

# Washington County School District

Apr 1, 2022 thru Apr 29, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 3/28/2022 10:50:54 AM

	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 <sup>1</sup> (g)
<b>Fri - 04/01/2022</b>																
SECONDARY LUNCH 9-12	Total	1														
WILD MIKE'S PEPPERONI CHE ESY B	SERVINGS	1	340	35	580	3.00	1.80	400.0	500	9.0	4	20.0	34.0	18.0	9.00	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.92	0.80	38.4	6081	50.91	*2	3.0	9.73	6.29	0.60	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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			866	*60	1088	8.84	2.90	1062.5	7837	113.37	*71	40.18	124.34	27.22	11.22	*0.00
% of Calories											*32.6%	18.6%	57.4%	28.3%	11.7%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

<b>Mon - 04/04/2022</b>																
SECONDARY LUNCH 9-12	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. 3/4 CUP	6 OZ	1	210	0	450	3.00	0.54	0.0	0	7.2	0	3.0	33.0	7.5	2.25	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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
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
TWIN BAR, WG	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
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	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
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
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

\*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

<sup>1</sup> - 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.

# Washington County School District

Apr 1, 2022 thru Apr 29, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 2

Generated on: 3/28/2022 10:50:54 AM

	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 <sup>1</sup> (g)
ALT SEC WEEKLY 1st CHO	Total	1														
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	1.80	450.0	500	9.0	2	20.0	29.0	9.0	3.00	0.00
BREADSTICK, CHEESE WG	SERVING	1	140	15	270	1.00	0.72	100.0	300	0.0	1	7.0	15.0	6.0	2.00	0.00
SALAD - ALT LINE	SERVINGS	1	29	0	24	2.02	0.60	34.7	4682	19.4	*2	1.8	6.07	0.11	0.03	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
FRUIT, CANNED OPTION	1/2 C SE R VING	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
COOKIE - CHOICE	SERVINGS	1	194	12	174	4.03	1.15	50.7	981	0.01	*13	3.31	29.02	8.14	3.25	*0.00
MARINARA SAUCE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	745	8.94	3	1.99	11.93	1.49	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	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			1233	*248	2142	14.34	*4.80	*986.3	*5016	*83.89	*79	47.31	177.60	37.21	9.29	*0.00
% of Calories											*25.7%	15.3%	57.6%	27.2%	6.8%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Tue - 04/05/2022																
SECONDARY LUNCH 9-12	Total	1														
SOFT FLOUR TACO:SEC	1 serving	1	254	49	437	3.00	1.44	120.1	418	0.6	1	17.01	23.0	10.0	3.20	0.00
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	14	0	6	1.10	0.32	10.1	569	7.16	2	0.95	2.86	0.09	0.01	0.00
CHEDDAR/ JACK FANCY SHRE D-.5OZ	.5 OZ	1	56	13	86	0.00	0.00	101.2	127	0.0	0	3.04	0.51	4.56	3.04	0.00
REFRIED BEANS, V V	1/2 C SE R VINGS	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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	259	4.51	*0.70	*13.6	*2204	*15.28	*11	3.74	19.06	11.08	1.51	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

\*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  
<sup>1</sup> - 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.

# Washington County School District

Apr 1, 2022 thru Apr 29, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 3

Generated on: 3/28/2022 10:50:54 AM

	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 <sup>1</sup> (g)
ALT SEC WEEKLY 1st CHOICE	Total	1														
SLOPPY JOE: JTM SECONDARY	3.92oz S ERVING	1	324	54	573	4.00	1.44	60.0	15	3.6	15	20.05	42.06	8.53	2.71	0.00
TATER GEMS	3/4 C SE RVING	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
CARROT STICKS 1/2 CUP	1/2 CUP	1	136	20	311	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	9.21	2.03	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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
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			1073	*88	2190	15.80	*2.83	*843.6	*10448	*72.01	*70	45.48	146.89	32.97	9.12	*0.00
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Wed - 04/06/2022																
SECONDARY LUNCH 9-12	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
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	9.00	0.36	20.0	0	0.0	0	2.0	18.0	5.0	2.50	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 : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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

