

# Washington County School District

Apr 1, 2019 thru Apr 30, 2019

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) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| Mon - 04/01/2019               |              |           |             |             |           |           |            |           |          |           |
| INTERMEDIATE LUNCH 6-8         | Total        | 1         |             |             |           |           |            |           |          |           |
| PULLED PORK SANDWICH:SEC       | 4oz serving  | 1         | 309         | 44          | 807       | 5.00      | *3         | 23.0      | 39.0     | 7.5       |
| FRENCH FRIES- S.S. 1/2 CUP     | 3 OZ         | 1         | 140         | 0           | 300       | 2.00      | 0          | 2.0       | 22.0     | 5.0       |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP      | 1         | 72          | *0          | 2         | 2.59      | *10        | 0.87      | 18.29    | 0.3       |
| SALAD BAR: MONDAYS:INTERM.     | 1/2 CUP      | 1         | 127         | 10          | 228       | 4.21      | *2         | 3.98      | 12.48    | 6.29      |
| BROWNIE CUP, WG:FR016          | BROWNIE      | 1         | 146         | 1           | 72        | 2.00      | 14         | 1.5       | 26.0     | 4.0       |
| KETCHUP : P/C                  | PC           | 1         | 31          | 0           | 396       | 0.00      | 8          | 0.0       | 8.34     | 0.0       |
| BARBAQUE SAUCE: P/C            | 1 Each       | 1         | 50          | 0           | 430       | 0.00      | *N/A*      | 0.0       | 13.0     | 0.0       |
| MILK : CHOCOLATE MILK FAT FREE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 18         | 8.0       | 20.0     | 0.0       |
| MILK 1% WHITE                  | CARTON       | 1         | 100         | 10          | 125       | 0.00      | 12         | 8.0       | 12.0     | 2.5       |
| MILK FAT FREE WHITE            | CARTON       | 1         | 80          | 0           | 125       | 0.00      | 12         | 9.0       | 12.0     | 0.0       |
| ALT INT WEEKLY 1st CHOI        |              |           |             |             |           |           |            |           |          |           |
| PIZZA HUT: PEPPERONI PIZZA     | SLICE        | 1         | 290         | 25          | 570       | 3.00      | 1          | 21.0      | 29.0     | 11.0      |
| MIXED FRESH VEGETABLES:INTER   | 3/4 CUP      | 1         | 99          | 10          | 144       | 2.36      | *2         | 2.42      | 8.31     | 6.21      |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP      | 1         | 72          | *0          | 2         | 2.59      | *10        | 0.87      | 18.29    | 0.3       |
| SALAD BAR: MONDAYS:ELE         | 1/2 CUP      | 1         | 157         | 20          | 383       | 4.21      | *1         | 2.98      | 10.48    | 9.29      |
| MILK : CHOCOLATE MILK FAT FREE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 18         | 8.0       | 20.0     | 0.0       |
| MILK 1% WHITE                  | CARTON       | 1         | 100         | 10          | 125       | 0.00      | 12         | 8.0       | 12.0     | 2.5       |
| MILK FAT FREE WHITE            | CARTON       | 1         | 80          | 0           | 125       | 0.00      | 12         | 9.0       | 12.0     | 0.0       |
| Weighted Daily Average         |              |           | 1047        | *70         | 2097      | 13.98     | *67        | 54.30     | 146.59   | 27.44     |
| % of Calories                  |              |           |             |             |           |           | *25.7%     | 20.7%     | 56.0%    | 23.6%     |
| Nutrient Guideline             |              |           | 783         |             |           |           |            | 15.00     |          | <=30.0    |

|                                |         |   |     |    |     |      |       |       |       |       |
|--------------------------------|---------|---|-----|----|-----|------|-------|-------|-------|-------|
| Tue - 04/02/2019               |         |   |     |    |     |      |       |       |       |       |
| INTERMEDIATE LUNCH 6-8         | Total   | 1 |     |    |     |      |       |       |       |       |
| CHILI                          | 3/4 CUP | 1 | 159 | 24 | 294 | 6.63 | *N/A* | 12.34 | 19.1  | 3.25  |
| CHEDDAR/ JACK FANCY SHRED.25OZ | .25 OZ  | 1 | 28  | 6  | 43  | 0.00 | 0     | 1.52  | 0.25  | 2.28  |
| CARROT & CELERY STICKS:INTER   | 3/4 CUP | 1 | 123 | 12 | 214 | 3.05 | *2    | 2.04  | 10.53 | 7.67  |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP | 1 | 72  | *0 | 2   | 2.59 | *10   | 0.87  | 18.29 | 0.3   |
| SALAD BAR: 2 TUESDAY- INTERM.  | 1/2 CUP | 1 | 215 | 10 | 574 | 7.51 | *2    | 6.33  | 18.18 | 12.48 |
| CINNAMON ROLL W. W.W. BRIDGFOR | ROLL    | 1 | 210 | 0  | 250 | 3.99 | 8     | 5.99  | 34.94 | 4.99  |
| MILK : CHOCOLATE MILK FAT FREE | CARTON  | 1 | 120 | 5  | 180 | 0.00 | 18    | 8.0   | 20.0  | 0.0   |
| MILK 1% WHITE                  | CARTON  | 1 | 100 | 10 | 125 | 0.00 | 12    | 8.0   | 12.0  | 2.5   |
| MILK FAT FREE WHITE            | CARTON  | 1 | 80  | 0  | 125 | 0.00 | 12    | 9.0   | 12.0  | 0.0   |

\*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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Portion Values - Detailed

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|                                | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| ALT INT WEEKLY 1st CHOI        | Total        | 1         |             |             |           |           |            |           |          |           |
| SPICY CHICKEN SANDWICH         | 1 EACH       | 1         | 342         | 30          | 613       | 5.02      | 3          | 21.12     | 38.1     | 12.59     |
| LETTUCE & TOMATO:1leaf,2 slice | 1 lf,2 slc   | 1         | 5           | 0           | 2         | 0.36      | 1          | 0.26      | 1.11     | 0.06      |
| TATER TOTS: 1/2 CUP            | 8 PIECES     | 1         | 140         | 0           | 280       | 2.00      | 0          | 2.0       | 16.0     | 7.0       |
| SALAD BAR: 2 TUESDAY (ELE)     | 1/2 CUP      | 1         | 245         | 20          | 729       | 7.51      | *1         | 5.33      | 16.18    | 15.48     |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP      | 1         | 72          | *0          | 2         | 2.59      | *10        | 0.87      | 18.29    | 0.3       |
| PICKLE:, CHIPS                 | 1 OZ.        | 1         | 5           | 0           | 340       | 0.00      | 1          | 0.0       | 1.0      | 0.0       |
| LIGHT MAYONNAISE               | POUCH        | 1         | 40          | 5           | 85        | 0.00      | 0          | 0.0       | 0.0      | 4.0       |
| BARBAQUE SAUCE: P/C            | 1 Each       | 1         | 50          | 0           | 430       | 0.00      | *N/A*      | 0.0       | 13.0     | 0.0       |
| KETCHUP : P/C                  | PC           | 1         | 31          | 0           | 396       | 0.00      | 8          | 0.0       | 8.34     | 0.0       |
| MILK : CHOCOLATE MILK FAT FREE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 18         | 8.0       | 20.0     | 0.0       |
| MILK 1% WHITE                  | CARTON       | 1         | 100         | 10          | 125       | 0.00      | 12         | 8.0       | 12.0     | 2.5       |
| MILK FAT FREE WHITE            | CARTON       | 1         | 80          | 0           | 125       | 0.00      | 12         | 9.0       | 12.0     | 0.0       |
| Weighted Daily Average         |              |           | 1169        | *69         | 2557      | 20.63     | *64        | 54.34     | 150.65   | 37.69     |
| % of Calories                  |              |           |             |             |           |           | *22.0%     | 18.6%     | 51.5%    | 29.0%     |
| Nutrient Guideline             |              |           | 783         |             |           |           |            | 15.00     |          | <=30.0    |

| Wed - 04/03/2019               |         |   |     |    |      |      |       |       |       |       |
|--------------------------------|---------|---|-----|----|------|------|-------|-------|-------|-------|
| INTERMEDIATE LUNCH 6-8         | Total   | 1 |     |    |      |      |       |       |       |       |
| BREADED PORK STEAK             | 1 EACH  | 1 | 293 | 51 | 424  | 2.02 | 1     | 16.17 | 17.18 | 17.18 |
| BUTTER MASHED POTATOES-sec     | 2/3 cup | 1 | 130 | 5  | 420  | 9.00 | 0     | 2.0   | 18.0  | 5.0   |
| GRAVY, COUNTRY: (CUSTOM)       | 1/4 Cup | 1 | 45  | 0  | 222  | 0.00 | *N/A* | 1.0   | 5.0   | 2.0   |
| BROCCOLI ; FROZEN (ELE)        | 3/4 CUP | 1 | 26  | 0  | 17   | 1.73 | 0     | 1.73  | 3.45  | 2.36  |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP | 1 | 72  | *0 | 2    | 2.59 | *10   | 0.87  | 18.29 | 0.3   |
| WG DINNER ROLL                 | ROLL    | 1 | 90  | 0  | 160  | 2.00 | 2     | 4.0   | 17.0  | 1.0   |
| MILK : CHOCOLATE MILK FAT FREE | CARTON  | 1 | 120 | 5  | 180  | 0.00 | 18    | 8.0   | 20.0  | 0.0   |
| MILK 1% WHITE                  | CARTON  | 1 | 100 | 10 | 125  | 0.00 | 12    | 8.0   | 12.0  | 2.5   |
| MILK FAT FREE WHITE            | CARTON  | 1 | 80  | 0  | 125  | 0.00 | 12    | 9.0   | 12.0  | 0.0   |
| MARGARINE REDDIES: (1)         | 1 Patty | 1 | 35  | 0  | 40   | 0.00 | *N/A* | 0.0   | 0.0   | 4.0   |
| ALT INT WEEKLY 1st CHOI        | Total   | 1 |     |    |      |      |       |       |       |       |
| GRILLED CHEESE-WW BREAD        | 1 EACH  | 1 | 427 | 50 | 1124 | 2.00 | *4    | 16.0  | 32.0  | 26.42 |
| CHIPS : VARIETY                | BAG     | 1 | 110 | 0  | 143  | 1.00 | 2     | 2.0   | 19.0  | 3.0   |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP | 1 | 72  | *0 | 2    | 2.59 | *10   | 0.87  | 18.29 | 0.3   |
| CARROT & CELERY STICKS:INTER   | 3/4 CUP | 1 | 123 | 12 | 214  | 3.05 | *2    | 2.04  | 10.53 | 7.67  |
| MILK : CHOCOLATE MILK FAT FREE | CARTON  | 1 | 120 | 5  | 180  | 0.00 | 18    | 8.0   | 20.0  | 0.0   |
| MILK 1% WHITE                  | CARTON  | 1 | 100 | 10 | 125  | 0.00 | 12    | 8.0   | 12.0  | 2.5   |
| MILK FAT FREE WHITE            | CARTON  | 1 | 80  | 0  | 125  | 0.00 | 12    | 9.0   | 12.0  | 0.0   |

