

Washington County School District

Dec 2, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 12/3/2024 8:02:37 AM

	Portion Size	Reimb Qty	Carb (g)
Tue - 12/03/2024			
INTERMEDIATE LUNCH 6-8	Total	1	
TACO SALAD	SERVING	1	33.68
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CORNMEAL SUPER STAR	1 EA	1	23.0
CORN 1/2 CUP	1/2 CUP	1	15.0
PEACH, DICED, CANNED	1/2 CUP	1	14.0
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	20.9
SALSA PICANTE	1 OZ	1	1.4
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
NACHOS	SERVINGS	1	38.0
CHILI, THREE BEAN JTM	1/2 CUP	1	19.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	7.36
PEACH, DICED, CANNED	1/2 CUP	1	14.0
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			138.87
% of Calories			49.4%
Nutrient Guideline			

Wed - 12/04/2024			
INTERMEDIATE LUNCH 6-8	Total	1	
DUTCH WAFFLE	1 EACH	1	43.0
SCRAMBLED EGGS: SUNNY FRESH	1oz SERVING	1	1.0
SAUSAGE LINK - CLOVERDALE	1 LINK	1	1.0
HASHBROWN PATTY:1/2 CUP	2 EACH	1	27.0
JUICE, SUN SPLASH	SERVINGS	1	15.0
PEACH CUP, FROZEN	SERVING	1	21.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
SYRUP	1 EA	1	4.0
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
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	2.6
WAFFLE FRIES, SKIN ON MCCAIN	3oz SERVINGS	1	19.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	2.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
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	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			152.90
% of Calories			55.0%
Nutrient Guideline			

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Page 2

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	Portion Size	Reimb Qty	Carb (g)
Thu - 12/05/2024			
INTERMEDIATE LUNCH 6-8	Total	1	
HAMBURGER - RAW - INTER.	HAMBURGERS	1	22.0
CHEESE: PROCESS SLICE	1 oz.	1	1.98
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.6
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	22.0
SWEET CAKE	SERVING	1	44.51
PEARS, DICED, CANNED	1/2 CUP	1	16.0
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	1	9.79
PICKLE:, CHIPS	1 OZ.	1	1.0
MUSTARD:, P/C	1 Each	1	0.33
KETCHUP : P/C	PC	1	10.12
MAYONNAISE, LIGHT	POUCH	1	0.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
WRAP, CHICKEN	WRAP	1	37.6
MIXED FRESH VEGETABLES	3/4 CUP	1	8.31
CHIPS: DORITOS	BAG	1	19.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			144.43
% of Calories			50.1%
Nutrient Guideline			

Fri - 12/06/2024			
INTERMEDIATE LUNCH 6-8	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	29.0
DINNER SALAD	1 CUP	1	9.3
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	16.0
MARINARA SAUCE	1/2 CUP	1	12.02
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
LUNCH BASKET	BASKET	1	47.6
WAFFLE FRIES - LAMB WESTON	2.19oz SERVING	1	13.86
CARROT & CELERY STICKS:ELE	3/4 CUP	1	10.53
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	16.0
BARBAQUE SAUCE: P/C	1 Each	1	13.0
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			128.72
% of Calories			53.9%
Nutrient Guideline			

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Portion Values - Detailed

Page 3

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	Portion Size	Reimb Qty	Carb (g)
Mon - 12/09/2024			
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
GREEN BEANS 3/4 CUP	3/4 CUP	1	4.5
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVING	1	19.0
COOKIE: FORTUNE COOKIE	COOKIE	1	7.05
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI			
DOMINOS PIZZA	SLICE	1	29.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVING	1	19.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			100.08
% of Calories			57.9%
Nutrient Guideline			

Tue - 12/10/2024			
INTERMEDIATE LUNCH 6-8	Total	1	
BURRITO, BEAN & CHEESE	BURRITO	1	30.99
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CORN 1/2 CUP	1/2 CUP	1	15.0
COOKIE, COWBOY	1 oz.	1	29.43
PEACH, DICED, CANNED	1/2 CUP	1	14.0
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	20.9
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI			
NACHOS	SERVINGS	1	38.0
CHILI, THREE BEAN JTM	1/2 CUP	1	19.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	7.36
PEACH, DICED, CANNED	1/2 CUP	1	14.0
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			139.74
% of Calories			52.6%
Nutrient Guideline			

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Portion Values - Detailed

Page 4

Generated on: 12/3/2024 8:02:37 AM

	Portion Size	Reimb Qty	Carb (g)
Wed - 12/11/2024			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN TENDERS - TYSON ELEM	2 TENDERS	1	13.52
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	22.0
MIXED FRESH VEGETABLES	3/4 CUP	1	8.31
GARLIC TOAST-WG	SLICES	1	14.89
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
BARBAQUE SAUCE: P/C	1 Each	1	13.0
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
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	2.6
WAFFLE FRIES, SKIN ON MCCAIN	3oz SERVINGS	1	19.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	2.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
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	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			132.76
% of Calories			52.8%
Nutrient Guideline			