\*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

<sup>1</sup> - 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.**

# Washington County School District

Apr 1, 2022 thru Apr 29, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 4

Generated on: 3/28/2022 10:50:54 AM

	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 <sup>1</sup> (g)
ALT SEC WEEKLY 1st CHO	Total	1														
HAMBURGER - OPTION LINE	SERVINGS	1	416	74	837	4.01	*1.44	*210.0	*315	*3.6	4	23.06	29.0	22.56	9.82	0.80
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
CARROTS 1 CUP	1 CUP	1	130	10	227	4.92	1.53	54.0	23459	4.51	*1	2.07	15.86	6.2	0.53	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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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
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
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 % of Calories			995	*91	2322	17.84	*3.40	*792.9	*13578	*67.23	*65 *26.3%	47.01 18.9%	137.39 55.2%	28.54 25.8%	9.67 8.7%	*0.40 *0.4%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Thu - 04/07/2022																
SECONDARY LUNCH 9-12	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 (SEC)	1 CUP	1	160	0	139	2.00	0.72	2.2	0	0.0	*0	4.0	32.96	1.5	0.00	*0.00
NORMANDY VEGETABLES 1 CUP	1 CUP	1	30	0	30	2.00	0.00	0.0	750	15.0	3	1.0	5.0	0.0	0.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	105	0	155	4.04	*1.32	*29.1	*2080	*21.54	*10	3.15	19.09	1.84	0.05	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

\*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.

# Washington County School District

Apr 1, 2022 thru Apr 29, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 5

Generated on: 3/28/2022 10:50:54 AM

	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 <sup>1</sup> (g)
ALT SEC WEEKLY 1st CHO	Total	1														
CALZONE, MINI, WG	SERVINGS	1	325	23	490	4.00	1.80	225.0	*N/A*	*N/A*	6	16.5	40.01	11.5	5.00	0.00
MARINARA SAUCE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	745	8.94	3	1.99	11.93	1.49	0.00	0.00
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	210	0	450	3.00	0.54	0.0	0	7.2	0	3.0	33.0	7.5	2.25	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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
	RIVING															
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
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			1003	*203	1894	12.97	*4.16	*797.1	*3267	*84.25	*77	39.27	163.97	20.59	7.21	*0.00
% of Calories											*30.6%	15.7%	65.4%	18.5%	6.5%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Fri - 04/08/2022																
	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 <sup>1</sup> (g)
SECONDARY LUNCH 9-12	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
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
MIXED FRESH VEGETABLES: SEC	1 CUP	1	107	10	151	2.92	0.80	38.4	6081	50.91	*2	3.0	9.73	6.29	0.60	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	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			906	*60	1223	9.84	3.62	912.5	7747	104.37	*49	39.18	115.34	35.72	8.72	*0.00
% of Calories											*21.4%	17.3%	50.9%	35.5%	8.7%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

\*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.

# Washington County School District

Apr 1, 2022 thru Apr 29, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 6

Generated on: 3/28/2022 10:50:54 AM

	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 <sup>1</sup> (g)
Mon - 04/11/2022																
SECONDARY LUNCH 9-12	Total	1														
MINI CORN DOG NUGGETS ( SEC)	6 EACH	1	250	60	420	3.00	1.80	100.0	5	1.2	1	10.0	30.0	10.0	2.50	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 : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
FRUIT, CANNED OPTION	1/2 C SE R Ving	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
CARROT STICKS 1/2 CUP	1/2 CUP	1	136	20	311	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	9.21	2.03	0.00
SWEET CAKE	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
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
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
ALT SEC WEEKLY 1st CHO																
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	1.80	450.0	500	9.0	2	20.0	29.0	9.0	3.00	0.00
BREADSTICK, CHEESE WG	SERVING	1	140	15	270	1.00	0.72	100.0	300	0.0	1	7.0	15.0	6.0	2.00	0.00
SALAD - ALT LINE	SERVINGS	1	29	0	24	2.02	0.60	34.7	4682	19.4	*2	1.8	6.07	0.11	0.03	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
FRUIT, CANNED OPTION	1/2 C SE R Ving	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
COOKIE - CHOICE	SERVINGS	1	194	12	174	4.03	1.15	50.7	981	0.01	*13	3.31	29.02	8.14	3.25	*0.00
MARINARA SAUCE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	745	8.94	3	1.99	11.93	1.49	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	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			1230	*246	2042	14.49	*4.66	*1042.1	*12810	*81.96	*89	42.32	177.23	38.98	11.49	*0.00
% of Calories											*29.1%	13.8%	57.6%	28.5%	8.4%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

\*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  
<sup>1</sup> - 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.