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Portion Values - Detailed

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|                        | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| Weighted Daily Average |              |           | 1012        | *74         | 1815      | 12.99     | *57        | 48.33     | 123.37   | 37.11     |
| % of Calories          |              |           |             |             |           |           | *22.6%     | 19.1%     | 48.8%    | 33.0%     |
| Nutrient Guideline     |              |           | 783         |             |           |           |            | 15.00     |          | <=30.0    |

| Thu - 04/04/2019               |         |     |      |     |      |       |        |       |        |        |
|--------------------------------|---------|-----|------|-----|------|-------|--------|-------|--------|--------|
| INTERMEDIATE LUNCH 6-8         | Total   | 190 |      |     |      |       |        |       |        |        |
| DUTCH WAFFLE                   | 1 EACH  | 190 | 300  | 20  | 350  | 3.00  | 12     | 4.0   | 43.0   | 13.0   |
| SAUSAGE, PATTY L/S CN 2oz      | 1 EACH  | 190 | 233  | 40  | 172  | 0.00  | 0      | 7.09  | 1.01   | 22.27  |
| SCRAMBLED EGGS: SUNNY FRESH    | 1/4 CUP | 1   | 90   | 220 | 250  | 0.00  | *N/A*  | 6.0   | 2.0    | 6.0    |
| HASHBROWN PATTY:1/2 CUP        | 2 EACH  | 190 | 220  | 0   | 450  | 2.00  | 1      | 2.0   | 27.0   | 11.0   |
| STRAWBERRIES: FROZEN SINGLE SE | 1 EACH  | 190 | 122  | 0   | 4    | 2.40  | *N/A*  | 0.68  | 33.05  | 0.17   |
| SYRUP                          | 1 EA    | 1   | 11   | 0   | 81   | 0.00  | *N/A*  | 0.0   | 4.34   | 0.0    |
| KETCHUP : P/C                  | PC      | 140 | 31   | 0   | 396  | 0.00  | 8      | 0.0   | 8.34   | 0.0    |
| MILK : CHOCOLATE MILK FAT FREE | CARTON  | 100 | 120  | 5   | 180  | 0.00  | 18     | 8.0   | 20.0   | 0.0    |
| MILK 1% WHITE                  | CARTON  | 80  | 100  | 10  | 125  | 0.00  | 12     | 8.0   | 12.0   | 2.5    |
| MILK FAT FREE WHITE            | CARTON  | 10  | 80   | 0   | 125  | 0.00  | 12     | 9.0   | 12.0   | 0.0    |
| ALT INT WEEKLY 1st CHOI        | Total   | 1   |      |     |      |       |        |       |        |        |
| TACO SALAD -TOP N GO :ALT LINE | 2 CUP   | 1   | 443  | 37  | 742  | 13.52 | *1     | 21.99 | 54.38  | 15.03  |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP | 1   | 72   | *0  | 2    | 2.59  | *10    | 0.87  | 18.29  | 0.3    |
| SALAD BAR: 3 THURSDAY'S:ELE    | 1/2 CUP | 1   | 151  | 20  | 340  | 3.52  | *0     | 2.83  | 9.16   | 9.4    |
| BEANS, CANNED, BLACK BEAN, LS  | 1/2 CUP | 1   | 102  | 0   | 143  | 6.12  | 2      | 7.14  | 18.37  | 0.0    |
| RANCH: (WILD COYOTE LITE)      | PC CUP  | 1   | 70   | 10  | 95   | 0.00  | 1      | 1.0   | 2.0    | 6.0    |
| MILK : CHOCOLATE MILK FAT FREE | CARTON  | 1   | 120  | 5   | 180  | 0.00  | 18     | 8.0   | 20.0   | 0.0    |
| MILK 1% WHITE                  | CARTON  | 1   | 100  | 10  | 125  | 0.00  | 12     | 8.0   | 12.0   | 2.5    |
| MILK FAT FREE WHITE            | CARTON  | 1   | 80   | 0   | 125  | 0.00  | 12     | 9.0   | 12.0   | 0.0    |
| CRISPY CHICKEN SALAD: ALT-SMAC | 2 cup   | 1   | 385  | 43  | 759  | 12.24 | *1     | 27.04 | 42.23  | 13.0   |
| Weighted Daily Average         |         |     | 1011 | *69 | 1429 | 7.56  | *34    | 22.19 | 126.77 | 47.52  |
| % of Calories                  |         |     |      |     |      |       | *13.6% | 8.8%  | 50.2%  | 42.3%  |
| Nutrient Guideline             |         |     | 783  |     |      |       |        | 15.00 |        | <=30.0 |

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Portion Values - Detailed

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|                                | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| Fri - 04/05/2019               |              |           |             |             |           |           |            |           |          |           |
| INTERMEDIATE LUNCH 6-8         | Total        | 1         |             |             |           |           |            |           |          |           |
| WG PEPPERONI PIZZA RIPPERS     | SERVING      |           | 290         | 25          | 550       | 3.00      | 3          | 16.0      | 27.0     | 17.0      |
| MARINARA SAUCE: ELE            | 1/2 CUP      | 1         | 70          | 298         | 616       | 1.99      | 3          | 1.99      | 11.93    | 1.49      |
| DINNER SALAD                   | 1 CUP        | 1         | 62          | 0           | 87        | 5.17      | *0         | 3.55      | 11.53    | 0.02      |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP      | 1         | 72          | *0          | 2         | 2.59      | *10        | 0.87      | 18.29    | 0.3       |
| FROZEN JUICE CUPS              | 1 EACH       | 1         | 70          | 0           | 7         | 3.00      | 16         | 0.0       | 19.0     | 0.0       |
| RANCH: (WILD COYOTE LITE)      | PC CUP       | 1         | 70          | 10          | 95        | 0.00      | 1          | 1.0       | 2.0      | 6.0       |
| MILK : CHOCOLATE MILK FAT FREE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 18         | 8.0       | 20.0     | 0.0       |
| MILK 1% WHITE                  | CARTON       | 1         | 100         | 10          | 125       | 0.00      | 12         | 8.0       | 12.0     | 2.5       |
| MILK FAT FREE WHITE            | CARTON       | 1         | 80          | 0           | 125       | 0.00      | 12         | 9.0       | 12.0     | 0.0       |
| ALT INT WEEKLY 1st CHOI        | Total        | 1         |             |             |           |           |            |           |          |           |
| EXPRESS BEEF & ONION BURGER: P | SANDWICH     | 1         | 316         | 45          | 711       | 3.00      | *3         | 20.4      | 28.21    | 13.3      |
| SHREDDED LETTUCE & TOMATO-DELI | 1/2 CUP      | 1         | 13          | 0           | 6         | 1.04      | 2          | 0.91      | 2.67     | 0.08      |
| CARROT STICKS:INTER            | 3/4 CUP      | 1         | 124         | 10          | 186       | 3.69      | 7          | 2.23      | 14.63    | 6.32      |
| CHIPS : VARIETY                | BAG          | 1         | 110         | 0           | 143       | 1.00      | 2          | 2.0       | 19.0     | 3.0       |
| PICKLE:, CHIPS                 | 1 OZ.        | 1         | 5           | 0           | 340       | 0.00      | 1          | 0.0       | 1.0      | 0.0       |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP      | 1         | 72          | *0          | 2         | 2.59      | *10        | 0.87      | 18.29    | 0.3       |
| FROZEN JUICE CUPS              | 1 EACH       | 1         | 70          | 0           | 7         | 3.00      | 16         | 0.0       | 19.0     | 0.0       |
| KETCHUP : P/C                  | PC           | 1         | 31          | 0           | 396       | 0.00      | 8          | 0.0       | 8.34     | 0.0       |
| MUSTARD:, P/C                  | 1 Each       | 1         | 3           | 0           | 63        | 0.22      | 0          | 0.22      | 0.33     | 0.0       |
| LIGHT MAYONNAISE               | POUCH        | 1         | 40          | 5           | 85        | 0.00      | 0          | 0.0       | 0.0      | 4.0       |
| MILK : CHOCOLATE MILK FAT FREE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 18         | 8.0       | 20.0     | 0.0       |
| MILK 1% WHITE                  | CARTON       | 1         | 100         | 10          | 125       | 0.00      | 12         | 8.0       | 12.0     | 2.5       |
| MILK FAT FREE WHITE            | CARTON       | 1         | 80          | 0           | 125       | 0.00      | 12         | 9.0       | 12.0     | 0.0       |
| Weighted Daily Average         |              |           | 1009        | *212        | 2079      | 15.14     | *83        | 50.01     | 144.60   | 28.40     |
| % of Calories                  |              |           |             |             |           |           | *32.9%     | 19.8%     | 57.3%    | 25.3%     |
| Nutrient Guideline             |              |           | 783         |             |           |           |            | 15.00     |          | <=30.0    |

