

Washington County School District

Jan 6, 2025 thru Jan 31, 2025

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)
Mon - 01/06/2025																
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, FESTIVAL, 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
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, WGMANDARIN ORANGE, FESTIVAL, CAN	1/2 C SE	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
RANCH: (WILD COYOTE LITE)	RVING	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
MILK : CHOCOLATE MILK F/F	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 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
Weighted Daily Average			692	64	1168	5.26	*1.74	*542.9	*3093	*37.60	*59	37.16	100.08	13.93	5.27	*0.00
% of Calories											*34.2%	21.5%	57.9%	18.1%	6.9%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Tue - 01/07/2025																
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	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	RVINGS	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	1/2 CUP	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 OZ.	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- INTERMEDIATE	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	RM.	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	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 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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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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)
ALT INT WEEKLY 1st CHOI NACHOS	Total	1														
REFRIED BEANS, V V	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
LETTUCE & TOMATO:3/4 CUP-TACOS	1/2 C SE	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
PEACH, DICED, CANNED	RVINGS															
SALSA PICANTE	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
MILK : CHOCOLATE MILK F/F	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
MILK 1% WHITE	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
Weighted Daily Average	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
% of Calories	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
Nutrient Guideline			783	*71	1673	18.33	*1.78	*574.6	*2270	*33.10	*59	45.86	142.24	36.36	11.24	*0.00
											*22.0%	17.2%	53.3%	30.7%	9.5%	*0.0%

Wed - 01/08/2025																
INTERMEDIATE LUNCH 6-8	Total	1														
CHICKEN TENDERS - TYSON	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

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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 & 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
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			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	

Thu - 01/09/2025																
INTERMEDIATE LUNCH 6-8	Total	1														
CHICKEN SANDWICH	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	123	14	146	0.96	*0.61	*35.8	*234	*0.0	*8	1.98	17.5	5.33	2.27	*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

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ALT INT WEEKLY 1st CHOI WRAP, CHICKEN	Total WRAP	1														
MIXED FRESH VEGETABLES	3/4 CUP	1	392	25	546	6.00	*1.38	*9.2	*520	*6.42	3	18.87	37.6	18.58	3.51	*0.00
CHIPS: DORITOS	BAG	1	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.57	0.00
PEARS, DICED, CANNED	1/2 CUP	1	131	0	181	2.01	0.36	20.0	53	0.0	0	2.01	19.62	5.03	0.75	0.00
BARBAQUE SAUCE: P/C	1 Each	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
MILK : CHOCOLATE MILK F/F	CARTON	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 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
Weighted Daily Average % of Calories			972	*67	1851	12.38	*2.57	*399.3	*4610	*39.87	*57	42.40	130.60	30.81	6.43	*0.00
Nutrient Guideline			783				4.50	400.00	1500	16.70	*23.6%	17.5%	53.8%	28.5%	6.0%	*0.0%

Fri - 01/10/2025																
INTERMEDIATE LUNCH 6-8 HOT DOG w/ CHILI	Total SERVINGS	1														
MIXED FRESH VEGETABLES	3/4 CUP	1	345	35	684	4.75	*1.08	*60.0	*10	*2.4	5	15.0	32.5	18.25	6.27	0.00
CHIPS: DORITOS	BAG	1	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.57	0.00
PINEAPPLE, TIDBITS, CAN	1/2 C SE RVING	1	131	0	181	2.01	0.36	20.0	53	0.0	0	2.01	19.62	5.03	0.75	0.00
KETCHUP : P/C	PC	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
MUSTARD:, P/C	1 Each	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	3	0	63	0.22	0.00	0.0	0	0.0	0	0.22	0.33	0.22	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
ALT INT WEEKLY 1st CHOI LUNCH BASKET	Total BASKET	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
WAFFLE FRIES, SKIN ON MCC AIN	3oz SER VINGS	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
CARROT & CELERY STICKS:ELE	1/2 C SE RVING	1	160	0	320	1.00	0.00	*N/A*	0	*N/A*	0	2.0	19.0	10.0	1.50	0.00
PINEAPPLE, TIDBITS, CAN	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
MARINARA SAUCE	1/2 CUP	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
KETCHUP : P/C	PC	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	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
Weighted Daily Average % of Calories			1028	71	2185	10.60	*1.83	*396.0	*9689	*24.89	*62	43.04	133.08	37.14	10.12	0.00
Nutrient Guideline			783				4.50	400.00	1500	16.70	*24.2%	16.7%	51.8%	32.5%	8.9%	0.0%

