

Washington County School District

Apr 1, 2022 thru Apr 29, 2022

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/01/2022																
ELEMENTARY LUNCH	Total	1														
CHEESE BITES, WILD MIKE'S	4 BITES	1	283	20	547	4.05	*N/A*	*N/A*	*N/A*	*N/A*	0	16.2	28.35	12.15	4.05	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	129	20	299	2.36	0.66	30.1	6005	34.31	*1	1.42	6.31	9.21	2.07	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
JELL-O	GEL CUP	1	100	0	45	0.00	0.00	0.0	110	0.0	22	0.0	25.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			800	*55	1202	8.27	*0.85	*645.5	*7209	*69.83	*61	34.37	107.13	24.14	7.69	*0.00
% of Calories											*30.3%	17.2%	53.6%	27.2%	8.7%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Mon - 04/04/2022																
ELEMENTARY LUNCH	Total	1														
POPCORN CHICKEN - FR091	10 PIECES	1	293	81	487	3.00	2.00	18.0	167	0.0	0	18.0	17.0	17.0	3.00	0.00
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	2.00	0.36	0.0	0	4.8	0	2.0	22.0	5.0	1.50	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
DINNER SALAD	1 CUP	1	2	0	0	0.10	0.03	1.2	53	0.96	*0	0.08	0.33	0.02	0.01	0.00
FRUIT, CANNED OPTION	1/2 C SE	1	65	0	5	1.00	*0.18	*5.0	*N/A*	*5.25	14	0.25	16.25	0.0	0.00	0.00
TWIN BAR, WG	RVING															
BARBAQUE SAUCE: P/C	SERVINGS	1	249	14	225	2.70	*N/A*	*N/A*	*N/A*	*N/A*	15	2.6	43.0	7.3	0.80	0.00
KETCHUP : P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			1126	*110	2093	10.67	*3.12	*659.6	*1616	*51.36	*75	39.68	169.18	32.10	6.88	*0.00
% of Calories											*26.7%	14.1%	60.1%	25.6%	5.5%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/05/2022																
ELEMENTARY LUNCH	Total	1														
SOFT FLOUR TACO: ELE	servings	1	224	49	412	3.00	1.44	120.1	413	0.6	0	17.01	19.0	9.5	2.70	0.00
SHREDDED LETTUCE & TOMA TO-DELI	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	0.00
CHEDDAR/ JACK FANCY SHRE D.25OZ	.25 OZ	1	28	6	43	0.00	0.00	50.6	63	0.0	0	1.52	0.25	2.28	1.52	0.00
REFRIED BEANS, V V	1/2 C SE RVINGS	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	*N/A*	1	7.0	24.0	2.5	0.00	0.00
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	190	20	397	3.21	*0.52	*6.5	*1200	*8.58	*4	1.86	8.72	14.04	3.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
BUG BITES	BAG	1	120	0	1151	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	89	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			1008	*90	2798	17.30	*3.18	*902.2	*3886	*51.17	*53 *21.1%	47.29 18.8%	124.51 49.4%	34.79 31.1%	9.82 8.8%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Wed - 04/06/2022																
ELEMENTARY LUNCH	Total	1														
ROASTED TURKEY: VIP	2.9 OZ	1	107	47	748	0.00	0.48	0.0	0	0.0	*N/A*	24.04	1.34	1.34	0.00	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	0.37	22.4	5	30.04	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, TURKEY	1/4 Cup	1	15	0	280	0.00	0.00	0.0	0	0.0	0	0.0	3.0	0.0	0.00	0.00
GREEN BEANS: 1/2 C.	1/2 CUP	1	16	0	140	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1	1.0	3.0	0.0	0.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
FRUIT, CANNED OPTION	1/2 C SE RVING	1	65	0	5	1.00	*0.18	*5.0	*N/A*	*5.25	14	0.25	16.25	0.0	0.00	0.00
