

Washington County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC 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										
SECONDARY LUNCH 9-12	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. 3/4 CUP	4.5 OZ	1	210	0	450	3.00	0	3.0	33.0	7.5
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	9.50	*3	8.02	24.56	6.59
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 SEC WEEKLY 1st CHO										
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	1	21.0	29.0	11.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	*2	3.06	9.82	6.29
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	102	0	181	7.03	*1	5.67	18.35	0.85
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			1155	*60	2161	21.14	*77	59.28	178.60	24.93
% of Calories							*26.6%	20.5%	61.9%	19.4%
Nutrient Guideline			846					16.70		<=30.0

Tue - 04/02/2019										
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	132	15	235	2.42	*2	2.28	8.67	9.18
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
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

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ALT SEC WEEKLY 1st CHO	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-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	3.0	24.0	10.5
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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			1341	*65	2911	28.64	*75	60.57	184.68	40.45
% of Calories							*22.4%	18.1%	55.1%	27.1%
Nutrient Guideline			846					16.70		<=30.0

Wed - 04/03/2019										
SECONDARY LUNCH 9-12	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 (SEC)	1 CUP	1	34	0	23	2.30	0	2.3	4.6	3.15
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
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
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	*N/A*	0.0	0.0	4.0
ALT SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
CARROT & CELERY STICKS:SEC	1 CUP	1	132	15	235	2.42	*2	2.28	8.67	9.18
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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Weighted Daily Average			1107	*81	1937	16.62	*66	49.49	143.88	39.20
% of Calories							*23.9%	17.9%	52.0%	31.9%
Nutrient Guideline			846					16.70		<=30.0

Thu - 04/04/2019										
SECONDARY LUNCH 9-12	Total	8240								
DUTCH WAFFLE	1 EACH	8240	300	20	350	3.00	12	4.0	43.0	13.0
SAUSAGE, PATTY L/S CN 2oz	1 EACH	8000	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
APPLESAUCE,W/CINNAMON	1 CUP	1	104	0	5	3.03	*0	0.44	28.02	0.25
HASHBROWN PATTY:1/2 CUP	2 EACH	7500	220	0	450	2.00	1	2.0	27.0	11.0
STRAWBERRIES: FROZEN SINGLE SE	1 EACH	6500	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	3500	31	0	396	0.00	8	0.0	8.34	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	5200	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	3030	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 SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
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			949	*66	1258	6.72	*32	21.25	115.24	45.69
% of Calories							*13.6%	9.0%	48.6%	43.4%
Nutrient Guideline			846					16.70		<=30.0

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Fri - 04/05/2019										
SECONDARY LUNCH 9-12	Total	1								
WG PEPPERONI PIZZA RIPPERS	SERVING		290	25	550	3.00	3	16.0	27.0	17.0
MARINARA SAUCE: SEC	3/4 CUP	1	104	447	924	2.98	4	2.98	17.89	2.24
DINNER SALAD	1 CUP	1	62	0	87	5.17	*0	3.55	11.53	0.02
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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 SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	142	10	216	4.92	9	2.63	18.84	6.42
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	0.0	19.0	0.0
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	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			1098	*286	2250	18.57	*94	51.49	165.47	29.09
% of Calories							*34.1%	18.8%	60.3%	23.9%
Nutrient Guideline			846					16.70		<=30.0

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Mon - 04/08/2019										
SECONDARY LUNCH 9-12	Total	1								
CHICKEN BREAST PATTIE SAND :SE	1 each		370	30	520	4.00	3	18.0	38.0	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 (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	9.50	*3	8.02	24.56	6.59
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
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
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
ALT SEC WEEKLY 1st CHO	Total	1								
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	1	21.0	29.0	11.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	*2	3.06	9.82	6.29
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	102	0	181	7.03	*1	5.67	18.35	0.85
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			1125	*55	1937	21.15	*79	58.40	167.29	27.41
% of Calories							*28.0%	20.8%	59.5%	21.9%
Nutrient Guideline			846					16.70		<=30.0

Tue - 04/09/2019										
SECONDARY LUNCH 9-12	Total	1								
ENCHILADA	BURRITO	1	384	13	1202	8.36	*4	20.05	53.68	11.45
CORN :SEC	1 CUP	1	119	0	20	3.97	14	3.97	17.86	2.98
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
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