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Mon - 01/13/2025																
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 Olate	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
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVING	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
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 CHOICE	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, W/GRANOLA	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, FESTIVAL, CAN	1/2 C SERVING	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
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			749	71	1617	6.26	*2.28	*552.3	*4344	*40.00	*63	38.65	107.29	17.06	4.76	0.00
% of Calories											*33.5%	20.6%	57.3%	20.5%	5.7%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Tue - 01/14/2025																
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 SHRED, 2.5OZ	.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- INTERMEDIATE	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. BROWN SUGAR	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

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Washington County School District

Jan 6, 2025 thru Jan 31, 2025

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)
ALT INT WEEKLY 1st CHOI NACHOS	Total	1														
REFRIED BEANS, V V	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
LETTUCE & TOMATO:3/4 CUP-TACOS	1/2 C SE	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
PEACH, DICED, CANNED	RVINGS															
SALSA PICANTE	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
MILK : CHOCOLATE MILK F/F	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
MILK 1% WHITE	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
Weighted Daily Average	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
% of Calories	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
Nutrient Guideline			783	*82	1746	15.33	*2.63	*626.0	*5646	*57.23	*57	45.48	123.94	39.63	11.35	*0.00
											*21.9%	17.5%	47.7%	34.3%	9.8%	*0.0%

Wed - 01/15/2025																
INTERMEDIATE LUNCH 6-8	Total	1														
TERIYAKI BEEF NUGGETS	4 Nugget	1	160	40	440	1.00	1.44	20.0	20	0.0	4	14.0	6.0	8.0	3.50	0.50
BUTTER MASHED POTATOES-sec	2/3 cup	1	120	5	430	2.00	0.36	0.0	0	0.0	0	2.0	19.0	3.5	1.50	0.00
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	19	0	133	0.00	0.01	1.1	0	0.0	*1	0.0	2.82	0.94	0.00	0.00
BROCCOLI, ROASTED	3/4 CUP	1	55	1	35	1.30	*0.00	*16.0	*27	*0.0	*1	1.93	3.29	4.47	0.54	0.01
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
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
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

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Washington County School District

Jan 6, 2025 thru Jan 31, 2025

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)
ALT INT WEEKLY 1st CHOI	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
RRE																
SHREDDED LETTUCE & TOMA	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
TO-DELI																
WAFFLE FRIES, SKIN ON MCC	3oz SER	1	160	0	320	1.00	0.00	*N/A*	0	*N/A*	0	2.0	19.0	10.0	1.50	0.00
AIN	VINGS															
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			936	*58	2164	9.21	*2.75	*384.4	*1183	*41.74	*50	40.33	120.21	32.81	8.05	*0.26
% of Calories											*21.2%	17.2%	51.4%	31.6%	7.7%	*0.2%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Thu - 01/16/2025																
INTERMEDIATE LUNCH 6-8	Total	1														
CHICKEN CHUNKS, TYSON	5 NUGGE	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
	TS															
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
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

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Washington County School District

Jan 6, 2025 thru Jan 31, 2025

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 WRAP, CHICKEN	Total WRAP	1														
MIXED FRESH VEGETABLES	3/4 CUP	1	392	25	546	6.00	*1.38	*9.2	*520	*6.42	3	18.87	37.6	18.58	3.51	*0.00
CHIPS: DORITOS	BAG	1	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.57	0.00
PEARS, DICED, CANNED	1/2 CUP	1	131	0	181	2.01	0.36	20.0	53	0.0	0	2.01	19.62	5.03	0.75	0.00
BARBAQUE SAUCE: P/C	1 Each	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
MILK : CHOCOLATE MILK F/F	CARTON	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 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
Weighted Daily Average			973	*67	1902	11.45	*2.44	*421.8	*7533	*53.81	*57	42.45	132.98	30.79	6.06	*0.00
% of Calories											*23.3%	17.4%	54.7%	28.5%	5.6%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Fri - 01/17/2025																
INTERMEDIATE LUNCH 6-8 PIZZA, CHEESE RIPPER	Total SERVINGS	1														
DINNER SALAD	1 CUP	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
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	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	150	12	140	4.13	*1.00	*42.3	*1248	*0.0	*8	2.99	22.35	6.23	2.47	*0.00
MARINARA SAUCE	1/2 CUP	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
RANCH: (WILD COYOTE LITE)	PC 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	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	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
ALT INT WEEKLY 1st CHOI LUNCH BASKET	Total BASKET	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
WAFFLE FRIES, SKIN ON MCC AIN	3oz SER VINGS	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
CARROT & CELERY STICKS:ELE	3/4 CUP	1	160	0	320	1.00	0.00	*N/A*	0	*N/A*	0	2.0	19.0	10.0	1.50	0.00
PINEAPPLE, TIDBITS, CAN	1/2 C SE RVING	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	0.00
MARINARA SAUCE	1/2 CUP	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
KETCHUP : P/C	PC	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	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
Weighted Daily Average			1044	79	2218	11.53	*1.62	*395.6	*9062	*12.09	*66	44.17	134.98	37.21	10.83	*0.00
% of Calories											*25.2%	16.9%	51.7%	32.1%	9.3%	*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