ROLL: 2 OZ SCHOOL MADE	ROLL	1	141	11	309	4.65	1.35	14.1	101	0.0	*1	3.87	27.1	2.79	0.98	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			746	*72	2148	10.52	*2.58	*657.0	*1400	*70.81	*55 *29.5%	47.91 25.7%	115.18 61.7%	11.90 14.4%	3.56 4.3%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/07/2022																
ELEMENTARY LUNCH	Total	1														
ORANGE CHICKEN	3.6 OZ SERVING	1	150	40	280	0.00	0.72	0.0	100	1.2	10	11.0	19.0	3.0	0.50	0.00
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	80	0	70	1.00	0.36	1.1	0	0.0	*0	2.0	16.48	0.75	0.00	*0.00
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	23	0	23	1.50	0.00	0.0	563	11.25	2	0.75	3.75	0.0	0.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	152	20	327	2.02	*0.66	*14.5	*1040	*10.77	*5	1.57	9.53	9.89	2.02	0.00
COOKIE, COWBOY	1 oz.	1	202	15	164	2.08	1.01	45.0	364	0.0	*15	3.31	29.34	8.48	3.38	*0.00
SOY SAUCE: PC	PC	1	10	0	500	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			904	*90	1675	8.47	*2.94	*676.1	*3160	*58.74	*70 *31.0%	35.38 15.7%	125.58 55.6%	24.90 24.8%	7.48 7.4%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Fri - 04/08/2022																
ELEMENTARY LUNCH	Total	1														
PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	1.80	150.0	15	0.0	3	16.0	27.0	17.0	5.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	129	20	299	2.36	0.66	30.1	6005	34.31	*1	1.42	6.31	9.21	2.07	0.00
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	120	0	115	1.00	0.72	100.0	500	0.0	*N/A*	2.0	21.0	3.5	1.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			827	*60	1275	8.22	3.37	895.5	7614	69.83	*42 *20.2%	36.17 17.5%	101.78 49.3%	32.49 35.4%	9.64 10.5%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/11/2022																
ELEMENTARY LUNCH	Total	1														
MINI CORN DOG NUGGETS (ELEM)	4 EACH	1	167	40	280	2.00	1.20	66.7	3	0.8	1	6.67	20.0	6.67	1.67	0.00
TATER GEMS	SERVING	1	195	0	450	1.50	*N/A*	*N/A*	*N/A*	*N/A*	0	1.5	24.0	10.5	1.50	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
FRUIT, CANNED OPTION	1/2 C SE	1	65	0	5	1.00	*0.18	*5.0	*N/A*	*5.25	14	0.25	16.25	0.0	0.00	0.00
KETCHUP : P/C	RVING															
MUSTARD:, P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
SWEET CAKE	1 Each	1	3	0	63	0.22	0.00	0.0	0	0.0	0	0.22	0.33	0.22	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	SERVING	1	284	22	243	1.93	0.60	21.9	1225	0.33	*32	2.16	44.83	11.43	4.94	*0.00
MILK 1% WHITE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			1041	*77	1686	8.52	*2.17	*709.0	*2524	*44.33	*92	27.55	163.01	31.60	9.68	*0.00
% of Calories											*35.5%	10.6%	62.6%	27.3%	8.4%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Tue - 04/12/2022																
ELEMENTARY LUNCH	Total	1														
CHEESY BITES, LIL WG	4 BITES	1	341	30	462	3.01	*N/A*	*N/A*	*N/A*	*N/A*	2	16.06	30.11	18.06	7.03	0.00
REFRIED BEANS, V V	1/2 C SE	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	*N/A*	1	7.0	24.0	2.5	0.00	0.00
SALAD BAR: 2 TUESDAY (ELE)	RVINGS															
FRUIT BAR :ELEMENTARY	.5 CUP	1	190	20	397	3.21	*0.52	*6.5	*1200	*8.58	*4	1.86	8.72	14.04	3.00	0.00
SALSA PICANTE	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
MILK : CHOCOLATE MILK FAT FREE	1 OZ	1	6	0	158	0.19	0.00	0.0	89	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK 1% WHITE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			965	*65	1647	15.27	*0.71	*622.0	*2382	*44.09	*46	41.91	111.70	37.49	11.61	*0.00
