

# Washington County School District

May 1, 2024 thru May 17, 2024

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

Page 1

Generated on: 4/25/2024 12:52:53 PM

	Portion Size	Reimb Qty	Carb (g)
<b>Wed - 05/01/2024</b>			
INTERMEDIATE LUNCH 6-8	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
PEACH, DICED, CANNED	1/2 CUP	1	14.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
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 INT WEEKLY 1st CHOI	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
PEACH, DICED, CANNED	1/2 CUP	1	14.0
PICKLE:, CHIPS	1 OZ.	1	1.0
KETCHUP : P/C	PC	1	10.12
BARBAQUE SAUCE: P/C	1 Each	1	13.0
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			138.19
% of Calories			55.4%
Nutrient Guideline			

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

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

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

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

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

<b>Thu - 05/02/2024</b>			
INTERMEDIATE LUNCH 6-8	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
PEARS, DICED, CANNED	1/2 CUP	1	16.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 3 THURSDAY'S:INTERM	1/2 CUP	1	10.51
COOKIE: FORTUNE COOKIE	COOKIE	1	7.05
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
TACO SALAD :ALT LINE	SERVING	1	33.3
BEANS, CANNED, BLACK BEAN, LS	1/2 CUP	1	18.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
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			121.39
% of Calories			57.4%
Nutrient Guideline			

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

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

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

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

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

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Page 2

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	Portion Size	Reimb Qty	Carb (g)
<b>Fri - 05/03/2024</b>			
INTERMEDIATE LUNCH 6-8	Total	1	
PIZZA, 7" WG BREADSTICK	BREAD STICK	1	30.0
DINNER SALAD	1 CUP	1	7.49
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
JELL-O	GEL CUP	1	25.0
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 INT WEEKLY 1st CHOI	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
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			131.04
% of Calories			54.9%
Nutrient Guideline			

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

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

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

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

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

<b>Mon - 05/06/2024</b>			
INTERMEDIATE LUNCH 6-8	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
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	8.31
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 INT WEEKLY 1st CHOI	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0
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			131.67
% of Calories			57.7%
Nutrient Guideline			

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

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

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

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

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

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Portion Values - Detailed

Page 3

Generated on: 4/25/2024 12:52:53 PM

	Portion Size	Reimb Qty	Carb (g)
<b>Tue - 05/07/2024</b>			
INTERMEDIATE LUNCH 6-8	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.25OZ	.25 OZ	1	0.25
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	21.13
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
ALT INT WEEKLY 1st CHOI	Total	1	
NACHOS	SERVINGS	1	38.0
CHILI, THREE BEAN JTM	1/4 CUP	1	9.5
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			153.39
% of Calories			56.5%
Nutrient Guideline			

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

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

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

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

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

<b>Wed - 05/08/2024</b>			
INTERMEDIATE LUNCH 6-8	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	2- Hushpuppies	1	20.19
GREEN BEANS 3/4 CUP	3/4 CUP	1	4.5
PEACH, DICED, CANNED	1/2 CUP	1	14.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MILK : CHOCOLATE MILK F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	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
PEACH, DICED, CANNED	1/2 CUP	1	14.0
PICKLE:, CHIPS	1 OZ.	1	1.0
KETCHUP : P/C	PC	1	10.12
BARBAQUE SAUCE: P/C	1 Each	1	13.0
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			132.47
% of Calories			52.2%
Nutrient Guideline			

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

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

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

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

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

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Page 4

Generated on: 4/25/2024 12:52:53 PM

	Portion Size	Reimb Qty	Carb (g)
<b>Thu - 05/09/2024</b>			
INTERMEDIATE LUNCH 6-8	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:INTERM	1/2 CUP	1	10.51
MILK : CHOCOLATE MILK F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
TACO SALAD :ALT LINE	SERVING	1	33.3
BEANS, CANNED, BLACK BEAN, LS	1/2 CUP	1	18.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
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			138.64
% of Calories			60.5%
Nutrient Guideline			

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

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

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

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

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

<b>Fri - 05/10/2024</b>			
INTERMEDIATE LUNCH 6-8	Total	1	
GARLIC CHEESE BREAD RIPPERS	1 EACH	1	30.11
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
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
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 INT WEEKLY 1st CHOI	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
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			126.60
% of Calories			52.1%
Nutrient Guideline			

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

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

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

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

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

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Page 5

Generated on: 4/25/2024 12:52:53 PM

	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 05/13/2024</b>			
INTERMEDIATE LUNCH 6-8	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
PEARS, DICED, CANNED	1/2 CUP	1	16.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
SWEET CAKE	SERVING	1	44.83
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			167.81
% of Calories			59.7%
Nutrient Guideline			

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

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

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

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

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

<b>Tue - 05/14/2024</b>			
INTERMEDIATE LUNCH 6-8	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- INTERM.	1 CUP	1	21.13
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			194.68
% of Calories			58.0%
Nutrient Guideline			

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

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

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

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

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

<b>Wed - 05/15/2024</b>			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN NOODLE SOUP: USDA 1C.	1 CUP	1	17.53
BREADSTICK, CHEESE - BOSCO'S	SERVINGS	1	17.0
TOMATO, CUCUMBER, CARROTS:INTE	3/4 CUP	1	11.38
PEACH, DICED, CANNED	1/2 CUP	1	14.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MILK : CHOCOLATE MILK F/F	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			107.39
% of Calories			56.4%
Nutrient Guideline			

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

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

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

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

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

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Page 6

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	Portion Size	Reimb Qty	Carb (g)
Thu - 05/16/2024			
INTERMEDIATE LUNCH 6-8	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 : SECONDARY	1 CUP	1	22.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
SALAD BAR: 3 THURSDAY'S:INTERM	1/2 CUP	1	10.51
COOKIE, COWBOY	1 oz.	1	29.43
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			172.39
% of Calories			62.2%
Nutrient Guideline			

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

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

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

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

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

Fri - 05/17/2024			
INTERMEDIATE LUNCH 6-8	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
FRUIT BAR : ELEMENTARY	1/2 CUP	1	14.48
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			145.20
% of Calories			56.8%
Nutrient Guideline			

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

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

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

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

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

Weighted Average			143.14
			57.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	143.14	56.99%						

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