

Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 1, 2022 thru Apr 29, 2022

ELEMENTARY LUNCH

Generated on: 3/28/2022 10:58:27 AM

	Portion Size	Reimb Qty	Carb (g)
Fri - 04/01/2022			
ELEMENTARY LUNCH	Total	1	
CHEESE BITES, WILD MIKE'S	4 BITES	1	28.35
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
JELL-O	GEL CUP	1	25.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			107.13
% of Calories			53.6%
Nutrient Guideline			

Mon - 04/04/2022			
ELEMENTARY LUNCH	Total	1	
POPCORN CHICKEN - FR091	10 PIECES	1	17.0
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	22.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
DINNER SALAD	1 CUP	1	0.33
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
TWIN BAR, WG	SERVINGS	1	43.0
BARBAQUE SAUCE: P/C	1 Each	1	13.0
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			169.18
% of Calories			60.1%
Nutrient Guideline			

Tue - 04/05/2022			
ELEMENTARY LUNCH	Total	1	
SOFT FLOUR TACO: ELE	servings	1	19.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	8.72
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
BUG BITES	BAG	1	21.0
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			124.51
% of Calories			49.4%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 04/06/2022			
ELEMENTARY LUNCH	Total	1	
ROASTED TURKEY: VIP	2.9 OZ	1	1.34
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	17.03
GRAVY, TURKEY	1/4 Cup	1	3.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
ROLL: 2 OZ SCHOOL MADE	ROLL	1	27.1
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			115.18
% of Calories			61.7%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 04/07/2022			
ELEMENTARY LUNCH	Total	1	
ORANGE CHICKEN	3.6 OZ SERVING	1	19.0
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	16.48
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	3.75
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	9.53
COOKIE, COWBOY	1 oz.	1	29.34
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			125.58
% of Calories			55.6%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 04/08/2022			
ELEMENTARY LUNCH	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	21.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			101.78
% of Calories			49.3%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<u>Mon - 04/11/2022</u>			
ELEMENTARY LUNCH	Total	1	
MINI CORN DOG NUGGETS (ELEM)	4 EACH	1	20.0
TATER GEMS	SERVING	1	24.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
SWEET CAKE	SERVING	1	44.83
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			163.01
% of Calories			62.6%
Nutrient Guideline			

<u>Tue - 04/12/2022</u>			
ELEMENTARY LUNCH	Total	1	
CHEESY BITES, LIL WG	4 BITES	1	30.11
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	8.72
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			111.70
% of Calories			46.3%
Nutrient Guideline			

<u>Wed - 04/13/2022</u>			
ELEMENTARY LUNCH	Total	1	
HAM - COBBLE STREET	SLICE	1	2.0
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	17.03
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	2.82
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
ROLL: 2 OZ SCHOOL MADE	ROLL	1	27.1
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			115.67
% of Calories			59.1%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<u>Thu - 04/14/2022</u>			
ELEMENTARY LUNCH	Total	1	
SANDWICH, TURKEY HAM AND CHEES	SANDWICH	1	34.26
CHIPS: DORITOS	bag	1	19.62
CARROT & CELERY STICKS:ELE	3/4 CUP	1	8.53
PEACH CUP, FROZEN	SERVING	1	21.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
COOKIE: EASTER	COOKIE	1	26.9
MUSTARD:, P/C	1 Each	1	0.33
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			157.96
% of Calories			51.4%
Nutrient Guideline			

<u>Tue - 04/19/2022</u>			
ELEMENTARY LUNCH	Total	1	
BEEF TACO STICK	1 EACH	1	31.87
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	8.72
SALSA PICANTE	1 OZ	1	1.4
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	28.69
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			142.15
% of Calories			49.2%
Nutrient Guideline			

<u>Wed - 04/20/2022</u>			
ELEMENTARY LUNCH	Total	1	
CHICKEN POTATO BOWL - E -DICED	SERVINGS	1	23.34
SUNSHINE CARROTS 1/2 CUP	1/2 C SERVING	1	9.34
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
ROLL: 2 OZ SCHOOL MADE	ROLL	1	27.1
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			123.50
% of Calories			59.1%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<u>Thu - 04/21/2022</u>			
ELEMENTARY LUNCH	Total	1	
TERIYAKI CHICKEN	2.4 OZ	1	6.0
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	24.01
NORMANDY VEGETABLES 1/2 C	1/2 C SERVING	1	2.5
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	9.53
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
BROWNIE CUP, WG	BROWNIE	1	26.5
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			116.02
% of Calories			54.7%
Nutrient Guideline			

<u>Fri - 04/22/2022</u>			
ELEMENTARY LUNCH	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31
CHAT SNAX VANILLA CRUNCH GRAHA	SERVINGS	1	20.99
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			101.77
% of Calories			49.3%
Nutrient Guideline			

<u>Mon - 04/25/2022</u>			
ELEMENTARY LUNCH	Total	1	
CHEESEBURGER 100% BEEF :ELE	PATTY	1	23.1
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
PICKLE:, CHIPS	1 OZ.	1	1.0
TATER GEMS 1/2 CUP	8 PIECES	1	16.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
CHOCOLATE CHIP COOKIES	1 EACH	1	18.48
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			135.42
% of Calories			49.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<u>Tue - 04/26/2022</u>			
ELEMENTARY LUNCH	Total	1	
TACO SOUP	1 CUP	1	21.74
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	11.53
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	35.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			116.00
% of Calories			49.1%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<u>Wed - 04/27/2022</u>			
ELEMENTARY LUNCH	Total	1	
MAC & CHEESE - JTM	6oz SERVINGS	1	28.0
GREEN BEANS 3/4 CUP	3/4 CUP	1	4.5
ROLL: 2 OZ SCHOOL MADE	ROLL	1	27.1
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			136.32
% of Calories			61.7%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<u>Thu - 04/28/2022</u>			
ELEMENTARY LUNCH	Total	1	
TANGERINE CHICKEN	3.9oz SERVINGS	1	25.0
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	24.01
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	9.53
NORMANDY VEGETABLES 1/2 C	1/2 C SERVING	1	2.5
APPLE FILLED DONUT	SERVINGS	1	33.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			141.52
% of Calories			54.2%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<u>Fri - 04/29/2022</u>			
ELEMENTARY LUNCH	Total	1	
CHEESE BITES, WILD MIKE'S	4 BITES	1	28.35
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
JELL-O	GEL CUP	1	25.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			107.13 53.6%
Nutrient Guideline			

Weighted Average			126.92 54.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	126.92	54.02%						

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