% of Calories											*18.9%	17.4%	46.3%	35.0%	10.8%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Wed - 04/13/2022																
ELEMENTARY LUNCH	Total	1														
HAM - COBBLE STREET	SLICE	1	140	45	840	0.00	0.36	0.0	0	0.0	1	13.0	2.0	9.0	3.00	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	0.37	22.4	5	30.04	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	19	0	133	0.00	0.01	1.1	0	0.0	*1	0.0	2.82	0.94	0.00	0.00
GREEN BEANS: 1/2 C.	1/2 CUP	1	16	0	140	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1	1.0	3.0	0.0	0.00	0.00
ROLL: 2 OZ SCHOOL MADE	ROLL	1	141	11	309	4.65	1.35	14.1	101	0.0	*1	3.87	27.1	2.79	0.98	*0.00
FRUIT, CANNED OPTION	1/2 C SERVING	1	65	0	5	1.00	*0.18	*5.0	*N/A*	*5.25	14	0.25	16.25	0.0	0.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			783	*71	2093	10.52	*2.46	*658.1	*1400	*70.81	*57 *29.1%	36.87 18.8%	115.67 59.1%	20.51 23.6%	6.56 7.5%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Thu - 04/14/2022																
ELEMENTARY LUNCH	Total	1														
SANDWICH, TURKEY HAM AND CHEESE	SANDWIC	1	353	55	1098	3.02	1.45	352.7	202	0.0	6	20.16	34.26	16.12	6.05	0.00
CHIPS: DORITOS	bag	1	131	0	181	2.01	0.36	20.0	53	0.0	0	2.01	19.62	5.03	0.75	0.00
CARROT & CELERY STICKS:EL	3/4 CUP	1	153	22	369	3.05	0.84	41.9	11895	3.41	*1	1.04	8.53	10.67	2.16	0.00
PEACH CUP, FROZEN	SERVING	1	90	0	0	2.00	0.00	0.0	0	0.0	19	1.0	21.0	0.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	0.22	17.2	90	40.09	10	0.81	14.31	0.27	0.06	*0.00
COOKIE: EASTER	COOKIE	1	172	6	78	1.00	0.72	10.0	50	0.0	15	1.7	26.9	6.7	1.80	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	0.0	0	0.0	0	0.22	0.33	0.22	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			1228	*104	2186	13.62	3.60	1041.8	13289	47.10	*81 *26.4%	42.94 14.0%	157.96 51.4%	45.51 33.4%	12.81 9.4%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Apr 1, 2022 thru Apr 29, 2022

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/19/2022																
ELEMENTARY LUNCH	Total	1														
BEEF TACO STICK	1 EACH	1	345	52	631	3.85	2.77	328.8	252	6.37	1	20.07	31.87	12.82	8.35	0.00
REFRIED BEANS, V V	1/2 C SE	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	*N/A*	1	7.0	24.0	2.5	0.00	0.00
	RVINGS															
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	190	20	397	3.21	*0.52	*6.5	*1200	*8.58	*4	1.86	8.72	14.04	3.00	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	89	0.0	1	0.25	1.4	0.12	0.01	0.00
COOKIE: PUMPKIN CHOCOLA	COOKIE	1	187	10	184	5.97	1.30	56.4	1598	0.01	*10	3.31	28.69	7.79	3.12	*0.00
TE CHIP																
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1156	*97	2000	22.08	*4.78	*1007.2	*4232	*50.48	*55	49.24	142.15	40.05	16.06	*0.00
% of Calories											*19.0%	17.0%	49.2%	31.2%	12.5%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/20/2022																
ELEMENTARY LUNCH	Total	1														
CHICKEN POTATO BOWL - E -	SERVINGS	1	260	66	582	1.76	*1.20	*71.1	*93	*28.86	2	23.84	23.34	8.52	2.65	*0.00
DICED																
SUNSHINE CARROTS 1/2 CUP	1/2 C SE	1	47	0	80	4.00	0.96	26.7	2335	3.2	*N/A*	0.0	9.34	0.0	0.00	0.00
	RVING															
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
FRUIT, CANNED OPTION	1/2 C SE	1	65	0	5	1.00	*0.18	*5.0	*N/A*	*5.25	14	0.25	16.25	0.0	0.00	0.00
	RVING															