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|                                | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Sugars (g) | Protm (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| Mon - 04/08/2019               |              |           |             |             |           |           |            |           |          |           |
| INTERMEDIATE LUNCH 6-8         | Total        | 1         |             |             |           |           |            |           |          |           |
| CHICKEN BREAST PATTIE SAND: EL | 1 each       | 1         | 340         | 30          | 470       | 3.00      | 2          | 17.0      | 33.0     | 16.51     |
| SHREDDED LETTUCE & TOMATO-DELI | 1/2 CUP      | 1         | 13          | 0           | 6         | 1.04      | 2          | 0.91      | 2.67     | 0.08      |
| BAKED BEANS:ELE                | 3/4 CUP      | 1         | 150         | 0           | 613       | 3.97      | *21        | 4.83      | 36.04    | 0.38      |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP      | 1         | 72          | *0          | 2         | 2.59      | *10        | 0.87      | 18.29    | 0.3       |
| SALAD BAR: MONDAYS:INTERM.     | 1/2 CUP      | 1         | 127         | 10          | 228       | 4.21      | *2         | 3.98      | 12.48    | 6.29      |
| CHIPS : VARIETY                | BAG          | 1         | 110         | 0           | 143       | 1.00      | 2          | 2.0       | 19.0     | 3.0       |
| LIGHT MAYONNAISE               | POUCH        | 1         | 40          | 5           | 85        | 0.00      | 0          | 0.0       | 0.0      | 4.0       |
| PICKLE:, CHIPS                 | 1 OZ.        | 1         | 5           | 0           | 340       | 0.00      | 1          | 0.0       | 1.0      | 0.0       |
| MILK : CHOCOLATE MILK FAT FREE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 18         | 8.0       | 20.0     | 0.0       |
| MILK 1% WHITE                  | CARTON       | 1         | 100         | 10          | 125       | 0.00      | 12         | 8.0       | 12.0     | 2.5       |
| MILK FAT FREE WHITE            | CARTON       | 1         | 80          | 0           | 125       | 0.00      | 12         | 9.0       | 12.0     | 0.0       |
| ALT INT WEEKLY 1st CHOI        |              |           |             |             |           |           |            |           |          |           |
| PIZZA HUT: PEPPERONI PIZZA     | SLICE        | 1         | 290         | 25          | 570       | 3.00      | 1          | 21.0      | 29.0     | 11.0      |
| MIXED FRESH VEGETABLES:INTER   | 3/4 CUP      | 1         | 99          | 10          | 144       | 2.36      | *2         | 2.42      | 8.31     | 6.21      |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP      | 1         | 72          | *0          | 2         | 2.59      | *10        | 0.87      | 18.29    | 0.3       |
| SALAD BAR: MONDAYS:ELE         | 1/2 CUP      | 1         | 157         | 20          | 383       | 4.21      | *1         | 2.98      | 10.48    | 9.29      |
| MILK : CHOCOLATE MILK FAT FREE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 18         | 8.0       | 20.0     | 0.0       |
| MILK 1% WHITE                  | CARTON       | 1         | 100         | 10          | 125       | 0.00      | 12         | 8.0       | 12.0     | 2.5       |
| MILK FAT FREE WHITE            | CARTON       | 1         | 80          | 0           | 125       | 0.00      | 12         | 9.0       | 12.0     | 0.0       |
| Weighted Daily Average         |              |           | 1038        | *65         | 1923      | 13.99     | *69        | 53.43     | 138.28   | 31.18     |
| % of Calories                  |              |           |             |             |           |           | *26.5%     | 20.6%     | 53.3%    | 27.0%     |
| Nutrient Guideline             |              |           | 783         |             |           |           |            | 15.00     |          | <=30.0    |

|                                |         |   |     |    |      |      |       |       |       |       |
|--------------------------------|---------|---|-----|----|------|------|-------|-------|-------|-------|
| Tue - 04/09/2019               |         |   |     |    |      |      |       |       |       |       |
| INTERMEDIATE LUNCH 6-8         | Total   | 1 |     |    |      |      |       |       |       |       |
| ENCHILADA                      | BURRITO | 1 | 384 | 13 | 1202 | 8.36 | *4    | 20.05 | 53.68 | 11.45 |
| CORN :ELE                      | 3/4 CUP | 1 | 79  | 0  | 13   | 2.65 | 9     | 2.65  | 11.91 | 1.98  |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP | 1 | 72  | *0 | 2    | 2.59 | *10   | 0.87  | 18.29 | 0.3   |
| SALAD BAR: 2 TUESDAY- INTERM.  | 1/2 CUP | 1 | 215 | 10 | 574  | 7.51 | *2    | 6.33  | 18.18 | 12.48 |
| CREAMIES JR.: (CHOICE OF)      | CREAMIE | 1 | 93  | 16 | 39   | 0.00 | *N/A* | 2.0   | 14.0  | 3.5   |
| SALSA PICANTE                  | 1 OZ    | 1 | 9   | 0  | 133  | 0.89 | 0     | 0.89  | 1.77  | 0.0   |
| MILK : CHOCOLATE MILK FAT FREE | CARTON  | 1 | 120 | 5  | 180  | 0.00 | 18    | 8.0   | 20.0  | 0.0   |
| MILK 1% WHITE                  | CARTON  | 1 | 100 | 10 | 125  | 0.00 | 12    | 8.0   | 12.0  | 2.5   |
| MILK FAT FREE WHITE            | CARTON  | 1 | 80  | 0  | 125  | 0.00 | 12    | 9.0   | 12.0  | 0.0   |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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# Washington County School District

Apr 1, 2019 thru Apr 30, 2019

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) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| ALT INT WEEKLY 1st CHOI        | Total        | 1         |             |             |           |           |            |           |          |           |
| SPICY CHICKEN SANDWICH         | 1 EACH       | 1         | 342         | 30          | 613       | 5.02      | 3          | 21.12     | 38.1     | 12.59     |
| LETTUCE & TOMATO:1leaf,2 slice | 1 lf,2 slc   | 1         | 5           | 0           | 2         | 0.36      | 1          | 0.26      | 1.11     | 0.06      |
| TATER TOTS: 1/2 CUP            | 8 PIECES     | 1         | 140         | 0           | 280       | 2.00      | 0          | 2.0       | 16.0     | 7.0       |
| SALAD BAR: 2 TUESDAY (ELE)     | 1/2 CUP      | 1         | 245         | 20          | 729       | 7.51      | *1         | 5.33      | 16.18    | 15.48     |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP      | 1         | 72          | *0          | 2         | 2.59      | *10        | 0.87      | 18.29    | 0.3       |
| PICKLE:, CHIPS                 | 1 OZ.        | 1         | 5           | 0           | 340       | 0.00      | 1          | 0.0       | 1.0      | 0.0       |
| LIGHT MAYONNAISE               | POUCH        | 1         | 40          | 5           | 85        | 0.00      | 0          | 0.0       | 0.0      | 4.0       |
| BARBAQUE SAUCE: P/C            | 1 Each       | 1         | 50          | 0           | 430       | 0.00      | *N/A*      | 0.0       | 13.0     | 0.0       |
| KETCHUP : P/C                  | PC           | 1         | 31          | 0           | 396       | 0.00      | 8          | 0.0       | 8.34     | 0.0       |
| MILK : CHOCOLATE MILK FAT FREE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 18         | 8.0       | 20.0     | 0.0       |
| MILK 1% WHITE                  | CARTON       | 1         | 100         | 10          | 125       | 0.00      | 12         | 8.0       | 12.0     | 2.5       |
| MILK FAT FREE WHITE            | CARTON       | 1         | 80          | 0           | 125       | 0.00      | 12         | 9.0       | 12.0     | 0.0       |
| Weighted Daily Average         |              |           | 1192        | *62         | 2851      | 19.74     | *66        | 56.18     | 158.91   | 37.06     |
| % of Calories                  |              |           |             |             |           |           | *22.2%     | 18.9%     | 53.3%    | 28.0%     |
| Nutrient Guideline             |              |           | 783         |             |           |           |            | 15.00     |          | <=30.0    |

| Wed - 04/10/2019               |          |   |     |    |      |      |       |      |       |       |
|--------------------------------|----------|---|-----|----|------|------|-------|------|-------|-------|
| INTERMEDIATE LUNCH 6-8         | Total    | 1 |     |    |      |      |       |      |       |       |
| TERIYAKI BEEF NUGGETS: (Elem.) | 4 Nugget | 1 | 160 | 40 | 440  | 1.00 | 4     | 14.0 | 6.0   | 8.0   |
| BUTTER MASHED POTATOES-sec     | 2/3 cup  | 1 | 130 | 5  | 420  | 9.00 | 0     | 2.0  | 18.0  | 5.0   |
| GRAVY, BROWN : (CUSTOM)        | 1/4 CUP  | 1 | 25  | 0  | 326  | 0.00 | *N/A* | 0.98 | 3.93  | 0.98  |
| SUNSHINE CARROTS;ELE           | 3/4 CUP  | 1 | 30  | 0  | 51   | 2.46 | *N/A* | 0.0  | 5.75  | 0.14  |
| WG DINNER ROLL                 | ROLL     | 1 | 90  | 0  | 160  | 2.00 | 2     | 4.0  | 17.0  | 1.0   |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP  | 1 | 72  | *0 | 2    | 2.59 | *10   | 0.87 | 18.29 | 0.3   |
| MILK : CHOCOLATE MILK FAT FREE | CARTON   | 1 | 120 | 5  | 180  | 0.00 | 18    | 8.0  | 20.0  | 0.0   |
| MILK 1% WHITE                  | CARTON   | 1 | 100 | 10 | 125  | 0.00 | 12    | 8.0  | 12.0  | 2.5   |
| MILK FAT FREE WHITE            | CARTON   | 1 | 80  | 0  | 125  | 0.00 | 12    | 9.0  | 12.0  | 0.0   |
| MARGARINE REDDIES: (1)         | 1 Patty  | 1 | 35  | 0  | 40   | 0.00 | *N/A* | 0.0  | 0.0   | 4.0   |
| ALT INT WEEKLY 1st CHOI        | Total    | 1 |     |    |      |      |       |      |       |       |
| GRILLED CHEESE-WW BREAD        | 1 EACH   | 1 | 427 | 50 | 1124 | 2.00 | *4    | 16.0 | 32.0  | 26.42 |
| CHIPS : VARIETY                | BAG      | 1 | 110 | 0  | 143  | 1.00 | 2     | 2.0  | 19.0  | 3.0   |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP  | 1 | 72  | *0 | 2    | 2.59 | *10   | 0.87 | 18.29 | 0.3   |
| CARROT & CELERY STICKS:INTER   | 3/4 CUP  | 1 | 123 | 12 | 214  | 3.05 | *2    | 2.04 | 10.53 | 7.67  |
| MILK : CHOCOLATE MILK FAT FREE | CARTON   | 1 | 120 | 5  | 180  | 0.00 | 18    | 8.0  | 20.0  | 0.0   |
| MILK 1% WHITE                  | CARTON   | 1 | 100 | 10 | 125  | 0.00 | 12    | 8.0  | 12.0  | 2.5   |
| MILK FAT FREE WHITE            | CARTON   | 1 | 80  | 0  | 125  | 0.00 | 12    | 9.0  | 12.0  | 0.0   |

