

Washington County School District

Dec 3, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 12/3/2024 8:32:12 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/03/2024																
INTERMEDIATE LUNCH 6-8	Total	1														
TACO SALAD	SERVING	1	399	62	626	5.50	*0.87	*236.7	*1321	*9.33	2	21.38	33.68	20.23	7.18	0.00
REFRIED BEANS, V V	1/2 C SERVINGS	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	*N/A*	1	7.0	24.0	2.5	0.00	0.00
CORNMEAL SUPER STAR	1 EA	1	148	11	91	1.50	1.10	15.0	40	0.0	12	2.8	23.0	5.0	0.90	0.00
CORN 1/2 CUP	1/2 CUP	1	65	0	15	2.00	*N/A*	*N/A*	*N/A*	*N/A*	3	2.0	15.0	1.0	0.00	0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	10	0.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	14.0	0.0	0.00	0.00
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	223	*10	342	4.75	1.75	23.8	*1298	*39.29	*9	3.46	20.9	13.64	1.59	*0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	89	0.0	1	0.25	1.4	0.12	0.01	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOICE	Total	1														
NACHOS	SERVINGS	1	464	53	731	4.50	0.18	*459.8	*206	*0.3	0	17.97	38.0	27.49	8.94	0.00
CHILI, THREE BEAN JTM	1/2 CUP	1	130	0	269	5.50	*N/A*	*N/A*	*N/A*	*N/A*	3	6.0	19.0	3.5	0.55	0.00
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	35	0	13	2.57	0.68	22.7	1515	21.82	5	2.09	7.36	0.3	0.04	0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	10	0.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	14.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	89	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1123	*88	1758	16.84	*2.29	*679.0	*2781	*37.77	*60	48.10	138.87	42.44	11.36	*0.00
% of Calories											*21.3%	17.1%	49.4%	34.0%	9.1%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/04/2024																
INTERMEDIATE LUNCH 6-8	Total	1														
DUTCH WAFFLE	1 EACH	1	300	20	350	3.00	1.80	40.0	60	0.0	12	4.0	43.0	13.0	3.00	0.00
SCRAMBLED EGGS: SUNNY FRESH	1oz SERVING	1	45	110	125	0.00	0.40	17.0	165	0.0	*N/A*	3.0	1.0	3.0	1.00	0.00
SAUSAGE LINK - CLOVERDALE	1 LINK	1	115	20	170	0.00	0.36	*N/A*	*N/A*	*N/A*	0	4.0	1.0	10.5	3.50	0.00
HASHBROWN PATTY:1/2 CUP	2 EACH	1	220	0	450	2.00	0.72	0.0	5	2.4	1	2.0	27.0	11.0	1.50	0.00
JUICE, SUN SPLASH	SERVINGS	1	60	0	10	0.00	*N/A*	*N/A*	*N/A*	*N/A*	13	0.0	15.0	0.0	0.00	0.00
PEACH CUP, FROZEN	SERVING	1	90	0	0	2.00	0.00	0.0	0	0.0	19	1.0	21.0	0.0	0.00	0.00
FRUIT BAR :ELEMENTARY SYRUP	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
KETCHUP : P/C	1 EA	1	10	0	80	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOICE	Total	1														
SPICY CHICKEN PATTY - A PIE	SERVINGS	1	410	25	640	6.00	*1.44	*60.0	*15	3.6	4	21.0	43.0	16.5	3.00	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	12	0	6	1.00	0.30	9.2	515	6.42	2	0.87	2.6	0.08	0.01	0.00
WAFFLE FRIES, SKIN ON McCain	3oz SERVINGS	1	160	0	320	1.00	0.00	*N/A*	0	*N/A*	0	2.0	19.0	10.0	1.50	0.00
CARROT STICKS 1/2 CUP	1/2 CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1111	*110	2226	9.37	*2.88	*388.5	*1231	*44.15	*72	36.19	152.90	39.82	8.83	*0.00
% of Calories											*26.0%	13.0%	55.0%	32.2%	7.2%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/05/2024																
INTERMEDIATE LUNCH 6-8 HAMBURGER - RAW - INTER.	Total HAMBURGERS	1														
CHEESE: PROCESS SLICE	1 oz.	1	109	25	395	0.00	0.00	148.2	395	0.0	1	4.94	1.98	8.89	4.94	*N/A*
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	12	0	6	1.00	0.30	9.2	515	6.42	2	0.87	2.6	0.08	0.01	0.00
FRENCH FRIES- S.S. 1/2 CUP	3 OZ SERVING	1	140	0	300	2.00	0.36	0.0	0	4.8	0	2.0	22.0	5.0	1.50	0.00
SWEET CAKE	1/2 CUP	1	288	32	232	1.23	*0.54	*16.9	*1200	*0.31	*32	2.71	44.51	11.65	4.99	*0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	1	72	*5	68	1.51	0.24	14.2	569	20.56	*4	1.34	9.79	3.21	0.30	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	0.0	0	0.0	0	0.22	0.33	0.22	0.00	0.00
KETCHUP: P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI WRAP, CHICKEN	Total WRAP	1														
MIXED FRESH VEGETABLES	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.57	0.00
CHIPS: DORITOS	BAG	1	131	0	181	2.01	0.36	20.0	53	0.0	0	2.01	19.62	5.03	0.75	0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1153	*104	2049	*11.17	*4.00	*463.9	*5291	*42.42	*69	46.82	144.43	43.29	13.07	*0.00
% of Calories											*24.1%	16.2%	50.1%	33.8%	10.2%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Fri - 12/06/2024																