Thu - 12/12/2024			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN BREAST FILET	SANDWICH	1	31.11
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.6
TATER TOTS - MCCAIN	8 PIECES	1	14.22
PEARS, DICED, CANNED	1/2 CUP	1	16.0
COOKIE, CHOCOLATE CHIP	1 EACH	1	13.55
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	1	9.79
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
MAYONNAISE, LIGHT	POUCH	1	0.0
PICKLE:, CHIPS	1 OZ.	1	1.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
WRAP, CHICKEN	WRAP	1	37.6
MIXED FRESH VEGETABLES	3/4 CUP	1	8.31
CHIPS: DORITOS	BAG	1	19.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			128.63
% of Calories			53.6%
Nutrient Guideline			

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Page 5

Generated on: 12/3/2024 8:02:37 AM

	Portion Size	Reimb Qty	Carb (g)
Fri - 12/13/2024			
INTERMEDIATE LUNCH 6-8	Total	1	
PIZZA, 7" WG BREADSTICK	BREAD STICK	1	30.0
DINNER SALAD	1 CUP	1	9.3
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	16.0
JELL-O	GEL CUP	1	25.0
MARINARA SAUCE	1/2 CUP	1	12.02
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
LUNCH BASKET	BASKET	1	47.6
WAFFLE FRIES - LAMB WESTON	2.19oz SERVING	1	13.86
CARROT & CELERY STICKS:ELE	3/4 CUP	1	10.53
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	16.0
BARBAQUE SAUCE: P/C	1 Each	1	13.0
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			133.72
% of Calories			56.7%
Nutrient Guideline			

Mon - 12/16/2024			
INTERMEDIATE LUNCH 6-8	Total	1	
TERIYAKI CHICKEN	2.8 OZ	1	10.0
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	24.01
GREEN BEANS 3/4 CUP	3/4 CUP	1	4.5
GRAHAM, TIGER BITES, CHOCOLATE	SERVINGS	1	21.0
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVING	1	19.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
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
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVING	1	19.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			107.29
% of Calories			57.7%
Nutrient Guideline			

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Page 6

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Tue - 12/17/2024			
INTERMEDIATE LUNCH 6-8	Total	1	
TACO SOUP - RAW - 1 CUP	1 CUP	1	21.65
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
MIXED FRESH VEGETABLES	3/4 CUP	1	8.31
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	20.9
PEACH, DICED, CANNED	1/2 CUP	1	14.0
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	34.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
NACHOS	SERVINGS	1	38.0
CHILI, THREE BEAN JTM	1/2 CUP	1	19.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	7.36
PEACH, DICED, CANNED	1/2 CUP	1	14.0
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			121.44
% of Calories			47.0%
Nutrient Guideline			

Wed - 12/18/2024			
INTERMEDIATE LUNCH 6-8	Total	1	
HAM, PATTY LS SLICED	2oz SERVINGS	1	1.0
SCALLOPED POTATOES:ELE	1/2 CUP	1	17.29
ROLLS - NO EGGS	SERVINGS	1	25.63
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
CAKE, JELLO	SLICE	1	24.98
FRUIT BAR :WINTER:ELE	1/2 CUP	1	12.59
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			116.50
% of Calories			55.7%
Nutrient Guideline			

Thu - 12/19/2024			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN CHUNKS, TYSON	5 NUGGETS	1	15.0
TATER TOTS - MCCAIN	9 PIECES	1	14.22
PEARS, DICED, CANNED	1/2 CUP	1	16.0
MIXED FRESH VEGETABLES	3/4 CUP	1	8.31
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	21.0
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	1	9.79
KETCHUP : P/C	PC	1	10.12
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0

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Page 7

Generated on: 12/3/2024 8:02:38 AM

	Portion Size	Reimb Qty	Carb (g)
ALT INT WEEKLY 1st CHOI	Total	1	
WRAP, CHICKEN	WRAP	1	37.6
MIXED FRESH VEGETABLES	3/4 CUP	1	8.31
CHIPS: DORITOS	BAG	1	19.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			132.98
% of Calories			54.7%
Nutrient Guideline			

Fri - 12/20/2024			
INTERMEDIATE LUNCH 6-8	Total	1	
PIZZA, CHEESE RIPPER	SERVINGS	1	29.0
DINNER SALAD	1 CUP	1	9.3
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	22.35
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	16.0
MARINARA SAUCE	1/2 CUP	1	12.02
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
LUNCH BASKET	BASKET	1	47.6
WAFFLE FRIES - LAMB WESTON	2.19oz SERVING	1	13.86
CARROT & CELERY STICKS:ELE	3/4 CUP	1	10.53
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	16.0
BARBAQUE SAUCE: P/C	1 Each	1	13.0
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			131.90
% of Calories			54.2%
Nutrient Guideline			

Weighted Average			129.28
			53.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	129.28	53.37%						

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