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# Washington County School District

Apr 1, 2019 thru Apr 30, 2019

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) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| Weighted Daily Average |              |           | 937         | *69         | 1891      | 12.85     | *59        | 46.38     | 118.39   | 30.90     |
| % of Calories          |              |           |             |             |           |           | *25.0%     | 19.8%     | 50.5%    | 29.7%     |
| Nutrient Guideline     |              |           | 783         |             |           |           |            | 15.00     |          | <=30.0    |

| Thu - 04/11/2019               |         |   |      |      |      |       |        |       |        |        |
|--------------------------------|---------|---|------|------|------|-------|--------|-------|--------|--------|
| INTERMEDIATE LUNCH 6-8         | Total   | 1 |      |      |      |       |        |       |        |        |
| CHICKEN NOODLE SOUP:ELE        | 3/4 CUP | 1 | 134  | 36   | 325  | 2.44  | *2     | 8.75  | 19.73  | 2.49   |
| GARLIC TWIST                   | 2 OZ    | 1 | 141  | 11   | 384  | 4.71  | *1     | 4.18  | 27.29  | 2.59   |
| TOMATO, CUCUMBER, CARROTS:INTE | 3/4 CUP | 1 | 95   | 10   | 130  | 1.89  | *2     | 1.77  | 11.38  | 6.17   |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP | 1 | 72   | *0   | 2    | 2.59  | *10    | 0.87  | 18.29  | 0.3    |
| SALAD BAR: 3 THURSDAY'S:INTERM | 1/2 CUP | 1 | 121  | 10   | 185  | 3.52  | *1     | 3.83  | 11.16  | 6.4    |
| BUG BITES                      | BAG     | 1 | 120  | 0    | 1151 | 1.00  | 8      | 2.0   | 21.0   | 3.5    |
| MILK : CHOCOLATE MILK FAT FREE | CARTON  | 1 | 120  | 5    | 180  | 0.00  | 18     | 8.0   | 20.0   | 0.0    |
| MILK 1% WHITE                  | CARTON  | 1 | 100  | 10   | 125  | 0.00  | 12     | 8.0   | 12.0   | 2.5    |
| MILK FAT FREE WHITE            | CARTON  | 1 | 80   | 0    | 125  | 0.00  | 12     | 9.0   | 12.0   | 0.0    |
| ALT INT WEEKLY 1st CHOI        | Total   | 1 |      |      |      |       |        |       |        |        |
| TACO SALAD -TOP N GO :ALT LINE | 2 CUP   | 1 | 443  | 37   | 742  | 13.52 | *1     | 21.99 | 54.38  | 15.03  |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP | 1 | 72   | *0   | 2    | 2.59  | *10    | 0.87  | 18.29  | 0.3    |
| SALAD BAR: 3 THURSDAY'S:ELE    | 1/2 CUP | 1 | 151  | 20   | 340  | 3.52  | *0     | 2.83  | 9.16   | 9.4    |
| BEANS, CANNED, BLACK BEAN, LS  | 1/2 CUP | 1 | 102  | 0    | 143  | 6.12  | 2      | 7.14  | 18.37  | 0.0    |
| RANCH: (WILD COYOTE LITE)      | PC CUP  | 1 | 70   | 10   | 95   | 0.00  | 1      | 1.0   | 2.0    | 6.0    |
| MILK : CHOCOLATE MILK FAT FREE | CARTON  | 1 | 120  | 5    | 180  | 0.00  | 18     | 8.0   | 20.0   | 0.0    |
| MILK 1% WHITE                  | CARTON  | 1 | 100  | 10   | 125  | 0.00  | 12     | 8.0   | 12.0   | 2.5    |
| MILK FAT FREE WHITE            | CARTON  | 1 | 80   | 0    | 125  | 0.00  | 12     | 9.0   | 12.0   | 0.0    |
| CRISPY CHICKEN SALAD: ALT-SMAC | 2 cup   | 1 | 385  | 43   | 759  | 12.24 | *1     | 27.04 | 42.23  | 13.0   |
| Weighted Daily Average         |         |   | 1253 | *104 | 2560 | 27.07 | *62    | 66.13 | 170.64 | 35.08  |
| % of Calories                  |         |   |      |      |      |       | *19.7% | 21.1% | 54.5%  | 25.2%  |
| Nutrient Guideline             |         |   | 783  |      |      |       |        | 15.00 |        | <=30.0 |

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# Washington County School District

Apr 1, 2019 thru Apr 30, 2019

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) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| Fri - 04/12/2019               |              |           |             |             |           |           |            |           |          |           |
| INTERMEDIATE LUNCH 6-8         | Total        | 1         |             |             |           |           |            |           |          |           |
| WG PEPPERONI PIZZA RIPPERS     | SERVING      |           | 290         | 25          | 550       | 3.00      | 3          | 16.0      | 27.0     | 17.0      |
| MARINARA SAUCE: ELE            | 1/2 CUP      | 1         | 70          | 298         | 616       | 1.99      | 3          | 1.99      | 11.93    | 1.49      |
| DINNER SALAD                   | 1 CUP        | 1         | 62          | 0           | 87        | 5.17      | *0         | 3.55      | 11.53    | 0.02      |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP      | 1         | 72          | *0          | 2         | 2.59      | *10        | 0.87      | 18.29    | 0.3       |
| FROZEN JUICE CUPS              | 1 EACH       | 1         | 70          | 0           | 7         | 3.00      | 16         | 0.0       | 19.0     | 0.0       |
| RANCH: (WILD COYOTE LITE)      | PC CUP       | 1         | 70          | 10          | 95        | 0.00      | 1          | 1.0       | 2.0      | 6.0       |
| MILK : CHOCOLATE MILK FAT FREE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 18         | 8.0       | 20.0     | 0.0       |
| MILK 1% WHITE                  | CARTON       | 1         | 100         | 10          | 125       | 0.00      | 12         | 8.0       | 12.0     | 2.5       |
| MILK FAT FREE WHITE            | CARTON       | 1         | 80          | 0           | 125       | 0.00      | 12         | 9.0       | 12.0     | 0.0       |
| ALT INT WEEKLY 1st CHOI        | Total        | 1         |             |             |           |           |            |           |          |           |
| EXPRESS BEEF & ONION BURGER: P | SANDWICH     | 1         | 316         | 45          | 711       | 3.00      | *3         | 20.4      | 28.21    | 13.3      |
| SHREDDED LETTUCE & TOMATO-DELI | 1/2 CUP      | 1         | 13          | 0           | 6         | 1.04      | 2          | 0.91      | 2.67     | 0.08      |
| CARROT STICKS:INTER            | 3/4 CUP      | 1         | 124         | 10          | 186       | 3.69      | 7          | 2.23      | 14.63    | 6.32      |
| CHIPS : VARIETY                | BAG          | 1         | 110         | 0           | 143       | 1.00      | 2          | 2.0       | 19.0     | 3.0       |
| PICKLE:, CHIPS                 | 1 OZ.        | 1         | 5           | 0           | 340       | 0.00      | 1          | 0.0       | 1.0      | 0.0       |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP      | 1         | 72          | *0          | 2         | 2.59      | *10        | 0.87      | 18.29    | 0.3       |
| FROZEN JUICE CUPS              | 1 EACH       | 1         | 70          | 0           | 7         | 3.00      | 16         | 0.0       | 19.0     | 0.0       |
| KETCHUP : P/C                  | PC           | 1         | 31          | 0           | 396       | 0.00      | 8          | 0.0       | 8.34     | 0.0       |
| MUSTARD:, P/C                  | 1 Each       | 1         | 3           | 0           | 63        | 0.22      | 0          | 0.22      | 0.33     | 0.0       |
| LIGHT MAYONNAISE               | POUCH        | 1         | 40          | 5           | 85        | 0.00      | 0          | 0.0       | 0.0      | 4.0       |
| MILK : CHOCOLATE MILK FAT FREE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 18         | 8.0       | 20.0     | 0.0       |
| MILK 1% WHITE                  | CARTON       | 1         | 100         | 10          | 125       | 0.00      | 12         | 8.0       | 12.0     | 2.5       |
| MILK FAT FREE WHITE            | CARTON       | 1         | 80          | 0           | 125       | 0.00      | 12         | 9.0       | 12.0     | 0.0       |
| Weighted Daily Average         |              |           | 1009        | *212        | 2079      | 15.14     | *83        | 50.01     | 144.60   | 28.40     |
| % of Calories                  |              |           |             |             |           |           | *32.9%     | 19.8%     | 57.3%    | 25.3%     |
| Nutrient Guideline             |              |           | 783         |             |           |           |            | 15.00     |          | <=30.0    |

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# Washington County School District