Jan 6, 2025 thru Jan 31, 2025

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)
Tue - 01/21/2025																
INTERMEDIATE LUNCH 6-8	Total	1														
SOFT FLOUR TACO:SEC	1 serving	1	244	49	437	3.00	1.44	120.1	418	0.6	0	17.01	21.0	10.5	3.70	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
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
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
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
CHURRO- APPLE WG	SERVINGS	1	150	0	70	1.00	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	25.0	5.0	1.00	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
ALT INT WEEKLY 1st CHOI NACHOS	Total	1														
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
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			1048	*74	1660	17.38	*2.37	*649.9	*3096	*44.31	*57	47.32	138.84	35.37	9.93	*0.00
% of Calories											*21.9%	18.1%	53.0%	30.4%	8.5%	*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

Jan 6, 2025 thru Jan 31, 2025

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 - 01/22/2025																
INTERMEDIATE LUNCH 6-8	Total	1														
ALFREDO: SEC	1 CUP	1	248	18	211	2.97	*N/A*	*N/A*	*N/A*	*N/A*	4	11.2	36.65	7.11	3.20	0.00
CHICKEN, DICED L/S TYSON	1.5oz SERVING	1	66	28	63	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	9.11	0.51	2.53	0.76	0.00
BREADSTICK, CHEESY GARLIC	SERVINGS	1	100	0	140	1.00	*N/A*	*N/A*	*N/A*	*N/A*	2	3.0	15.0	3.0	0.50	0.00
BROCCOLI, ROASTED	3/4 CUP	1	55	1	35	1.30	*0.00	*16.0	*27	*0.0	*1	1.93	3.29	4.47	0.54	0.01
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
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														
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			906	*59	1691	8.50	*1.24	*368.0	*1028	*41.74	*49	41.81	119.56	29.62	6.83	*0.01
% of Calories											*21.8%	18.5%	52.8%	29.4%	6.8%	*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

Jan 6, 2025 thru Jan 31, 2025

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)
Thu - 01/23/2025																
INTERMEDIATE LUNCH 6-8	Total	1														
CORN DOG, MINI PROVIEW (5)	5 NUGGES	1	207	50	290	2.49	*N/A*	*N/A*	*N/A*	*N/A*	1	8.29	24.88	8.29	2.07	0.00
	TS															
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
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
FUN FOOD CRACKER	SERVINGS	1	130	0	120	1.00	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	21.0	4.0	0.00	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
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
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			924	*65	1564	10.63	*1.57	*346.8	*4230	*35.46	*56	34.50	128.43	29.94	5.56	*0.00
% of Calories											*24.3%	14.9%	55.6%	29.2%	5.4%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Fri - 01/24/2025																
INTERMEDIATE LUNCH 6-8	Total	1														
CALZONE, MINI, WG	3 CALZONES	1	350	34	496	1.04	1.88	235.0	*N/A*	*N/A*	7	17.23	40.73	13.05	5.74	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
CREAMIES JR.	CREAMIE	1	93	16	39	0.00	0.00	260.0	1988	3.45	*N/A*	2.0	14.0	3.5	2.00	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															
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
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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Washington County School District

