - 05/02/2024			
ELEMENTARY LUNCH	Total	1	
ORANGE CHICKEN	3.92 OZ	1	17.04
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 F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			129.37
% of Calories			58.3%
Nutrient Guideline			

BG \_\_\_\_ @ \_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

Fri - 05/03/2024			
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 F/F	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: \_\_\_\_\_

\*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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	Portion Size	Reimb Qty	Carb (g)
Mon - 05/06/2024			
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
PEARS, DICED, CANNED	1/2 CUP	1	16.0
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 F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			136.05
% of Calories			55.0%
Nutrient Guideline			

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

Tue - 05/07/2024			
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 F/F	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: \_\_\_\_\_

Wed - 05/08/2024			
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 F/F	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: \_\_\_\_\_

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	Portion Size	Reimb Qty	Carb (g)
Thu - 05/09/2024			
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
EGG ROLL, WG VEGETABLE	SERVINGS	1	24.01
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 F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			172.03
% of Calories			64.3%
Nutrient Guideline			

BG \_\_\_\_\_ @ \_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

Fri - 05/10/2024			
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 F/F	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: \_\_\_\_\_

Mon - 05/13/2024			
ELEMENTARY LUNCH	Total	1	
CORN DOG, MINI FF	4 MINI DOGS	1	20.0
TATER TOTS - MCCAIN	9 PIECES	1	17.04
CARROT STICKS 1/2 CUP	1/2 CUP	1	2.0
PEARS, DICED, CANNED	1/2 CUP	1	16.0
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
SWEET CAKE	SERVING	1	44.83
MILK : CHOCOLATE MILK F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			143.33
% 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 - 05/14/2024			
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
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
SALSA PICANTE	1 OZ	1	1.4
BROWNIE MIX, SHIRLEY J	SERVINGS	1	23.0
MILK : CHOCOLATE MILK F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			186.77
% of Calories			57.0%
Nutrient Guideline			

BG \_\_\_\_\_ @ \_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

Wed - 05/15/2024			
ELEMENTARY LUNCH	Total	1	
CHICKEN NOODLE SOUP: USDA 1C.	1 CUP	1	17.53
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 F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			90.91
% of Calories			49.5%
Nutrient Guideline			

BG \_\_\_\_\_ @ \_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

Thu - 05/16/2024			
ELEMENTARY LUNCH	Total	1	
ORANGE CHICKEN	3.92 OZ	1	17.04
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	16.48
BROCCOLI, ROASTED	3/4 CUP	1	3.29
EGG ROLL, WG VEGETABLE	SERVINGS	1	24.01
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
MILK : CHOCOLATE MILK F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			175.76
% of Calories			59.3%
Nutrient Guideline			

BG \_\_\_\_\_ @ \_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

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	Portion Size	Reimb Qty	Carb (g)
Fri - 05/17/2024			
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 F/F	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: \_\_\_\_\_

Weighted Average			137.69
			56.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	137.69	56.76%						

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