Apr 1, 2019 thru Apr 30, 2019

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) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| Mon - 04/15/2019               |              |           |             |             |           |           |            |           |          |           |
| INTERMEDIATE LUNCH 6-8         | Total        | 1         |             |             |           |           |            |           |          |           |
| MINI CORN DOG NUGGETS ( SEC)   | 6 EACH       | 1         | 250         | 60          | 420       | 3.00      | 1          | 10.0      | 30.0     | 10.0      |
| TATER TOTS: 1/2 CUP            | 8 PIECES     | 1         | 140         | 0           | 280       | 2.00      | 0          | 2.0       | 16.0     | 7.0       |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP      | 1         | 72          | *0          | 2         | 2.59      | *10        | 0.87      | 18.29    | 0.3       |
| SALAD BAR: MONDAYS:INTERM.     | 1/2 CUP      | 1         | 127         | 10          | 228       | 4.21      | *2         | 3.98      | 12.48    | 6.29      |
| KETCHUP : P/C                  | PC           | 1         | 31          | 0           | 396       | 0.00      | 8          | 0.0       | 8.34     | 0.0       |
| MUSTARD:, P/C                  | 1 Each       | 1         | 3           | 0           | 63        | 0.22      | 0          | 0.22      | 0.33     | 0.0       |
| JELL-O                         | GEL CUP      | 1         | 100         | 0           | 45        | 0.00      | 22         | 0.0       | 25.0     | 0.0       |
| MILK : CHOCOLATE MILK FAT FREE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 18         | 8.0       | 20.0     | 0.0       |
| MILK 1% WHITE                  | CARTON       | 1         | 100         | 10          | 125       | 0.00      | 12         | 8.0       | 12.0     | 2.5       |
| MILK FAT FREE WHITE            | CARTON       | 1         | 80          | 0           | 125       | 0.00      | 12         | 9.0       | 12.0     | 0.0       |
| ALT INT WEEKLY 1st CHOI        |              |           |             |             |           |           |            |           |          |           |
| PIZZA HUT: PEPPERONI PIZZA     | SLICE        | 1         | 290         | 25          | 570       | 3.00      | 1          | 21.0      | 29.0     | 11.0      |
| MIXED FRESH VEGETABLES:INTER   | 3/4 CUP      | 1         | 99          | 10          | 144       | 2.36      | *2         | 2.42      | 8.31     | 6.21      |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP      | 1         | 72          | *0          | 2         | 2.59      | *10        | 0.87      | 18.29    | 0.3       |
| SALAD BAR: MONDAYS:ELE         | 1/2 CUP      | 1         | 157         | 20          | 383       | 4.21      | *1         | 2.98      | 10.48    | 9.29      |
| MILK : CHOCOLATE MILK FAT FREE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 18         | 8.0       | 20.0     | 0.0       |
| MILK 1% WHITE                  | CARTON       | 1         | 100         | 10          | 125       | 0.00      | 12         | 8.0       | 12.0     | 2.5       |
| MILK FAT FREE WHITE            | CARTON       | 1         | 80          | 0           | 125       | 0.00      | 12         | 9.0       | 12.0     | 0.0       |
| Weighted Daily Average         |              |           | 971         | *78         | 1697      | 12.09     | *70        | 47.16     | 132.25   | 27.69     |
| % of Calories                  |              |           |             |             |           |           | *28.9%     | 19.4%     | 54.5%    | 25.7%     |
| Nutrient Guideline             |              |           | 783         |             |           |           |            | 15.00     |          | <=30.0    |

|                                |         |   |     |    |     |      |     |       |       |       |
|--------------------------------|---------|---|-----|----|-----|------|-----|-------|-------|-------|
| Tue - 04/16/2019               |         |   |     |    |     |      |     |       |       |       |
| INTERMEDIATE LUNCH 6-8         | Total   | 1 |     |    |     |      |     |       |       |       |
| CHICKEN FAJITA WRAP:ELE        | WRAP    | 1 | 205 | 49 | 974 | 3.00 | *0  | 16.26 | 17.78 | 7.6   |
| LETTUCE & TOMATO:3/4 CUP-TACOS | 3/4 CUP | 1 | 14  | 0  | 6   | 1.10 | 2   | 0.95  | 2.86  | 0.09  |
| REFRIED BEANS                  | 1/2 CUP | 1 | 164 | 0  | 546 | 8.21 | 0   | 8.21  | 23.6  | 4.62  |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP | 1 | 72  | *0 | 2   | 2.59 | *10 | 0.87  | 18.29 | 0.3   |
| SALAD BAR: 2 TUESDAY- INTERM.  | 1/2 CUP | 1 | 215 | 10 | 574 | 7.51 | *2  | 6.33  | 18.18 | 12.48 |
| COOKIE: PUMPKIN CHOCOLATE CHIP | COOKIE  | 1 | 158 | 10 | 180 | 2.40 | *10 | 1.89  | 22.26 | 7.44  |
| SALSA PICANTE                  | 1 OZ    | 1 | 9   | 0  | 133 | 0.89 | 0   | 0.89  | 1.77  | 0.0   |
| MILK : CHOCOLATE MILK FAT FREE | CARTON  | 1 | 120 | 5  | 180 | 0.00 | 18  | 8.0   | 20.0  | 0.0   |
| MILK 1% WHITE                  | CARTON  | 1 | 100 | 10 | 125 | 0.00 | 12  | 8.0   | 12.0  | 2.5   |
| MILK FAT FREE WHITE            | CARTON  | 1 | 80  | 0  | 125 | 0.00 | 12  | 9.0   | 12.0  | 0.0   |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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# Washington County School District

Apr 1, 2019 thru Apr 30, 2019

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) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|-----------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| ALT INT WEEKLY 1st CHOI           | Total        | 1         |             |             |           |           |            |           |          |           |
| SPICY CHICKEN SANDWICH            | 1 EACH       | 1         | 342         | 30          | 613       | 5.02      | 3          | 21.12     | 38.1     | 12.59     |
| LETTUCE & TOMATO: 1 leaf, 2 slice | 1 lf, 2 slc  | 1         | 5           | 0           | 2         | 0.36      | 1          | 0.26      | 1.11     | 0.06      |
| TATER TOTS: 1/2 CUP               | 8 PIECES     | 1         | 140         | 0           | 280       | 2.00      | 0          | 2.0       | 16.0     | 7.0       |
| SALAD BAR: 2 TUESDAY (ELE)        | 1/2 CUP      | 1         | 245         | 20          | 729       | 7.51      | *1         | 5.33      | 16.18    | 15.48     |
| FRUIT BAR :SPRING (ELE)           | 1/2 CUP      | 1         | 72          | *0          | 2         | 2.59      | *10        | 0.87      | 18.29    | 0.3       |
| PICKLE:, CHIPS                    | 1 OZ.        | 1         | 5           | 0           | 340       | 0.00      | 1          | 0.0       | 1.0      | 0.0       |
| LIGHT MAYONNAISE                  | POUCH        | 1         | 40          | 5           | 85        | 0.00      | 0          | 0.0       | 0.0      | 4.0       |
| BARBAQUE SAUCE: P/C               | 1 Each       | 1         | 50          | 0           | 430       | 0.00      | *N/A*      | 0.0       | 13.0     | 0.0       |
| KETCHUP : P/C                     | PC           | 1         | 31          | 0           | 396       | 0.00      | 8          | 0.0       | 8.34     | 0.0       |
| MILK : CHOCOLATE MILK FAT FREE    | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 18         | 8.0       | 20.0     | 0.0       |
| MILK 1% WHITE                     | CARTON       | 1         | 100         | 10          | 125       | 0.00      | 12         | 8.0       | 12.0     | 2.5       |
| MILK FAT FREE WHITE               | CARTON       | 1         | 80          | 0           | 125       | 0.00      | 12         | 9.0       | 12.0     | 0.0       |
| Weighted Daily Average            |              |           | 1184        | *77         | 3077      | 21.59     | *66        | 57.49     | 152.37   | 38.47     |
| % of Calories                     |              |           |             |             |           |           | *22.1%     | 19.4%     | 51.5%    | 29.2%     |
| Nutrient Guideline                |              |           | 783         |             |           |           |            | 15.00     |          | <=30.0    |

| Wed - 04/17/2019               |          |   |     |    |      |      |       |      |       |       |
|--------------------------------|----------|---|-----|----|------|------|-------|------|-------|-------|
| INTERMEDIATE LUNCH 6-8         | Total    | 1 |     |    |      |      |       |      |       |       |
| WG CHICKEN TENDERS STRIP       | 3 STRIPS | 1 | 254 | 59 | 321  | 3.00 | 0     | 17.0 | 15.0  | 14.0  |
| FRENCH FRIES- S.S. 1/2 CUP     | 3 OZ     | 1 | 140 | 0  | 300  | 2.00 | 0     | 2.0  | 22.0  | 5.0   |
| BROCCOLI & CAULIFLOWER: PRE    | 1/2 CUP  | 1 | 112 | 20 | 263  | 0.96 | *0    | 0.98 | 2.42  | 9.14  |
| KETCHUP : P/C                  | PC       | 1 | 31  | 0  | 396  | 0.00 | 8     | 0.0  | 8.34  | 0.0   |
| BARBAQUE SAUCE: P/C            | 1 Each   | 1 | 50  | 0  | 430  | 0.00 | *N/A* | 0.0  | 13.0  | 0.0   |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP  | 1 | 72  | *0 | 2    | 2.59 | *10   | 0.87 | 18.29 | 0.3   |
| MILK : CHOCOLATE MILK FAT FREE | CARTON   | 1 | 120 | 5  | 180  | 0.00 | 18    | 8.0  | 20.0  | 0.0   |
| MILK 1% WHITE                  | CARTON   | 1 | 100 | 10 | 125  | 0.00 | 12    | 8.0  | 12.0  | 2.5   |
| MILK FAT FREE WHITE            | CARTON   | 1 | 80  | 0  | 125  | 0.00 | 12    | 9.0  | 12.0  | 0.0   |
| ALT INT WEEKLY 1st CHOI        | Total    | 1 |     |    |      |      |       |      |       |       |
| GRILLED CHEESE-WW BREAD        | 1 EACH   | 1 | 427 | 50 | 1124 | 2.00 | *4    | 16.0 | 32.0  | 26.42 |
| CHIPS : VARIETY                | BAG      | 1 | 110 | 0  | 143  | 1.00 | 2     | 2.0  | 19.0  | 3.0   |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP  | 1 | 72  | *0 | 2    | 2.59 | *10   | 0.87 | 18.29 | 0.3   |
| CARROT & CELERY STICKS:INTER   | 3/4 CUP  | 1 | 123 | 12 | 214  | 3.05 | *2    | 2.04 | 10.53 | 7.67  |
| MILK : CHOCOLATE MILK FAT FREE | CARTON   | 1 | 120 | 5  | 180  | 0.00 | 18    | 8.0  | 20.0  | 0.0   |
| MILK 1% WHITE                  | CARTON   | 1 | 100 | 10 | 125  | 0.00 | 12    | 8.0  | 12.0  | 2.5   |
| MILK FAT FREE WHITE            | CARTON   | 1 | 80  | 0  | 125  | 0.00 | 12    | 9.0  | 12.0  | 0.0   |