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ALT SEC WEEKLY 1st CHO	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-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	3.0	24.0	10.5
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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			1379	*57	3197	28.73	*79	62.96	196.86	39.56
% of Calories							*22.8%	18.3%	57.1%	25.8%
Nutrient Guideline			846					16.70		<=30.0

Wed - 04/10/2019										
SECONDARY LUNCH 9-12	Total	1								
TERIYAKI BEEF NUGGETS: (Sec.)	5 NUGGETS	1	201	50	552	1.25	5	17.56	7.53	10.04
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	9.00	0	2.0	18.0	5.0
GRAVY, BROWN LOW SODIUM	1/4 CUP	1	30	0	142	0.00	*0	0.0	4.0	1.0
SUNSHINE CARROTS: SEC	1 CUP	1	39	0	66	3.20	*N/A*	0.0	7.47	0.19
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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 SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
CARROT & CELERY STICKS:SEC	1 CUP	1	132	15	235	2.42	*2	2.28	8.67	9.18
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: SECONDARY LUNCH 9-12/ALT SEC 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			1055	*80	1983	16.69	*68	48.54	139.99	33.65
% of Calories							*25.8%	18.4%	53.1%	28.7%
Nutrient Guideline			846					16.70		<=30.0

Thu - 04/11/2019										
SECONDARY LUNCH 9-12	Total	1								
CHICKEN NOODLE SOUP: USDA 1C.	1 CUP	1	166	45	380	3.05	*2	10.85	24.34	3.04
GARLIC TWIST	2 OZ	1	141	11	384	4.71	*1	4.18	27.29	2.59
TOMATOES, CUCUMBER, CARROTS:SE	1 CUP	1	99	10	131	2.10	*3	1.94	12.03	6.22
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	102	0	181	7.03	*1	5.67	18.35	0.85
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 SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
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			1467	*103	3067	38.66	*72	74.86	217.83	36.33
% of Calories							*19.8%	20.4%	59.4%	22.3%
Nutrient Guideline			846					16.70		<=30.0

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Washington County School District

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Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

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Fri - 04/12/2019										
SECONDARY LUNCH 9-12	Total	1								
WG PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	3	16.0	27.0	17.0
MARINARA SAUCE: SEC	3/4 CUP	1	104	447	924	2.98	4	2.98	17.89	2.24
DINNER SALAD	1 CUP	1	62	0	87	5.17	*0	3.55	11.53	0.02
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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 SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	142	10	216	4.92	9	2.63	18.84	6.42
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	0.0	19.0	0.0
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	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			1098	*286	2250	18.57	*94	51.49	165.47	29.09
% of Calories							*34.1%	18.8%	60.3%	23.9%
Nutrient Guideline			846					16.70		<=30.0

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Washington County School District

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Base Menu Spreadsheet

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Portion Values - Detailed

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Mon - 04/15/2019										
SECONDARY LUNCH 9-12	Total	1								
MINI CORN DOG NUGGETS (SEC)	6 EACH	1	250	60	420	3.00	1	10.0	30.0	10.0
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	3.0	24.0	10.5
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	9.50	*3	8.02	24.56	6.59
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 SEC WEEKLY 1st CHO										
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	1	21.0	29.0	11.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	*2	3.06	9.82	6.29
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	102	0	181	7.03	*1	5.67	18.35	0.85
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			1079	*68	1755	19.25	*80	52.14	162.77	25.68
% of Calories							*29.6%	19.3%	60.4%	21.4%
Nutrient Guideline			846					16.70		<=30.0

Tue - 04/16/2019										
SECONDARY LUNCH 9-12	Total	1								
CHICKEN FAJITA WRAP: SEC	WRAP	1	290	66	1286	4.00	*0	22.02	24.04	11.8
LETTUCE &TOMATO:1leaf,2 slice	1 lf,2 slc	1	5	0	2	0.36	1	0.26	1.11	0.06
CORNMEAL SUPER STAR, WG:FR017	1 EA	1	148	11	91	1.50	*N/A*	2.8	23.0	5.0
REFRIED BEANS	1/2 CUP	1	164	0	546	8.21	0	8.21	23.6	4.62
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
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

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Washington County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