ROLL: 2 OZ SCHOOL MADE	ROLL	1	141	11	309	4.65	1.35	14.1	101	0.0	*1	3.87	27.1	2.79	0.98	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			835	*92	1328	13.28	*3.89	*732.3	*3823	*72.83	*55	44.71	123.50	18.08	6.21	*0.00
% of Calories											*26.5%	21.4%	59.1%	19.5%	6.7%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Apr 1, 2022 thru Apr 29, 2022

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/21/2022																
ELEMENTARY LUNCH	Total	1														
TERIYAKI CHICKEN	2.4 OZ	1	115	70	330	0.00	0.72	0.0	0	0.0	6	15.0	6.0	3.5	1.00	0.00
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	0	580	2.00	1.44	20.0	2501	4.8	*N/A*	3.0	24.01	2.5	0.00	0.00
NORMANDY VEGETABLES 1/2 C	1/2 C SE	1	15	0	15	1.00	0.00	0.0	375	7.5	2	0.5	2.5	0.0	0.00	0.00
	RVING															
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	152	20	327	2.02	*0.66	*14.5	*1040	*10.77	*5	1.57	9.53	9.89	2.02	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
BROWNIE CUP, WG	BROWNIE	1	149	2	74	2.00	0.60	0.1	23	0.5	15	1.6	26.5	4.0	0.70	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			848	*107	1638	8.89	*3.61	*650.1	*5033	*59.09	*65	38.42	116.02	22.67	5.30	*0.00
% of Calories											*30.6%	18.1%	54.7%	24.0%	5.6%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/22/2022																
ELEMENTARY LUNCH	Total	1														
PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	1.80	150.0	15	0.0	3	16.0	27.0	17.0	5.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	129	20	299	2.36	0.66	30.1	6005	34.31	*1	1.42	6.31	9.21	2.07	0.00
CHAT SNAX VANILLA CRUNCH	SERVINGS	1	120	0	105	1.00	0.72	*N/A*	*N/A*	*N/A*	8	2.0	20.99	4.0	0.00	0.00
GRAHA																
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			827	*60	1265	8.22	3.37	*795.5	*7114	*69.83	*50	36.17	101.77	32.99	8.64	*0.00
% of Calories											*24.0%	17.5%	49.3%	35.9%	9.4%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Apr 1, 2022 thru Apr 29, 2022

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/25/2022																
ELEMENTARY LUNCH	Total	1														
CHEESEBURGER 100% BEEF : ELE	PATTY	1	367	64	790	2.03	34.38	223.7	310	2.43	3	26.08	23.1	19.15	8.40	0.00
SHREDDED LETTUCE & TOMA TO-DELI	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
TATER GEMS 1/2 CUP	8 PIECES	1	130	0	300	1.00	*N/A*	*N/A*	*N/A*	*N/A*	0	1.0	16.0	7.0	1.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
FRUIT, CANNED OPTION	1/2 C SE RIVING	1	65	0	5	1.00	*0.18	*5.0	*N/A*	*5.25	14	0.25	16.25	0.0	0.00	0.00
CHOCOLATE CHIP COOKIES	1 EACH	1	136	14	173	1.44	0.68	37.1	292	0.0	*8	2.19	18.48	6.34	2.65	*0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	0.0	0	0.0	0	0.22	0.33	0.22	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1087	*98	2407	8.60	*35.75	*890.7	*2431	*52.10	*74	47.40	135.42	39.57	14.14	*0.00
% of Calories											*27.1%	17.4%	49.9%	32.8%	11.7%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Tue - 04/26/2022																
ELEMENTARY LUNCH	Total	1														
TACO SOUP	1 CUP	1	257	50	1050	6.33	3.47	75.5	1111	13.97	*5	19.5	21.74	9.97	3.40	*0.00
CHEDDAR/ JACK FANCY SHRE D.25OZ	.25 OZ	1	28	6	43	0.00	0.00	50.6	63	0.0	0	1.52	0.25	2.28	1.52	0.00
SALAD BAR: 2 TUESDAY- INTE RM.	1 CUP	1	163	10	242	3.26	*0.53	*6.8	*1205	*8.84	*6	2.87	11.53	11.04	1.50	0.00