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# Washington County School District

Apr 1, 2019 thru Apr 30, 2019

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) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| Weighted Daily Average |              |           | 996         | *86         | 2028      | 8.60      | *60        | 45.88     | 123.43   | 35.41     |
| % of Calories          |              |           |             |             |           |           | *24.1%     | 18.4%     | 49.6%    | 32.0%     |
| Nutrient Guideline     |              |           | 783         |             |           |           |            | 15.00     |          | <=30.0    |

| Thu - 04/18/2019               |          |   |      |      |      |       |        |       |        |        |
|--------------------------------|----------|---|------|------|------|-------|--------|-------|--------|--------|
| INTERMEDIATE LUNCH 6-8         | Total    | 1 |      |      |      |       |        |       |        |        |
| SANDWICH, TURKEY HAM AND CHEES | SANDWICH | 1 | 353  | 55   | 1098 | 3.02  | 6      | 20.16 | 34.26  | 16.12  |
| CHIPS : VARIETY                | BAG      | 1 | 110  | 0    | 143  | 1.00  | 2      | 2.0   | 19.0   | 3.0    |
| STRAWBERRIES: FROZEN SINGLE SE | 1 EACH   | 1 | 122  | 0    | 4    | 2.40  | *N/A*  | 0.68  | 33.05  | 0.17   |
| CARROT & CELERY STICKS:INTER   | 3/4 CUP  | 1 | 123  | 12   | 214  | 3.05  | *2     | 2.04  | 10.53  | 7.67   |
| COOKIE: EASTER                 | COOKIE   | 1 | 172  | 6    | 78   | 1.00  | 15     | 1.7   | 26.9   | 6.7    |
| MUSTARD:, P/C                  | 1 Each   | 1 | 3    | 0    | 63   | 0.22  | 0      | 0.22  | 0.33   | 0.0    |
| LIGHT MAYONNAISE               | POUCH    | 1 | 40   | 5    | 85   | 0.00  | 0      | 0.0   | 0.0    | 4.0    |
| MILK : CHOCOLATE MILK FAT FREE | CARTON   | 1 | 120  | 5    | 180  | 0.00  | 18     | 8.0   | 20.0   | 0.0    |
| MILK 1% WHITE                  | CARTON   | 1 | 100  | 10   | 125  | 0.00  | 12     | 8.0   | 12.0   | 2.5    |
| MILK FAT FREE WHITE            | CARTON   | 1 | 80   | 0    | 125  | 0.00  | 12     | 9.0   | 12.0   | 0.0    |
| ALT INT WEEKLY 1st CHOI        | Total    | 1 |      |      |      |       |        |       |        |        |
| TACO SALAD -TOP N GO :ALT LINE | 2 CUP    | 1 | 443  | 37   | 742  | 13.52 | *1     | 21.99 | 54.38  | 15.03  |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP  | 1 | 72   | *0   | 2    | 2.59  | *10    | 0.87  | 18.29  | 0.3    |
| SALAD BAR: 3 THURSDAY'S:ELE    | 1/2 CUP  | 1 | 151  | 20   | 340  | 3.52  | *0     | 2.83  | 9.16   | 9.4    |
| BEANS, CANNED, BLACK BEAN, LS  | 1/2 CUP  | 1 | 102  | 0    | 143  | 6.12  | 2      | 7.14  | 18.37  | 0.0    |
| RANCH: (WILD COYOTE LITE)      | PC CUP   | 1 | 70   | 10   | 95   | 0.00  | 1      | 1.0   | 2.0    | 6.0    |
| MILK : CHOCOLATE MILK FAT FREE | CARTON   | 1 | 120  | 5    | 180  | 0.00  | 18     | 8.0   | 20.0   | 0.0    |
| MILK 1% WHITE                  | CARTON   | 1 | 100  | 10   | 125  | 0.00  | 12     | 8.0   | 12.0   | 2.5    |
| MILK FAT FREE WHITE            | CARTON   | 1 | 80   | 0    | 125  | 0.00  | 12     | 9.0   | 12.0   | 0.0    |
| CRISPY CHICKEN SALAD: ALT-SMAC | 2 cup    | 1 | 385  | 43   | 759  | 12.24 | *1     | 27.04 | 42.23  | 13.0   |
| Weighted Daily Average         |          |   | 1373 | *110 | 2314 | 24.35 | *62    | 68.83 | 178.25 | 43.19  |
| % of Calories                  |          |   |      |      |      |       | *18.1% | 20.1% | 51.9%  | 28.3%  |
| Nutrient Guideline             |          |   | 783  |      |      |       |        | 15.00 |        | <=30.0 |

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# Washington County School District

Apr 1, 2019 thru Apr 30, 2019

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) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| Tue - 04/23/2019               |              |           |             |             |           |           |            |           |          |           |
| INTERMEDIATE LUNCH 6-8         | Total        | 1         |             |             |           |           |            |           |          |           |
| BEEF TACO STICK                | 1 EACH       | 1         | 345         | 52          | 631       | 3.85      | 1          | 20.07     | 31.87    | 12.82     |
| REFRIED BEANS                  | 1/2 CUP      | 1         | 164         | 0           | 546       | 8.21      | 0          | 8.21      | 23.6     | 4.62      |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP      | 1         | 72          | *0          | 2         | 2.59      | *10        | 0.87      | 18.29    | 0.3       |
| SALAD BAR: 2 TUESDAY- INTERM.  | 1/2 CUP      | 1         | 215         | 10          | 574       | 7.51      | *2         | 6.33      | 18.18    | 12.48     |
| SALSA PICANTE                  | 1 OZ         | 1         | 9           | 0           | 133       | 0.89      | 0          | 0.89      | 1.77     | 0.0       |
| CHOCOLATE CHIP COOKIES         | 1 EACH       | 1         | 136         | 14          | 173       | 1.44      | *8         | 2.19      | 18.48    | 6.34      |
| MILK : CHOCOLATE MILK FAT FREE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 18         | 8.0       | 20.0     | 0.0       |
| MILK 1% WHITE                  | CARTON       | 1         | 100         | 10          | 125       | 0.00      | 12         | 8.0       | 12.0     | 2.5       |
| MILK FAT FREE WHITE            | CARTON       | 1         | 80          | 0           | 125       | 0.00      | 12         | 9.0       | 12.0     | 0.0       |
| ALT INT WEEKLY 1st CHOI        | Total        | 1         |             |             |           |           |            |           |          |           |
| SPICY CHICKEN SANDWICH         | 1 EACH       | 1         | 342         | 30          | 613       | 5.02      | 3          | 21.12     | 38.1     | 12.59     |
| LETTUCE & TOMATO:1leaf,2 slice | 1 lf,2 slc   | 1         | 5           | 0           | 2         | 0.36      | 1          | 0.26      | 1.11     | 0.06      |
| TATER TOTS: 1/2 CUP            | 8 PIECES     | 1         | 140         | 0           | 280       | 2.00      | 0          | 2.0       | 16.0     | 7.0       |
| SALAD BAR: 2 TUESDAY (ELE)     | 1/2 CUP      | 1         | 245         | 20          | 729       | 7.51      | *1         | 5.33      | 16.18    | 15.48     |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP      | 1         | 72          | *0          | 2         | 2.59      | *10        | 0.87      | 18.29    | 0.3       |
| PICKLE:, CHIPS                 | 1 OZ.        | 1         | 5           | 0           | 340       | 0.00      | 1          | 0.0       | 1.0      | 0.0       |
| LIGHT MAYONNAISE               | POUCH        | 1         | 40          | 5           | 85        | 0.00      | 0          | 0.0       | 0.0      | 4.0       |
| BARBAQUE SAUCE: P/C            | 1 Each       | 1         | 50          | 0           | 430       | 0.00      | *N/A*      | 0.0       | 13.0     | 0.0       |
| KETCHUP : P/C                  | PC           | 1         | 31          | 0           | 396       | 0.00      | 8          | 0.0       | 8.34     | 0.0       |
| MILK : CHOCOLATE MILK FAT FREE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 18         | 8.0       | 20.0     | 0.0       |
| MILK 1% WHITE                  | CARTON       | 1         | 100         | 10          | 125       | 0.00      | 12         | 8.0       | 12.0     | 2.5       |
| MILK FAT FREE WHITE            | CARTON       | 1         | 80          | 0           | 125       | 0.00      | 12         | 9.0       | 12.0     | 0.0       |
| Weighted Daily Average         |              |           | 1236        | *81         | 2898      | 20.99     | *64        | 59.06     | 156.09   | 40.49     |
| % of Calories                  |              |           |             |             |           |           | *20.7%     | 19.1%     | 50.5%    | 29.5%     |
| Nutrient Guideline             |              |           | 783         |             |           |           |            | 15.00     |          | <=30.0    |

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# Washington County School District