INTERMEDIATE LUNCH 6-8 PEPPERONI PIZZA RIPPERS	Total SERVING	1														
DINNER SALAD	1 CUP	1	101	14	157	2.06	0.68	67.1	3768	13.54	*3	1.92	9.3	6.13	1.04	0.00
COOKIE, SNICKERDOODLE, WGPINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	104	7	69	0.50	*N/A*	*N/A*	*N/A*	*N/A*	7	1.0	16.0	4.0	1.00	0.00
MARINARA SAUCE	1/2 C SERVING	1	60	0	0	1.00	0.36	20.0	*N/A*	*N/A*	13	1.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	1/2 CUP	1	70	0	561	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7	2.0	12.02	1.5	0.00	0.00
MILK 1% WHITE	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI LUNCH BASKET	Total BASKET	1														
WAFFLE FRIES - LAMB WESTON	2.19oz S	1	484	55	854	3.80	*N/A*	*N/A*	*N/A*	*N/A*	7	26.38	47.6	20.4	7.50	0.00
	ERVING	1	109	0	267	0.99	*N/A*	*N/A*	*N/A*	*N/A*	0	0.99	13.86	5.94	1.98	0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	0.00
PINEAPPLE, TIDBITS, CAN	1/2 C SE	1	60	0	0	1.00	0.36	20.0	*N/A*	*N/A*	13	1.0	16.0	0.0	0.00	0.00
	RVING															
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			955	74	2074	8.71	*1.30	*384.5	*8485	*13.28	*61	41.17	128.72	30.82	10.09	0.00
% of Calories											*25.6%	17.2%	53.9%	29.0%	9.5%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Mon - 12/09/2024																
INTERMEDIATE LUNCH 6-8	Total	1														
ORANGE CHICKEN	3.92 OZ	1	150	55	208	1.00	0.00	0.0	0	0.0	9	15.04	17.04	3.01	3.01	0.00
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	80	0	70	1.00	0.36	1.1	0	0.0	*0	2.0	16.48	0.75	0.00	*0.00
GREEN BEANS 3/4 CUP	3/4 CUP	1	24	0	210	3.00	*N/A*	*N/A*	*N/A*	*N/A*	2	1.5	4.5	0.0	0.00	0.00
MANDARIN ORANGE, FESTIVA L, CAN	1/2 C SE	1	80	0	10	0.00	0.36	0.0	*N/A*	21.0	18	0.0	19.0	0.0	0.00	0.00
	RVING															
COOKIE: FORTUNE COOKIE	COOKIE	1	35	0	10	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.05	0.0	0.00	0.00
SOY SAUCE: PC	PC	1	10	0	500	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI	Total	1														
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	1.80	450.0	500	9.0	2	20.0	29.0	9.0	3.00	0.00
DINNER SALAD - ALT LINE	SERVINGS	1	29	0	24	2.02	0.60	34.7	4682	19.4	*2	1.8	6.07	0.11	0.03	0.00
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	104	7	69	0.50	*N/A*	*N/A*	*N/A*	*N/A*	7	1.0	16.0	4.0	1.00	0.00
MANDARIN ORANGE, FESTIVA L, CAN	1/2 C SE	1	80	0	10	0.00	0.36	0.0	*N/A*	21.0	18	0.0	19.0	0.0	0.00	0.00
	RVING															
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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Generated on: 12/3/2024 8:32:12 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			692	64	1168	5.26	*1.74	*542.9	*3093	*37.60	*59 *34.2%	37.16 21.5%	100.08 57.9%	13.93 18.1%	5.27 6.9%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Tue - 12/10/2024																
INTERMEDIATE LUNCH 6-8	Total	1														
BURRITO, BEAN & CHEESE	BURRITO	1	292	32	425	6.79	*N/A*	*N/A*	*N/A*	*N/A*	0	16.45	30.99	11.65	5.53	0.00
REFRIED BEANS, V V	1/2 C SE RVINGS	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	*N/A*	1	7.0	24.0	2.5	0.00	0.00
CORN 1/2 CUP	1/2 CUP	1	65	0	15	2.00	*N/A*	*N/A*	*N/A*	*N/A*	3	2.0	15.0	1.0	0.00	0.00
COOKIE, COWBOY	1 oz.	1	203	17	164	1.69	*0.95	*42.8	*344	*0.0	*15	3.25	29.43	8.41	3.36	*0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	10	0.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	14.0	0.0	0.00	0.00
SALAD BAR: 2 TUESDAY- INTE RM.	1 CUP	1	223	*10	342	4.75	1.75	23.8	*1298	*39.29	*9	3.46	20.9	13.64	1.59	*0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	89	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI	Total	1														
NACHOS	SERVINGS	1	464	53	731	4.50	0.18	*459.8	*206	*0.3	0	17.97	38.0	27.49	8.94	0.00
CHILI, THREE BEAN JTM	1/2 CUP	1	130	0	269	5.50	*N/A*	*N/A*	*N/A*	*N/A*	3	6.0	19.0	3.5	0.55	0.00
LETTUCE & TOMATO:3/4 CUP- TACOS	3/4 CUP	1	35	0	13	2.57	0.68	22.7	1515	21.82	5	2.09	7.36	0.3	0.04	0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	10	0.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	14.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	89	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			1062	*71	1647	17.58	*1.78	*574.6	*2270	*33.10	*60 *22.4%	45.36 17.1%	139.74 52.6%	36.86 31.2%	11.52 9.8%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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Washington County School District