CINNAMON ROLL W. W.W. BRI DGFOR	ROLL	1	210	0	250	4.00	1.44	20.0	40	1.2	8	6.0	35.0	5.0	1.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			945	*82	1896	15.45	*5.63	*768.3	*3512	*59.52	*57	46.64	116.00	31.06	9.00	*0.00
% of Calories											*24.1%	19.7%	49.1%	29.6%	8.6%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Apr 1, 2022 thru Apr 29, 2022

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/27/2022																
ELEMENTARY LUNCH	Total	1														
MAC & CHEESE - JTM	6oz SER VINGS	1	317	46	779	2.00	*N/A*	*N/A*	*N/A*	*N/A*	3	15.0	28.0	16.0	8.90	0.00
GREEN BEANS 3/4 CUP	3/4 CUP	1	24	0	210	3.00	*N/A*	*N/A*	*N/A*	*N/A*	2	1.5	4.5	0.0	0.00	0.00
ROLL: 2 OZ SCHOOL MADE	ROLL	1	141	11	309	4.65	1.35	14.1	101	0.0	*1	3.87	27.1	2.79	0.98	*0.00
FRUIT, CANNED OPTION	1/2 C SE RVING	1	65	0	5	1.00	*0.18	*5.0	*N/A*	*5.25	14	0.25	16.25	0.0	0.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			884	*72	2045	12.52	*2.08	*654.5	*1295	*43.17	*57 *26.0%	37.37 16.9%	136.32 61.7%	21.56 21.9%	11.46 11.7%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Thu - 04/28/2022																
ELEMENTARY LUNCH	Total	1														
TANGERINE CHICKEN	3.9oz SE RVINGS	1	190	45	380	2.00	*N/A*	*N/A*	*N/A*	*N/A*	13	14.0	25.0	4.0	1.00	0.00
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	0	580	2.00	1.44	20.0	2501	4.8	*N/A*	3.0	24.01	2.5	0.00	0.00
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	152	20	327	2.02	*0.66	*14.5	*1040	*10.77	*5	1.57	9.53	9.89	2.02	0.00
NORMANDY VEGETABLES 1/2 C	1/2 C SE RVING	1	15	0	15	1.00	0.00	0.0	375	7.5	2	0.5	2.5	0.0	0.00	0.00
APPLE FILLED DONUT	SERVINGS	1	270	0	320	3.00	1.44	20.0	*N/A*	*N/A*	8	6.0	33.0	13.0	5.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			1044	*80	1934	11.89	*3.73	*670.0	*5010	*58.59	*65 *25.0%	41.82 16.0%	141.52 54.2%	32.17 27.7%	9.60 8.3%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Apr 1, 2022 thru Apr 29, 2022

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/29/2022																
ELEMENTARY LUNCH	Total	1														
CHEESE BITES, WILD MIKE'S	4 BITES	1	283	20	547	4.05	*N/A*	*N/A*	*N/A*	*N/A*	0	16.2	28.35	12.15	4.05	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	129	20	299	2.36	0.66	30.1	6005	34.31	*1	1.42	6.31	9.21	2.07	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
JELL-O	GEL CUP	1	100	0	45	0.00	0.00	0.0	110	0.0	22	0.0	25.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			800	*55	1202	8.27	*0.85	*645.5	*7209	*69.83	*61	34.37	107.13	24.14	7.69	*0.00
% of Calories											*30.3%	17.2%	53.6%	27.2%	8.7%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Weighted Average			940	*81	1817	11.61	*4.67	*751.6	*4428	*58.60	*62	40.33	126.92	29.35	9.15	*0.00
											*59.0%	17.2%	54.0%	28.1%	8.8%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	940		645	146%				
Cholesterol (mg)	81				Missing			
Sodium 1 (mg)	1817						1817	
Sodium 2 (mg)	1817						1817	
Fiber (g)	11.61							
Iron (mg)	4.67		3.30	141%	Missing			
Calcium (mg)	751.6		267.00	282%	Missing			
Vitamin A (IU)	4428		1055	420%	Missing			
Sugars (g)	62	26.21%			Missing			
Vitamin C (mg)	58.60		15.00	391%	Missing			
Protein (g)	40.33	17.17%	8.87	455%				
Carbohydrate (g)	126.92	54.02%						
Total Fat (g)	29.35	28.11%	<=30.00%					
Saturated Fat (g)	9.15	8.76%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.