Apr 1, 2019 thru Apr 30, 2019

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) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| Wed - 04/24/2019               |              |           |             |             |           |           |            |           |          |           |
| INTERMEDIATE LUNCH 6-8         | Total        | 1         |             |             |           |           |            |           |          |           |
| HAM - COBBLE STREET            | SLICE        | 1         | 140         | 45          | 840       | 0.00      | 1          | 13.0      | 2.0      | 9.0       |
| SCALLOPED POTATOES:ELE         | 1/2 CUP      | 1         | 160         | 0           | 502       | 2.00      | *3         | 3.0       | 23.99    | 3.56      |
| CASCADE BLEND VEGETABLE-3/4 CU | 3/4 CUP      | 1         | 30          | 0           | 35        | 2.00      | 2          | 1.0       | 6.99     | 0.0       |
| WG DINNER ROLL                 | ROLL         | 1         | 90          | 0           | 160       | 2.00      | 2          | 4.0       | 17.0     | 1.0       |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP      | 1         | 72          | *0          | 2         | 2.59      | *10        | 0.87      | 18.29    | 0.3       |
| MILK : CHOCOLATE MILK FAT FREE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 18         | 8.0       | 20.0     | 0.0       |
| MILK 1% WHITE                  | CARTON       | 1         | 100         | 10          | 125       | 0.00      | 12         | 8.0       | 12.0     | 2.5       |
| MILK FAT FREE WHITE            | CARTON       | 1         | 80          | 0           | 125       | 0.00      | 12         | 9.0       | 12.0     | 0.0       |
| MARGARINE REDDIES: (1)         | 1 Patty      | 1         | 35          | 0           | 40        | 0.00      | *N/A*      | 0.0       | 0.0      | 4.0       |
| ALT INT WEEKLY 1st CHOI        |              |           |             |             |           |           |            |           |          |           |
| GRILLED CHEESE-WW BREAD        | 1 EACH       | 1         | 427         | 50          | 1124      | 2.00      | *4         | 16.0      | 32.0     | 26.42     |
| CHIPS : VARIETY                | BAG          | 1         | 110         | 0           | 143       | 1.00      | 2          | 2.0       | 19.0     | 3.0       |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP      | 1         | 72          | *0          | 2         | 2.59      | *10        | 0.87      | 18.29    | 0.3       |
| CARROT & CELERY STICKS:INTER   | 3/4 CUP      | 1         | 123         | 12          | 214       | 3.05      | *2         | 2.04      | 10.53    | 7.67      |
| MILK : CHOCOLATE MILK FAT FREE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 18         | 8.0       | 20.0     | 0.0       |
| MILK 1% WHITE                  | CARTON       | 1         | 100         | 10          | 125       | 0.00      | 12         | 8.0       | 12.0     | 2.5       |
| MILK FAT FREE WHITE            | CARTON       | 1         | 80          | 0           | 125       | 0.00      | 12         | 9.0       | 12.0     | 0.0       |
| Weighted Daily Average         |              |           | 930         | *69         | 1962      | 8.62      | *60        | 46.38     | 118.05   | 30.12     |
| % of Calories                  |              |           |             |             |           |           | *25.7%     | 20.0%     | 50.8%    | 29.2%     |
| Nutrient Guideline             |              |           | 783         |             |           |           |            | 15.00     |          | <=30.0    |

|                                |          |   |     |    |     |      |       |       |       |      |
|--------------------------------|----------|---|-----|----|-----|------|-------|-------|-------|------|
| Thu - 04/25/2019               |          |   |     |    |     |      |       |       |       |      |
| INTERMEDIATE LUNCH 6-8         | Total    | 1 |     |    |     |      |       |       |       |      |
| CHERRY BLOSSOM CHICKEN-2.94 OZ | 2.94 OZ  | 1 | 134 | 41 | 96  | 0.75 | 12    | 10.53 | 18.04 | 2.26 |
| VEGETABLE HARVEST RICE PILAF:S | 1.25 CUP | 1 | 219 | 0  | 977 | 3.37 | *0    | 5.05  | 40.42 | 4.21 |
| BROCCOLI ; FROZEN (ELE)        | 3/4 CUP  | 1 | 26  | 0  | 17  | 1.73 | 0     | 1.73  | 3.45  | 2.36 |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP  | 1 | 72  | *0 | 2   | 2.59 | *10   | 0.87  | 18.29 | 0.3  |
| SALAD BAR: 3 THURSDAY'S:INTERM | 1/2 CUP  | 1 | 121 | 10 | 185 | 3.52 | *1    | 3.83  | 11.16 | 6.4  |
| COOKIE: FORTUNE COOKIE         | COOKIE   | 1 | 32  | 0  | 11  | 0.15 | *N/A* | 0.0   | 6.97  | 0.2  |
| MILK : CHOCOLATE MILK FAT FREE | CARTON   | 1 | 120 | 5  | 180 | 0.00 | 18    | 8.0   | 20.0  | 0.0  |
| MILK 1% WHITE                  | CARTON   | 1 | 100 | 10 | 125 | 0.00 | 12    | 8.0   | 12.0  | 2.5  |
| MILK FAT FREE WHITE            | CARTON   | 1 | 80  | 0  | 125 | 0.00 | 12    | 9.0   | 12.0  | 0.0  |

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# Washington County School District

Apr 1, 2019 thru Apr 30, 2019

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) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| ALT INT WEEKLY 1st CHOI        | Total        | 1         |             |             |           |           |            |           |          |           |
| TACO SALAD -TOP N GO :ALT LINE | 2 CUP        | 1         | 443         | 37          | 742       | 13.52     | *1         | 21.99     | 54.38    | 15.03     |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP      | 1         | 72          | *0          | 2         | 2.59      | *10        | 0.87      | 18.29    | 0.3       |
| SALAD BAR: 3 THURSDAY'S:ELE    | 1/2 CUP      | 1         | 151         | 20          | 340       | 3.52      | *0         | 2.83      | 9.16     | 9.4       |
| BEANS, CANNED, BLACK BEAN, LS  | 1/2 CUP      | 1         | 102         | 0           | 143       | 6.12      | 2          | 7.14      | 18.37    | 0.0       |
| RANCH: (WILD COYOTE LITE)      | PC CUP       | 1         | 70          | 10          | 95        | 0.00      | 1          | 1.0       | 2.0      | 6.0       |
| MILK : CHOCOLATE MILK FAT FREE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 18         | 8.0       | 20.0     | 0.0       |
| MILK 1% WHITE                  | CARTON       | 1         | 100         | 10          | 125       | 0.00      | 12         | 8.0       | 12.0     | 2.5       |
| MILK FAT FREE WHITE            | CARTON       | 1         | 80          | 0           | 125       | 0.00      | 12         | 9.0       | 12.0     | 0.0       |
| CRISPY CHICKEN SALAD: ALT-SMAC | 2 cup        | 1         | 385         | 43          | 759       | 12.24     | *1         | 27.04     | 42.23    | 13.0      |
| Weighted Daily Average         |              |           | 1213        | *96         | 2115      | 25.05     | *61        | 66.44     | 165.38   | 32.22     |
| % of Calories                  |              |           |             |             |           |           | *20.2%     | 21.9%     | 54.5%    | 23.9%     |
| Nutrient Guideline             |              |           | 783         |             |           |           |            | 15.00     |          | <=30.0    |

| Fri - 04/26/2019               |          |   |     |    |     |      |     |      |       |      |
|--------------------------------|----------|---|-----|----|-----|------|-----|------|-------|------|
| INTERMEDIATE LUNCH 6-8         | Total    | 1 |     |    |     |      |     |      |       |      |
| FOUR MEAT PRIMO PIZZA          | SLICE    | 1 | 370 | 40 | 650 | 3.00 | 9   | 20.0 | 36.0  | 17.0 |
| DINNER SALAD                   | 1 CUP    | 1 | 62  | 0  | 87  | 5.17 | *0  | 3.55 | 11.53 | 0.02 |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP  | 1 | 72  | *0 | 2   | 2.59 | *10 | 0.87 | 18.29 | 0.3  |
| FROZEN JUICE CUPS              | 1 EACH   | 1 | 70  | 0  | 7   | 3.00 | 16  | 0.0  | 19.0  | 0.0  |
| RANCH: (WILD COYOTE LITE)      | PC CUP   | 1 | 70  | 10 | 95  | 0.00 | 1   | 1.0  | 2.0   | 6.0  |
| MILK : CHOCOLATE MILK FAT FREE | CARTON   | 1 | 120 | 5  | 180 | 0.00 | 18  | 8.0  | 20.0  | 0.0  |
| MILK 1% WHITE                  | CARTON   | 1 | 100 | 10 | 125 | 0.00 | 12  | 8.0  | 12.0  | 2.5  |
| MILK FAT FREE WHITE            | CARTON   | 1 | 80  | 0  | 125 | 0.00 | 12  | 9.0  | 12.0  | 0.0  |
| ALT INT WEEKLY 1st CHOI        | Total    | 1 |     |    |     |      |     |      |       |      |
| EXPRESS BEEF & ONION BURGER: P | SANDWICH | 1 | 316 | 45 | 711 | 3.00 | *3  | 20.4 | 28.21 | 13.3 |
| SHREDDED LETTUCE & TOMATO-DELI | 1/2 CUP  | 1 | 13  | 0  | 6   | 1.04 | 2   | 0.91 | 2.67  | 0.08 |
| CARROT STICKS:INTER            | 3/4 CUP  | 1 | 124 | 10 | 186 | 3.69 | 7   | 2.23 | 14.63 | 6.32 |
| CHIPS : VARIETY                | BAG      | 1 | 110 | 0  | 143 | 1.00 | 2   | 2.0  | 19.0  | 3.0  |
| PICKLE:, CHIPS                 | 1 OZ.    | 1 | 5   | 0  | 340 | 0.00 | 1   | 0.0  | 1.0   | 0.0  |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP  | 1 | 72  | *0 | 2   | 2.59 | *10 | 0.87 | 18.29 | 0.3  |
| FROZEN JUICE CUPS              | 1 EACH   | 1 | 70  | 0  | 7   | 3.00 | 16  | 0.0  | 19.0  | 0.0  |
| KETCHUP : P/C                  | PC       | 1 | 31  | 0  | 396 | 0.00 | 8   | 0.0  | 8.34  | 0.0  |
| MUSTARD:, P/C                  | 1 Each   | 1 | 3   | 0  | 63  | 0.22 | 0   | 0.22 | 0.33  | 0.0  |
| LIGHT MAYONNAISE               | POUCH    | 1 | 40  | 5  | 85  | 0.00 | 0   | 0.0  | 0.0   | 4.0  |
| MILK : CHOCOLATE MILK FAT FREE | CARTON   | 1 | 120 | 5  | 180 | 0.00 | 18  | 8.0  | 20.0  | 0.0  |
| MILK 1% WHITE                  | CARTON   | 1 | 100 | 10 | 125 | 0.00 | 12  | 8.0  | 12.0  | 2.5  |
| MILK FAT FREE WHITE            | CARTON   | 1 | 80  | 0  | 125 | 0.00 | 12  | 9.0  | 12.0  | 0.0  |

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# Washington County School District