Dec 3, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 12/3/2024 8:32:12 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/11/2024																
INTERMEDIATE LUNCH 6-8	Total	1														
CHICKEN TENDERS - TYSON ELEM	2 TENDER	1	259	51	451	2.25	*N/A*	*N/A*	*N/A*	*N/A*	2	22.54	13.52	12.39	2.25	0.00
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	2.00	0.36	0.0	0	4.8	0	2.0	22.0	5.0	1.50	0.00
MIXED FRESH VEGETABLES	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.57	0.00
GARLIC TOAST-WG	SLICES	1	79	0	179	1.99	1.07	0.0	0	0.0	0	2.98	14.89	1.99	0.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI	Total	1														
SPICY CHICKEN PATTY - A PIE RRE	SERVINGS	1	410	25	640	6.00	*1.44	*60.0	*15	3.6	4	21.0	43.0	16.5	3.00	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	12	0	6	1.00	0.30	9.2	515	6.42	2	0.87	2.6	0.08	0.01	0.00
WAFFLE FRIES, SKIN ON MCC AIN	3oz SERVINGS	1	160	0	320	1.00	0.00	*N/A*	0	*N/A*	0	2.0	19.0	10.0	1.50	0.00
CARROT STICKS 1/2 CUP	1/2 CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1005	*65	2385	10.17	*2.47	*385.1	*4171	*63.71	*52	44.16	132.76	33.86	6.49	*0.00
% of Calories											*20.6%	17.6%	52.8%	30.3%	5.8%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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Washington County School District