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ALT SEC WEEKLY 1st CHO	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- 3/4 CUP	12 PIECES	1	210	0	420	3.00	0	3.0	24.0	10.5
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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			1464	*86	3619	30.80	*75	67.54	201.09	45.05
% of Calories							*20.6%	18.5%	54.9%	27.7%
Nutrient Guideline			846					16.70		<=30.0

Wed - 04/17/2019										
SECONDARY LUNCH 9-12	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. 3/4 CUP	4.5 OZ	1	210	0	450	3.00	0	3.0	33.0	7.5
BROCCOLI & CAULIFLOWER: PRE	1/2 CUP	1	112	20	263	0.96	*0	0.98	2.42	9.14
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
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 (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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 SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
CARROT & CELERY STICKS: SEC	1 CUP	1	132	15	235	2.42	*2	2.28	8.67	9.18
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

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Base Menu Spreadsheet

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Portion Values - Detailed

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Weighted Daily Average			1184	*92	2323	13.44	*70	49.24	157.37	40.85
% of Calories							*23.6%	16.6%	53.2%	31.0%
Nutrient Guideline			846					16.70		<=30.0

Thu - 04/18/2019										
SECONDARY LUNCH 9-12	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
CARROT & CELERY STICKS:SEC	1 CUP	1	132	15	235	2.42	*2	2.28	8.67	9.18
APPLE OR ORANGE	1 EACH	1	70	0	1	3.34	14	0.69	18.21	0.21
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 SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
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			1526	*111	2803	32.76	*76	75.23	202.97	47.55
% of Calories							*19.8%	19.7%	53.2%	28.0%
Nutrient Guideline			846					16.70		<=30.0

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Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC 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										
SECONDARY LUNCH 9-12	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 (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
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 SEC WEEKLY 1st CHO	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-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	3.0	24.0	10.5
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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			1404	*76	3242	29.32	*74	65.18	191.06	42.48
% of Calories							*21.2%	18.6%	54.5%	27.2%
Nutrient Guideline			846					16.70		<=30.0

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Washington County School District

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC 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										
SECONDARY LUNCH 9-12	Total	1								
HAM - COBBLE STREET	SLICE	1	140	45	840	0.00	1	13.0	2.0	9.0
SCALLOPED POTATOES:SEC	3/4 CUP	1	223	0	703	2.80	*4	4.2	33.59	4.98
CASCADE BLEND VEGETABLE-1 CUP	1 CUP	1	41	0	47	2.70	3	1.35	9.46	0.0
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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 SEC WEEKLY 1st CHO										
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 (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
CARROT & CELERY STICKS:SEC	1 CUP	1	132	15	235	2.42	*2	2.28	8.67	9.18
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			1057	*75	2188	12.71	*69	48.03	144.01	32.53
% of Calories							*26.3%	18.2%	54.5%	27.7%
Nutrient Guideline			846					16.70		<=30.0

Thu - 04/25/2019										
SECONDARY LUNCH 9-12	Total	1								
CHERRY BLOSSOM CHICKEN-3.92 OZ	3.92 OZ	1	178	55	128	1.00	16	14.04	24.06	3.01
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 (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	102	0	181	7.03	*1	5.67	18.35	0.85
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: SECONDARY LUNCH 9-12/ALT SEC 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 SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
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			1432	*98	2611	36.35	*73	75.78	212.95	33.55
% of Calories							*20.5%	21.2%	59.5%	21.1%
Nutrient Guideline			846					16.70		<=30.0

Fri - 04/26/2019										
SECONDARY LUNCH 9-12	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 (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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 SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	142	10	216	4.92	9	2.63	18.84	6.42
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	0.0	19.0	0.0
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	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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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			1085	*70	1837	17.08	*94	52.00	161.03	27.97
% of Calories							*34.8%	19.2%	59.3%	23.2%
Nutrient Guideline			846					16.70		<=30.0