Apr 1, 2019 thru Apr 30, 2019

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) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| Weighted Daily Average |              |           | 1014        | *70         | 1821      | 14.15     | *85        | 51.01     | 143.14   | 27.66     |
| % of Calories          |              |           |             |             |           |           | *33.3%     | 20.1%     | 56.5%    | 24.5%     |
| Nutrient Guideline     |              |           | 783         |             |           |           |            | 15.00     |          | <=30.0    |

| Mon - 04/29/2019               |          |   |      |     |      |       |        |       |        |        |
|--------------------------------|----------|---|------|-----|------|-------|--------|-------|--------|--------|
| INTERMEDIATE LUNCH 6-8         | Total    | 1 |      |     |      |       |        |       |        |        |
| CHICKEN CHUNKS-SEC             | 6 PIECES | 1 | 257  | 43  | 585  | 2.00  | 1      | 20.0  | 18.0   | 13.0   |
| FRENCH FRIES- S.S. 1/2 CUP     | 3 OZ     | 1 | 140  | 0   | 300  | 2.00  | 0      | 2.0   | 22.0   | 5.0    |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP  | 1 | 72   | *0  | 2    | 2.59  | *10    | 0.87  | 18.29  | 0.3    |
| SALAD BAR: MONDAYS:INTERM.     | 1/2 CUP  | 1 | 127  | 10  | 228  | 4.21  | *2     | 3.98  | 12.48  | 6.29   |
| PUDDING,CHOICE                 | SERVING  | 1 | 115  | 0   | 133  | 0.50  | 15     | 1.0   | 20.5   | 3.0    |
| KETCHUP : P/C                  | PC       | 1 | 31   | 0   | 396  | 0.00  | 8      | 0.0   | 8.34   | 0.0    |
| BARBAQUE SAUCE: P/C            | 1 Each   | 1 | 50   | 0   | 430  | 0.00  | *N/A*  | 0.0   | 13.0   | 0.0    |
| MILK : CHOCOLATE MILK FAT FREE | CARTON   | 1 | 120  | 5   | 180  | 0.00  | 18     | 8.0   | 20.0   | 0.0    |
| MILK 1% WHITE                  | CARTON   | 1 | 100  | 10  | 125  | 0.00  | 12     | 8.0   | 12.0   | 2.5    |
| MILK FAT FREE WHITE            | CARTON   | 1 | 80   | 0   | 125  | 0.00  | 12     | 9.0   | 12.0   | 0.0    |
| ALT INT WEEKLY 1st CHOI        | Total    | 1 |      |     |      |       |        |       |        |        |
| PIZZA HUT: PEPPERONI PIZZA     | SLICE    | 1 | 290  | 25  | 570  | 3.00  | 1      | 21.0  | 29.0   | 11.0   |
| MIXED FRESH VEGETABLES:INTER   | 3/4 CUP  | 1 | 99   | 10  | 144  | 2.36  | *2     | 2.42  | 8.31   | 6.21   |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP  | 1 | 72   | *0  | 2    | 2.59  | *10    | 0.87  | 18.29  | 0.3    |
| SALAD BAR: MONDAYS:ELE         | 1/2 CUP  | 1 | 157  | 20  | 383  | 4.21  | *1     | 2.98  | 10.48  | 9.29   |
| MILK : CHOCOLATE MILK FAT FREE | CARTON   | 1 | 120  | 5   | 180  | 0.00  | 18     | 8.0   | 20.0   | 0.0    |
| MILK 1% WHITE                  | CARTON   | 1 | 100  | 10  | 125  | 0.00  | 12     | 8.0   | 12.0   | 2.5    |
| MILK FAT FREE WHITE            | CARTON   | 1 | 80   | 0   | 125  | 0.00  | 12     | 9.0   | 12.0   | 0.0    |
| Weighted Daily Average         |          |   | 1005 | *69 | 2017 | 11.73 | *67    | 52.55 | 133.34 | 29.69  |
| % of Calories                  |          |   |      |     |      |       | *26.5% | 20.9% | 53.0%  | 26.6%  |
| Nutrient Guideline             |          |   | 783  |     |      |       |        | 15.00 |        | <=30.0 |

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Portion Values - Detailed

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|                                | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| Tue - 04/30/2019               |              |           |             |             |           |           |            |           |          |           |
| INTERMEDIATE LUNCH 6-8         | Total        | 1         |             |             |           |           |            |           |          |           |
| TACO SOUP                      | 1 CUP        | 1         | 256         | 50          | 1112      | 5.73      | *5         | 19.79     | 21.68    | 10.11     |
| CHEDDAR/ JACK FANCY SHRED.25OZ | .25 OZ       | 1         | 28          | 6           | 43        | 0.00      | 0          | 1.52      | 0.25     | 2.28      |
| CHIPS-Baked! Tostitos Scoops   | BAG          | 1         | 110         | 0           | 110       | 2.00      | *N/A*      | 2.0       | 19.0     | 2.5       |
| MIXED FRESH VEGETABLES:INTER   | 3/4 CUP      | 1         | 99          | 10          | 144       | 2.36      | *2         | 2.42      | 8.31     | 6.21      |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP      | 1         | 72          | *0          | 2         | 2.59      | *10        | 0.87      | 18.29    | 0.3       |
| SALAD BAR: 2 TUESDAY- INTERM.  | 1/2 CUP      | 1         | 215         | 10          | 574       | 7.51      | *2         | 6.33      | 18.18    | 12.48     |
| JELL-O                         | GEL CUP      | 1         | 100         | 0           | 45        | 0.00      | 22         | 0.0       | 25.0     | 0.0       |
| MILK : CHOCOLATE MILK FAT FREE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 18         | 8.0       | 20.0     | 0.0       |
| MILK 1% WHITE                  | CARTON       | 1         | 100         | 10          | 125       | 0.00      | 12         | 8.0       | 12.0     | 2.5       |
| MILK FAT FREE WHITE            | CARTON       | 1         | 80          | 0           | 125       | 0.00      | 12         | 9.0       | 12.0     | 0.0       |
| ALT INT WEEKLY 1st CHOI        | Total        | 1         |             |             |           |           |            |           |          |           |
| SPICY CHICKEN SANDWICH         | 1 EACH       | 1         | 342         | 30          | 613       | 5.02      | 3          | 21.12     | 38.1     | 12.59     |
| LETTUCE & TOMATO:1leaf,2 slice | 1 lf,2 slc   | 1         | 5           | 0           | 2         | 0.36      | 1          | 0.26      | 1.11     | 0.06      |
| TATER TOTS: 1/2 CUP            | 8 PIECES     | 1         | 140         | 0           | 280       | 2.00      | 0          | 2.0       | 16.0     | 7.0       |
| SALAD BAR: 2 TUESDAY (ELE)     | 1/2 CUP      | 1         | 245         | 20          | 729       | 7.51      | *1         | 5.33      | 16.18    | 15.48     |
| FRUIT BAR :SPRING (ELE)        | 1/2 CUP      | 1         | 72          | *0          | 2         | 2.59      | *10        | 0.87      | 18.29    | 0.3       |
| PICKLE:, CHIPS                 | 1 OZ.        | 1         | 5           | 0           | 340       | 0.00      | 1          | 0.0       | 1.0      | 0.0       |
| LIGHT MAYONNAISE               | POUCH        | 1         | 40          | 5           | 85        | 0.00      | 0          | 0.0       | 0.0      | 4.0       |
| BARBAQUE SAUCE: P/C            | 1 Each       | 1         | 50          | 0           | 430       | 0.00      | *N/A*      | 0.0       | 13.0     | 0.0       |
| KETCHUP : P/C                  | PC           | 1         | 31          | 0           | 396       | 0.00      | 8          | 0.0       | 8.34     | 0.0       |
| MILK : CHOCOLATE MILK FAT FREE | CARTON       | 1         | 120         | 5           | 180       | 0.00      | 18         | 8.0       | 20.0     | 0.0       |
| MILK 1% WHITE                  | CARTON       | 1         | 100         | 10          | 125       | 0.00      | 12         | 8.0       | 12.0     | 2.5       |
| MILK FAT FREE WHITE            | CARTON       | 1         | 80          | 0           | 125       | 0.00      | 12         | 9.0       | 12.0     | 0.0       |
| Weighted Daily Average         |              |           | 1205        | *81         | 2883      | 18.83     | *74        | 56.25     | 155.35   | 39.15     |
| % of Calories                  |              |           |             |             |           |           | *24.6%     | 18.7%     | 51.5%    | 29.2%     |
| Nutrient Guideline             |              |           | 783         |             |           |           |            | 15.00     |          | <=30.0    |

|                  |  |  |      |     |      |       |        |       |        |       |
|------------------|--|--|------|-----|------|-------|--------|-------|--------|-------|
| Weighted Average |  |  | 1090 | *91 | 2205 | 16.25 | *66    | 52.62 | 144.02 | 34.24 |
|                  |  |  |      |     |      |       | *54.2% | 19.3% | 52.8%  | 28.3% |

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Base Menu Spreadsheet

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

Portion Values - Detailed

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| Nutrient         | Menu AVG | % of Cals | Portion Size<br>Weekly Target | Reimb Qty<br>% of Target | Cals (kcal)<br>Miss Data | Cholst (mg)<br>Shortfall | Sodm (mg)<br>Overage | Fiber (g) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | Error Messages (if any) |
|------------------|----------|-----------|-------------------------------|--------------------------|--------------------------|--------------------------|----------------------|-----------|------------|-----------|----------|-----------|-------------------------|
| Calories         | 1090     |           | 783                           | 139%                     |                          |                          |                      |           |            |           |          |           |                         |
| Cholesterol (mg) | 91       |           |                               |                          | Missing                  |                          |                      |           |            |           |          |           |                         |
| Sodium 1 (mg)    | 2205     |           |                               |                          |                          |                          |                      |           | 2205       |           |          |           |                         |
| Sodium 2 (mg)    | 2205     |           |                               |                          |                          |                          |                      |           | 2205       |           |          |           |                         |
| Fiber (g)        | 16.25    |           |                               |                          |                          |                          |                      |           |            |           |          |           |                         |
| Sugars (g)       | 66       | 24.08%    |                               |                          | Missing                  |                          |                      |           |            |           |          |           |                         |
| Protein (g)      | 52.62    | 19.31%    | 15.00                         | 351%                     |                          |                          |                      |           |            |           |          |           |                         |
| Carbohydrate (g) | 144.02   | 52.84%    |                               |                          |                          |                          |                      |           |            |           |          |           |                         |
| Total Fat (g)    | 34.24    | 28.27%    | <=30.00%                      |                          |                          |                          |                      |           |            |           |          |           |                         |

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