Dec 3, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 12/3/2024 8:32:12 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/12/2024																
INTERMEDIATE LUNCH 6-8	Total	1														
CHICKEN BREAST FILET	SANDWIC	1	323	46	504	5.04	*1.08	*60.0	*10	*2.4	2	24.24	31.11	10.61	1.52	0.00
SHREDDED LETTUCE & TOMA TO-DELI	1/2 CUP	1	12	0	6	1.00	0.30	9.2	515	6.42	2	0.87	2.6	0.08	0.01	0.00
TATER TOTS - MCCAIN	8 PIECES	1	92	0	167	1.67	0.15	*N/A*	*N/A*	*N/A*	1	0.84	14.22	3.35	0.42	0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
COOKIE, CHOCOLATE CHIP	1 EACH	1	100	11	126	0.73	*0.46	*25.5	*199	*0.0	*6	1.54	13.55	4.56	1.92	*0.00
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	1	72	*5	68	1.51	0.24	14.2	569	20.56	*4	1.34	9.79	3.21	0.30	*0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	0.0	0	0.0	0	0.22	0.33	0.22	0.00	0.00
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI																
WRAP, CHICKEN	WRAP	1	392	25	546	6.00	*1.38	*9.2	*520	*6.42	3	18.87	37.6	18.58	3.51	*0.00
MIXED FRESH VEGETABLES	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.57	0.00
CHIPS: DORITOS	BAG	1	131	0	181	2.01	0.36	20.0	53	0.0	0	2.01	19.62	5.03	0.75	0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			960	*66	1842	12.27	*2.49	*394.1	*4593	*39.87	*56	42.18	128.63	30.42	6.25	*0.00
% of Calories											*23.5%	17.6%	53.6%	28.5%	5.9%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Fri - 12/13/2024																
INTERMEDIATE LUNCH 6-8	Total	1														
PIZZA, 7" WG BREADSTICK	BREAD S TICK	1	250	25	510	3.00	*N/A*	*N/A*	*N/A*	*N/A*	3	11.0	30.0	9.0	4.50	0.00
DINNER SALAD	1 CUP	1	101	14	157	2.06	0.68	67.1	3768	13.54	*3	1.92	9.3	6.13	1.04	0.00
PINEAPPLE, TIDBITS, CAN	1/2 C SE RVING	1	60	0	0	1.00	0.36	20.0	*N/A*	*N/A*	13	1.0	16.0	0.0	0.00	0.00
JELL-O	GEL CUP	1	100	0	45	0.00	0.00	0.0	110	0.0	22	0.0	25.0	0.0	0.00	0.00
MARINARA SAUCE	1/2 CUP	1	70	0	561	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7	2.0	12.02	1.5	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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Washington County School District

Dec 3, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

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

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI LUNCH BASKET	Total BASKET	1														
WAFFLE FRIES - LAMB WESTON	2.19oz S	1	484	55	854	3.80	*N/A*	*N/A*	*N/A*	*N/A*	7	26.38	47.6	20.4	7.50	0.00
	ERVING	1	109	0	267	0.99	*N/A*	*N/A*	*N/A*	*N/A*	0	0.99	13.86	5.94	1.98	0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	0.00
PINEAPPLE, TIDBITS, CAN	1/2 C SE	1	60	0	0	1.00	0.36	20.0	*N/A*	*N/A*	13	1.0	16.0	0.0	0.00	0.00
	RVING															
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			943	68	2027	8.46	*1.30	*384.5	*8540	*13.28	*69	39.17	133.72	27.82	9.34	0.00
% of Calories											*29.2%	16.6%	56.7%	26.5%	8.9%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Mon - 12/16/2024																
INTERMEDIATE LUNCH 6-8	Total	1														
TERIYAKI CHICKEN	2.8 OZ	1	130	70	480	0.00	*N/A*	0.0	0	0.0	9	15.0	10.0	3.5	1.00	0.00
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	0	580	2.00	1.44	20.0	2501	4.8	*N/A*	3.0	24.01	2.5	0.00	0.00
GREEN BEANS 3/4 CUP	3/4 CUP	1	24	0	210	3.00	*N/A*	*N/A*	*N/A*	*N/A*	2	1.5	4.5	0.0	0.00	0.00
GRAHAM, TIGER BITES, CHOC	SERVINGS	1	120	0	125	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7	2.0	21.0	4.0	1.00	0.00
	OLATE															
MANDARIN ORANGE, FESTIVA	1/2 C SE	1	80	0	10	0.00	0.36	0.0	*N/A*	21.0	18	0.0	19.0	0.0	0.00	0.00
L, CAN	RVING															
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI	Total	1														
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	1.80	450.0	500	9.0	2	20.0	29.0	9.0	3.00	0.00
DINNER SALAD - ALT LINE	SERVINGS	1	29	0	24	2.02	0.60	34.7	4682	19.4	*2	1.8	6.07	0.11	0.03	0.00
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	104	7	69	0.50	*N/A*	*N/A*	*N/A*	*N/A*	7	1.0	16.0	4.0	1.00	0.00
MANDARIN ORANGE, FESTIVA	1/2 C SE	1	80	0	10	0.00	0.36	0.0	*N/A*	21.0	18	0.0	19.0	0.0	0.00	0.00
L, CAN	RVING															
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			744	71	1367	6.26	*2.28	*552.3	*4344	*40.00	*63	38.65	107.29	17.06	4.76	0.00
% of Calories											*33.7%	20.8%	57.7%	20.6%	5.8%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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Washington County School District