Jan 6, 2025 thru Jan 31, 2025

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)
ALT INT WEEKLY 1st CHOI LUNCH BASKET	Total BASKET	1														
WAFFLE FRIES, SKIN ON MCC AIN	3oz SER VINGS	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
CARROT & CELERY STICKS:ELE	3/4 CUP	1	160	0	320	1.00	0.00	*N/A*	0	*N/A*	0	2.0	19.0	10.0	1.50	0.00
PINEAPPLE, TIDBITS, CAN	1/2 C SE RVING	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	0.00
MARINARA SAUCE	1/2 CUP	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
KETCHUP : P/C	PC	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	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
Weighted Daily Average % of Calories			1060	86	2156	8.48	*2.06	*622.0	*9431	*13.81	*64	45.29	136.66	37.38	10.97	0.00
											*24.0%	17.1%	51.5%	31.7%	9.3%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Mon - 01/27/2025																
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
MANDARIN ORANGE, FESTIVA L, CAN	1/2 C SE RVING	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
CHOCOLATE CHUNK COOKIE	COOKIE	1	102	6	100	0.80	0.54	10.0	45	0.0	9	1.2	15.8	3.9	1.00	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 DOMINOS PIZZA	Total 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 RVING	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
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 % of Calories			740	74	1604	5.66	*2.55	*557.3	*4366	*40.00	*64	38.25	104.69	17.01	4.77	0.00
											*34.4%	20.7%	56.6%	20.7%	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

Jan 6, 2025 thru Jan 31, 2025

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)
Tue - 01/28/2025																
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 SE	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
	RVINGS															
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- INTE	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
RM.																
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 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
REFRIED BEANS, V V	1/2 C SE	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
	RVINGS															
LETTUCE & TOMATO:3/4 CUP-	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
TACOS																
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			1128	*88	1784	17.59	*2.29	*679.0	*2781	*37.77	*59	48.60	141.37	41.94	11.09	*0.00
% of Calories											*20.8%	17.2%	50.1%	33.5%	8.8%	*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

Jan 6, 2025 thru Jan 31, 2025

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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/29/2025																
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, PARADISE PUNCH	CARTON	1	60	0	5	0.00	0.00	*N/A*	*N/A*	*N/A*	13	0.0	14.0	0.0	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
SYRUP	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
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 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
RRE																
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			1066	*110	2223	8.37	*2.88	*388.5	*1231	*44.15	*63	35.69	141.90	39.82	8.83	*0.00
% of Calories											*23.5%	13.4%	53.2%	33.6%	7.5%	*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

Jan 6, 2025 thru Jan 31, 2025

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)
Thu - 01/30/2025																
INTERMEDIATE LUNCH 6-8 HAMBURGER - RAW - INTER.	Total HAMBURGERS	1														
		1	363	76	286	*2.00	3.81	*60.0	*10	*2.4	*2	26.26	22.0	18.71	6.07	*0.00
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														
		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			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	

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Washington County School District

Jan 6, 2025 thru Jan 31, 2025

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)
Fri - 01/31/2025																
INTERMEDIATE LUNCH 6-8	Total	1														
PEPPERONI PIZZA RIPPERS	SERVING	1	270	30	580	3.00	*N/A*	*N/A*	*N/A*	0.0	3	14.0	29.0	11.0	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, 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
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															
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
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 CHOI	Total	1														
LUNCH BASKET	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, SKIN ON MCC	3oz SER	1	160	0	320	1.00	0.00	*N/A*	0	*N/A*	0	2.0	19.0	10.0	1.50	0.00
AIN	VINGS															
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															
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
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			1026	79	2213	9.71	*1.12	*374.5	*8438	*12.08	*65	43.17	131.80	36.60	10.10	0.00
% of Calories											*25.4%	16.8%	51.4%	32.1%	8.9%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Weighted Average			977	*76	1887	*10.95	*2.22	*480.4	*4815	*37.67	*59	42.38	128.73	32.66	8.51	*0.01
											*54.6%	17.4%	52.7%	30.1%	7.8%	*0.0%

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Washington County School District

Jan 6, 2025 thru Jan 31, 2025

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)	Error Messages (if any)
Calories	977		Weekly Target	783	125%	Miss Data	Shortfall	Overage	Error Messages (if any)									
Cholesterol (mg)	76					Missing			1887									
Sodium 1 (mg)	1887																	
Fiber (g)	10.95					Missing												
Iron (mg)	2.22			4.50	49%	Missing	2.28			Correction Required - Iron is Low								
Calcium (mg)	480.4			400.00	120%	Missing												
Vitamin A (IU)	4815			1500	321%	Missing												
Sugars (g)	59	24.28%				Missing												
Vitamin C (mg)	37.67			16.70	226%	Missing												
Protein (g)	42.38	17.36%		15.00	283%													
Carbohydrate (g)	128.73	52.73%																
Total Fat (g)	32.66	30.10%		<=30.00%						Correction Required - Total Fat too High								
Saturated Fat (g)	8.51	7.85%		<10.00%														
Trans Fat ¹ (g)	0.01	0.01%				Missing												

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