

Washington County School District

Jan 6, 2026 thru Jan 30, 2026

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 12/16/2025 10:43:47 AM

	Portion Size	Reimb Qty	Carb (g)
Tue - 01/06/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
BEEF TACO STICK	1 EACH	1	28.97
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	29.36
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	9.66
SALSA PICANTE	1 OZ	1	1.77
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
CHEESESTEAK SANDWICH	SANDWICHES	1	34.92
TATER TOTS - MCCAIN	8 PIECES	1	14.0
CARROT & CELERY STICKS:ELE	3/4 CUP	1	8.03
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	1	10.37
CONDIMENT: STEAKWICH	SERVING	1	5.37
MILK	CARTON	1	17.0
Weighted Daily Average			123.07
% of Calories			54.0%
Nutrient Guideline			

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Wed - 01/07/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN TENDERS - FR091	2 TENDERS	1	12.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	3.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
GARLIC TOAST - WG - BC	SERVINGS	1	14.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
BARBAQUE SAUCE: P/C	1 Each	1	10.13
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
SPICY CHICKEN SANDWICH	SERVINGS	1	44.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	1	18.76
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
CONDIMENT - CHICKEN SAND.	SERVING	1	5.8
MILK	CARTON	1	17.0
Weighted Daily Average			99.98
% of Calories			54.0%
Nutrient Guideline			

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WEEKLY 1st CHOICE

Portion Values - Detailed

Page 2

Generated on: 12/16/2025 10:43:47 AM

	Portion Size	Reimb Qty	Carb (g)
Thu - 01/08/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN SANDWICH	SANDWICH	1	31.11
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
TATER TOTS - MCCAIN	8 PIECES	1	14.0
COLESLAW	1/2 C. SERVINGS	1	6.02
COOKIE, CHOCOLATE CHIP	1 EACH	1	13.5
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	1	10.37
CONDIMENT - CHICKEN SAND.	SERVING	1	5.8
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
NACHOS	SERVINGS	1	38.19
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	4.32
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	9.66
SALSA PICANTE	1 OZ	1	1.77
MILK	CARTON	1	17.0
Weighted Daily Average			115.01
% of Calories			52.1%
Nutrient Guideline			

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Fri - 01/09/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
TOTCHOS - ELEM.	SERVING	1	25.06
LETTUCE & TOMATO:1/2 CUP-TACOS	1/2 CUP	1	1.92
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	6.31
SUN CHIPS	BAG	1	19.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
WRAP, CHICKEN - FR091	WRAP	1	39.57
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.0
MIXED FRESH VEGETABLES	3/4 CUP	1	6.31
SUN CHIPS	BAG	1	19.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
CONDIMENTS: WRAP	SERVINGS	1	4.36
MILK	CARTON	1	17.0
Weighted Daily Average			93.11
% of Calories			43.8%
Nutrient Guideline			

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WEEKLY 1st CHOICE

Portion Values - Detailed

Page 3

Generated on: 12/16/2025 10:43:47 AM

	Portion Size	Reimb Qty	Carb (g)
Mon - 01/12/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
TERIYAKI CHICKEN - ELEM.	2 oz	1	7.14
RICE OR CHOW MEIN, CHOOSE SEC.	SERVINGS	1	33.34
GREEN BEANS 3/4 CUP	3/4 CUP	1	4.5
BISCUIT	BISCUIT	1	14.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SALAD BAR: MONDAYS:INTERM.	1 CUP	1	8.84
SOY SAUCE: PC	PC	1	1.0
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI			
DOMINOS PIZZA	SLICE	1	30.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
COOKIE, CELEBRATION	SERVINGS	1	17.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SALAD BAR: MONDAYS:INTERM.	1 CUP	1	8.84
RANCH: (WILD COYOTE LITE)	PC CUP	1	0.0
MILK	CARTON	1	17.0
Weighted Daily Average			97.72
% of Calories			59.3%
Nutrient Guideline			

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Tue - 01/13/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
TACO SOUP - RAW - 1 CUP	1 CUP	1	22.68
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.0
VEGETABLES, EDAMAME & CARROTS	3/4 CUP	1	7.49
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	52.46
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	9.66
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI			
CHEESESTEAK SANDWICH	SANDWICHES	1	34.92
TATER TOTS - MCCAIN	8 PIECES	1	14.0
CARROT & CELERY STICKS:ELE	3/4 CUP	1	8.03
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	1	10.37
CONDIMENT: STEAKWICH	SERVING	1	5.37
MILK	CARTON	1	17.0
Weighted Daily Average			114.83
% of Calories			50.3%
Nutrient Guideline			