Dec 3, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 12/3/2024 8:32:13 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/17/2024																
INTERMEDIATE LUNCH 6-8	Total	1														
TACO SOUP - RAW - 1 CUP	1 CUP	1	312	55	791	6.30	*1.99	*64.9	*1111	*13.95	*5	18.25	21.65	16.74	6.03	*0.00
CHEDDAR/ JACK FANCY SHRE D.25OZ	.25 OZ	1	28	6	43	0.00	0.00	50.6	63	0.0	0	1.52	0.25	2.28	1.52	0.00
MIXED FRESH VEGETABLES	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.57	0.00
SALAD BAR: 2 TUESDAY- INTE RM.	1 CUP	1	223	*10	342	4.75	1.75	23.8	*1298	*39.29	*9	3.46	20.9	13.64	1.59	*0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	10	0.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	14.0	0.0	0.00	0.00
CINNAMON ROLL W. W.W. BRI DGFOR	ROLL	1	210	0	250	3.00	*N/A*	*N/A*	*N/A*	*N/A*	9	6.0	34.0	5.0	1.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI	Total	1														
NACHOS	SERVINGS	1	464	53	731	4.50	0.18	*459.8	*206	*0.3	0	17.97	38.0	27.49	8.94	0.00
CHILI, THREE BEAN JTM	1/2 CUP	1	130	0	269	5.50	*N/A*	*N/A*	*N/A*	*N/A*	3	6.0	19.0	3.5	0.55	0.00
LETTUCE & TOMATO:3/4 CUP- TACOS	3/4 CUP	1	35	0	13	2.57	0.68	22.7	1515	21.82	5	2.09	7.36	0.3	0.04	0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	10	0.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	14.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	89	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1034	*82	1720	14.58	*2.63	*626.0	*5646	*57.23	*58	44.98	121.44	40.13	11.63	*0.00
% of Calories											*22.3%	17.4%	47.0%	34.9%	10.1%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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Washington County School District