Mon - 04/29/2019										
SECONDARY LUNCH 9-12	Total	1								
CHICKEN CHUNKS-SEC	6 PIECES	1	257	43	585	2.00	1	20.0	18.0	13.0
FRENCH FRIES- S.S. 3/4 CUP	4.5 OZ	1	210	0	450	3.00	0	3.0	33.0	7.5
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	9.50	*3	8.02	24.56	6.59
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
PUDDING,CHOICE	SERVING	1	115	0	133	0.50	15	1.0	20.5	3.0
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
ALT SEC WEEKLY 1st CHO	Total	1								
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	1	21.0	29.0	11.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	*2	3.06	9.82	6.29
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	102	0	181	7.03	*1	5.67	18.35	0.85
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			1182	*64	2268	21.24	*77	59.49	178.94	28.35
% of Calories							*26.0%	20.1%	60.6%	21.6%
Nutrient Guideline			846					16.70		<=30.0

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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										
SECONDARY LUNCH 9-12										
	Total	1								
	1 CUP	1	256	50	1112	5.73	*5	19.79	21.68	10.11
	TACO SOUP	1	256	50	1112	5.73	*5	19.79	21.68	10.11
	CHEDDAR/ JACK FANCY SHRED-.5OZ	1	56	13	86	0.00	0	3.04	0.51	4.56
	CORNMEAL SUPER STAR, WG:FR017	1	148	11	91	1.50	*N/A*	2.8	23.0	5.0
	CHIPS-Baked! Tostitos Scoops	1	110	0	110	2.00	*N/A*	2.0	19.0	2.5
	MIXED FRESH VEGETABLES:SEC	1	107	10	151	2.95	*2	3.06	9.82	6.29
	FRUIT BAR :SPRING (SEC)	1	135	*0	4	4.91	*19	1.65	34.07	0.56
	SALAD BAR: 2 TUESDAY (SEC)	1	301	10	924	13.03	*3	10.67	32.36	13.96
	MILK : CHOCOLATE MILK FAT FREE	1	120	5	180	0.00	18	8.0	20.0	0.0
	MILK 1% WHITE	1	100	10	125	0.00	12	8.0	12.0	2.5
	MILK FAT FREE WHITE	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT SEC WEEKLY 1st CHO										
	Total	1								
	1 EACH	1	342	30	613	5.02	3	21.12	38.1	12.59
	SPICY CHICKEN SANDWICH	1	342	30	613	5.02	3	21.12	38.1	12.59
	LETTUCE &TOMATO:1leaf,2 slice	1	5	0	2	0.36	1	0.26	1.11	0.06
	TATER TOTS-3/4 CUP	1	210	0	420	3.00	0	3.0	24.0	10.5
	SALAD BAR: 2 TUESDAY (SEC)	1	301	10	924	13.03	*3	10.67	32.36	13.96
	FRUIT BAR :SPRING (SEC)	1	135	*0	4	4.91	*19	1.65	34.07	0.56
	PICKLE:, CHIPS	1	5	0	340	0.00	1	0.0	1.0	0.0
	LIGHT MAYONNAISE	1	40	5	85	0.00	0	0.0	0.0	4.0
	BARBAQUE SAUCE: P/C	1	50	0	430	0.00	*N/A*	0.0	13.0	0.0
	KETCHUP : P/C	1	31	0	396	0.00	8	0.0	8.34	0.0
	MILK : CHOCOLATE MILK FAT FREE	1	120	5	180	0.00	18	8.0	20.0	0.0
	MILK 1% WHITE	1	100	10	125	0.00	12	8.0	12.0	2.5
	MILK FAT FREE WHITE	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			1415	*85	3275	28.21	*74	64.85	190.20	44.83
% of Calories							*20.8%	18.3%	53.8%	28.5%
Nutrient Guideline			846					16.70		<=30.0
Weighted Average			1230	*98	2444	22.83	*75	57.39	173.88	35.71
							*54.8%	18.7%	56.5%	26.1%

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Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Cholst (mg) Shortfall	Sodm (mg) Overage	Fiber (g) Overage	Sugars (g) Overage	Protn (g) Error Messages (if any)	Carb (g) Error Messages (if any)	T-Fat (g) Error Messages (if any)
Calories	1230		846	145%								
Cholesterol (mg)	98				Missing							
Sodium 1 (mg)	2444							2444				
Sodium 2 (mg)	2444							2444				
Fiber (g)	22.83											
Sugars (g)	75	24.36%			Missing							
Protein (g)	57.39	18.66%	16.70	344%								
Carbohydrate (g)	173.88	56.55%										
Total Fat (g)	35.71	26.13%	<=30.00%									

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