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Page 4

Generated on: 12/16/2025 10:43:47 AM

	Portion Size	Reimb Qty	Carb (g)
Wed - 01/14/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
TERIYAKI BEEF NUGGETS	4 Nugget	1	6.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	2.82
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	1	3.29
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
ROLLS - NO EGGS	SERVINGS	1	25.63
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
SPICY CHICKEN SANDWICH	SERVINGS	1	44.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	1	18.76
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
CONDIMENT - CHICKEN SAND.	SERVING	1	5.8
MILK	CARTON	1	17.0
Weighted Daily Average			97.79
% of Calories			53.4%
Nutrient Guideline			

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Thu - 01/15/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
HAMBURGER, TYSON	HAMBURGERS	1	22.0
CHEESE: PROCESS SLICE	SLICE	1	1.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	1	18.76
SWEET CAKE	SERVING	1	44.38
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	1	10.37
CONDIMENT - BURGER	SERVING	1	3.02
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
NACHOS	SERVINGS	1	38.19
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	4.32
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	9.66
SALSA PICANTE	1 OZ	1	1.77
MILK	CARTON	1	17.0
Weighted Daily Average			124.36
% of Calories			51.5%
Nutrient Guideline			

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WEEKLY 1st CHOICE

Portion Values - Detailed

Page 5

Generated on: 12/16/2025 10:43:47 AM

	Portion Size	Reimb Qty	Carb (g)
Fri - 01/16/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
CORN DOG, MINI PROVIEW (5)	5 NUGGETS	1	24.88
CARROT STICKS 3/4 CUP	3/4 CUP	1	9.0
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
WRAP, CHICKEN - FR091	WRAP	1	39.57
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.0
MIXED FRESH VEGETABLES	3/4 CUP	1	6.31
SUN CHIPS	BAG	1	19.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
CONDIMENTS: WRAP	SERVINGS	1	4.36
MILK	CARTON	1	17.0
Weighted Daily Average			97.13
% of Calories			53.0%
Nutrient Guideline			

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Tue - 01/20/2026			
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, PARADISE PUNCH	CARTON	1	13.9
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SYRUP	1 EA	1	4.0
KETCHUP : P/C	PC	1	10.12
MILK	CARTON	1	17.0
Weighted Daily Average			132.38
% of Calories			55.1%
Nutrient Guideline			

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Wed - 01/21/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
ROTINI ALFREDO: SEC	1 CUP	1	36.65
CHICKEN, DICED L/S TYSON	1.5oz SERVING	1	0.51
BREADSTICK, CHEESY GARLIC	SERVINGS	1	15.0
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	1	3.29
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
MILK	CARTON	1	17.0

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Page 6

Generated on: 12/16/2025 10:43:47 AM

	Portion Size	Reimb Qty	Carb (g)
ALT INT WEEKLY 1st CHOI	Total	1	
SPICY CHICKEN SANDWICH	SERVINGS	1	44.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	1	18.76
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
CONDIMENT - CHICKEN SAND.	SERVING	1	5.8
MILK	CARTON	1	17.0
Weighted Daily Average			97.64
% of Calories			55.4%
Nutrient Guideline			

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Thu - 01/22/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
HOT DOG, BEEF CLOVERDALE	SERVINGS	1	23.0
TATER TOTS - MCCAIN	8 PIECES	1	14.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	0.0
COOKIE, OATMEAL	1 EACH	1	19.44
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	7.17
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
CONDIMENTS - HOT DOG	PACKETS	1	4.15
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
NACHOS	SERVINGS	1	38.19
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	4.32
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	9.66
SALSA PICANTE	1 OZ	1	1.77
MILK	CARTON	1	17.0
Weighted Daily Average			105.21
% of Calories			49.0%
Nutrient Guideline			

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Fri - 01/23/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	1	36.0
CARROT STICKS 3/4 CUP	3/4 CUP	1	9.0
CREAMIES JR.	CREAMIE	1	14.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
WRAP, CHICKEN - FR091	WRAP	1	39.57
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.0
MIXED FRESH VEGETABLES	3/4 CUP	1	6.31
SUN CHIPS	BAG	1	19.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
CONDIMENTS: WRAP	SERVINGS	1	4.36
MILK	CARTON	1	17.0