Dec 3, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/18/2024																
INTERMEDIATE LUNCH 6-8	Total	1														
HAM, PATTY LS SLICED	2oz SER	1	120	30	340	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	8.0	1.0	9.0	3.00	0.00
	VINGS															
SCALLOPED POTATOES:ELE	1/2 CUP	1	111	6	460	0.00	0.01	1.1	48	0.0	*2	2.03	17.29	4.11	2.47	*0.00
ROLLS - NO EGGS	SERVINGS	1	140	0	317	2.38	1.21	11.7	89	0.0	*2	4.34	25.63	2.58	0.89	*0.00
GREEN BEANS: 1/2 C.	1/2 CUP	1	16	0	140	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1	1.0	3.0	0.0	0.00	0.00
CAKE, JELLO	SLICE	1	145	0	221	0.60	0.44	12.5	0	0.67	*14	1.36	24.98	4.71	3.21	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	86	27.03	8	0.66	12.59	0.2	0.05	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			836	*51	1859	6.89	*1.79	*339.2	*923	*30.11	*58	33.39	116.50	27.11	12.11	*0.00
% of Calories											*27.6%	16.0%	55.7%	29.2%	13.0%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Thu - 12/19/2024																
INTERMEDIATE LUNCH 6-8	Total	1														
CHICKEN CHUNKS, TYSON	5 NUGGE TS	1	240	55	570	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1	23.0	15.0	10.0	2.00	0.00
TATER TOTS - MCCAIN	9 PIECES	1	92	0	167	1.67	0.15	*N/A*	*N/A*	*N/A*	1	0.84	14.22	3.35	0.42	0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
MIXED FRESH VEGETABLES	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.57	0.00
SCOOBY-DOO GRAHAM CRAC	BAG	1	120	0	100	1.00	0.72	100.0	500	0.0	8	2.0	21.0	4.0	1.00	0.00
KER STIC																
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	1	72	*5	68	1.51	0.24	14.2	569	20.56	*4	1.34	9.79	3.21	0.30	*0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI	Total	1														
WRAP, CHICKEN	WRAP	1	392	25	546	6.00	*1.38	*9.2	*520	*6.42	3	18.87	37.6	18.58	3.51	*0.00
MIXED FRESH VEGETABLES	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.57	0.00
CHIPS: DORITOS	BAG	1	131	0	181	2.01	0.36	20.0	53	0.0	0	2.01	19.62	5.03	0.75	0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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Washington County School District

Dec 3, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			973	*67	1902	11.45	*2.44	*421.8	*7533	*53.81	*57 *23.3%	42.45 17.4%	132.98 54.7%	30.79 28.5%	6.06 5.6%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Fri - 12/20/2024																
INTERMEDIATE LUNCH 6-8	Total	1														
PIZZA, CHEESE RIPPER	SERVINGS	1	260	25	520	3.00	*N/A*	*N/A*	*N/A*	*N/A*	3	14.0	29.0	10.0	5.00	0.00
DINNER SALAD	1 CUP	1	101	14	157	2.06	0.68	67.1	3768	13.54	*3	1.92	9.3	6.13	1.04	0.00
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	150	12	140	4.13	*1.00	*42.3	*1248	*0.0	*8	2.99	22.35	6.23	2.47	*0.00
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	60	0	0	1.00	0.36	20.0	*N/A*	*N/A*	13	1.0	16.0	0.0	0.00	0.00
MARINARA SAUCE	1/2 CUP	1	70	0	561	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7	2.0	12.02	1.5	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOICE LUNCH BASKET	Total BASKET	1	484	55	854	3.80	*N/A*	*N/A*	*N/A*	*N/A*	7	26.38	47.6	20.4	7.50	0.00
WAFFLE FRIES - LAMB WESTON	2.19oz SERVING	1	109	0	267	0.99	*N/A*	*N/A*	*N/A*	*N/A*	0	0.99	13.86	5.94	1.98	0.00
CARROT & CELERY STICKS:EL	3/4 CUP	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	0.00
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	60	0	0	1.00	0.36	20.0	*N/A*	*N/A*	13	1.0	16.0	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			973	74	2079	10.52	*1.80	*405.6	*9109	*13.29	*62 *25.4%	42.16 17.3%	131.90 54.2%	31.43 29.1%	10.82 10.0%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Weighted Average			969	*75	1864	*10.68	*2.23	*467.3	*4858	*37.12	*61 *56.7%	41.57 17.2%	129.28 53.4%	31.84 29.6%	9.12 8.5%	*0.00 *0.0%
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Washington County School District

Dec 3, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

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

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	969		783	124%														
Cholesterol (mg)	75				Missing				1864									
Sodium 1 (mg)	1864																	
Fiber (g)	10.68				Missing													
Iron (mg)	2.23		4.50	50%	Missing	2.27												
Calcium (mg)	467.3		400.00	117%	Missing													
Vitamin A (IU)	4858		1500	324%	Missing													
Sugars (g)	61	25.20%			Missing													
Vitamin C (mg)	37.12		16.70	222%	Missing													
Protein (g)	41.57	17.16%	15.00	277%														
Carbohydrate (g)	129.28	53.37%																
Total Fat (g)	31.84	29.57%	<=30.00%															
Saturated Fat (g)	9.12	8.47%	<10.00%															
Trans Fat ¹ (g)	0.00	0.00%			Missing													

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