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Page 7

Generated on: 12/16/2025 10:43:47 AM

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Weighted Daily Average			96.47
% of Calories			48.1%
Nutrient Guideline			

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Mon - 01/26/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
TERIYAKI CHICKEN - ELEM.	2 oz	1	7.14
RICE OR CHOW MEIN, CHOOSE SEC.	SERVINGS	1	33.34
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	1	3.29
COOKIE, CELEBRATION	SERVINGS	1	17.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SALAD BAR: MONDAYS:INTERM.	1 CUP	1	8.84
SOY SAUCE: PC	PC	1	1.0
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
DOMINOS PIZZA	SLICE	1	30.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
COOKIE, CELEBRATION	SERVINGS	1	17.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SALAD BAR: MONDAYS:INTERM.	1 CUP	1	8.84
RANCH: (WILD COYOTE LITE)	PC CUP	1	0.0
MILK	CARTON	1	17.0
Weighted Daily Average			98.62
% of Calories			57.6%
Nutrient Guideline			

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Tue - 01/27/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
QUESADILLA, THREE CHEESE	SERVINGS	1	32.51
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
COOKIE, PUMPKIN CHOCOLATE CHIP	COOKIE	1	23.08
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	9.66
SALSA PICANTE	1 OZ	1	1.77
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
CHEESESTEAK SANDWICH	SANDWICHES	1	34.92
TATER TOTS - MCCAIN	8 PIECES	1	14.0
CARROT & CELERY STICKS:ELE	3/4 CUP	1	8.03
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	1	10.37
CONDIMENT: STEAKWICH	SERVING	1	5.37
MILK	CARTON	1	17.0
Weighted Daily Average			115.70
% of Calories			53.8%
Nutrient Guideline			

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Page 8

Generated on: 12/16/2025 10:43:47 AM

	Portion Size	Reimb Qty	Carb (g)
Wed - 01/28/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN NOODLE SOUP: USDA 1C.	1 CUP	1	18.34
BREADSTICK, CHEESE - BOSCO'S	SERVINGS	1	17.0
TOMATO, CUCUMBER, CARROTS:INTE	3/4 CUP	1	9.38
RANCH: (WILD COYOTE LITE)	PC CUP	1	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
SPICY CHICKEN SANDWICH	SERVINGS	1	44.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	1	18.76
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
CONDIMENT - CHICKEN SAND.	SERVING	1	5.8
MILK	CARTON	1	17.0
Weighted Daily Average			92.28
% of Calories			53.7%
Nutrient Guideline			

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Thu - 01/29/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN CHUNKS, TYSON	5 NUGGETS	1	15.0
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	1	28.51
SCOOPY-DOO GRAHAM CRACKER STIC	BAG	1	21.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	1	10.37
CONDIMENT: TENDERS	SERVINGS	1	10.8
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
NACHOS	SERVINGS	1	38.19
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	4.32
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	9.66
SALSA PICANTE	1 OZ	1	1.77
MILK	CARTON	1	17.0
Weighted Daily Average			114.16
% of Calories			52.3%
Nutrient Guideline			

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

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

*** - denotes combined nutrient totals with either missing or incomplete nutrient data**

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Washington County School District

Jan 6, 2026 thru Jan 30, 2026

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 9

Generated on: 12/16/2025 10:43:47 AM

	Portion Size	Reimb Qty	Carb (g)
Fri - 01/30/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
DINNER SALAD ELEM.	1 CUP	1	8.34
COOKIE, CHOCOLATE CHUNK	COOKIE	1	15.8
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
MARINARA SAUCE	1/2 CUP	1	12.02
RANCH: (WILD COYOTE LITE)	PC CUP	1	0.0
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
WRAP, CHICKEN - FR091	WRAP	1	39.57
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.0
MIXED FRESH VEGETABLES	3/4 CUP	1	6.31
SUN CHIPS	BAG	1	19.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
CONDIMENTS: WRAP	SERVINGS	1	4.36
MILK	CARTON	1	17.0
Weighted Daily Average			98.54
% of Calories			49.5%
Nutrient Guideline			

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Weighted Average			106.33 52.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	106.33	52.37%						

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