# Washington County School District

Apr 1, 2022 thru Apr 29, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 7

Generated on: 3/28/2022 10:50:54 AM

	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 <sup>1</sup> (g)
<b>Tue - 04/12/2022</b>																
SECONDARY LUNCH 9-12	Total	1														
CHICKEN LIME BURRITO	SERVINGS	1	433	66	696	6.82	5.22	84.1	501	1.59	*2	29.6	51.81	10.79	3.14	*0.00
REFRIED BEANS, V V	1/2 C SERVINGS	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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	259	4.51	*0.70	*13.6	*2204	*15.28	*11	3.74	19.06	11.08	1.51	0.00
MAPLE BITES, WG (2)	2 MAPLE BITES	1	140	0	150	2.00	0.72	40.0	0	0.0	10	2.0	26.0	3.0	0.60	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
ALT SEC WEEKLY 1st CHO	Total	1														
SLOPPY JOE: JTM SECONDARY	3.92oz SERVING	1	324	54	573	4.00	1.44	60.0	15	3.6	15	20.05	42.06	8.53	2.71	0.00
TATER GEMS	3/4 C 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
CARROT STICKS 1/2 CUP	1/2 CUP	1	136	20	311	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	9.21	2.03	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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
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			1137	*90	1772	17.66	*4.56	*739.9	*9891	*68.92	*71	49.78	162.11	30.80	7.37	*0.00
% of Calories											*25.0%	17.5%	57.0%	24.4%	5.8%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

\*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

<sup>1</sup> - 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.

# Washington County School District

Apr 1, 2022 thru Apr 29, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 8

Generated on: 3/28/2022 10:50:54 AM

	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 <sup>1</sup> (g)
Wed - 04/13/2022																
SECONDARY LUNCH 9-12	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
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	9.00	0.36	20.0	0	0.0	0	2.0	18.0	5.0	2.50	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 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
FRUIT BAR : SECONDARY	RVING															
MARGARINE REDDIES: (1)	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
MILK : CHOCOLATE MILK FAT FREE	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 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
ALT SEC WEEKLY 1st CHO	Total	1														
HAMBURGER - OPTION LINE	SERVINGS	1	416	74	837	4.01	*1.44	*210.0	*315	*3.6	4	23.06	29.0	22.56	9.82	0.80
SHREDDED LETTUCE & TOMATO-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
CARROTS 1 CUP	1 CUP	1	130	10	227	4.92	1.53	54.0	23459	4.51	*1	2.07	15.86	6.2	0.53	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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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
PICKLE:, CHIPS	RVING															
KETCHUP : P/C	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
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
LIGHT MAYONNAISE	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	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 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 % of Calories	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
Nutrient Guideline			1014	*90	2295	17.84	*3.34	*793.5	*13578	*67.23	*66	41.49	137.63	32.84	11.17	*0.40
			846				4.50	400.00	1500	19.20	*26.2%	16.4%	54.3%	29.2%	9.9%	*0.4%

\*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  
<sup>1</sup> - 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.



# Washington County School District

Apr 1, 2022 thru Apr 29, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 9

Generated on: 3/28/2022 10:50:54 AM

	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 <sup>1</sup> (g)
Thu - 04/14/2022																
SECONDARY LUNCH 9-12 SANDWICH, TURKEY HAM AND CHEESE	Total 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 STICKS 1/2 CUP	1/2 CUP	1	136	20	311	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	9.21	2.03	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 (SEC)	1 CUP	1	109	*0	2	4.45	0.43	33.1	173	77.1	19	1.55	27.51	0.52	0.11	*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
ALT SEC WEEKLY 1st CHO																
CALZONE, MINI, WG	Total SERVINGS	1	325	23	490	4.00	1.80	225.0	*N/A*	*N/A*	6	16.5	40.01	11.5	5.00	0.00
MARINARA SAUCE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	745	8.94	3	1.99	11.93	1.49	0.00	0.00
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	210	0	450	3.00	0.54	0.0	0	7.2	0	3.0	33.0	7.5	2.25	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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
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
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			1147	*219	2168	14.04	*3.74	*969.3	*9126	*81.59	*83	41.19	168.99	33.87	10.80	*0.00
% of Calories											*29.0%	14.4%	59.0%	26.6%	8.5%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

\*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

<sup>1</sup> - 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.

# Washington County School District

Apr 1, 2022 thru Apr 29, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 10

Generated on: 3/28/2022 10:50:54 AM

	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 <sup>1</sup> (g)
Tue - 04/19/2022																
SECONDARY LUNCH 9-12	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 SERVINGS	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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	259	4.51	*0.70	*13.6	*2204	*15.28	*11	3.74	19.06	11.08	1.51	0.00
COOKIE: PUMPKIN CHOCOLATE CHIP	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
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
ALT SEC WEEKLY 1st CHO	Total	1														
SLOPPY JOE: JTM SECONDARY	3.92oz SERVING	1	324	54	573	4.00	1.44	60.0	15	3.6	15	20.05	42.06	8.53	2.71	0.00
TATER GEMS	3/4 C 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
CARROT STICKS 1/2 CUP	1/2 CUP	1	136	20	311	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	9.21	2.03	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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
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			1117	*88	1757	18.16	*3.63	*870.5	*10566	*71.32	*71	45.67	153.49	34.21	11.23	*0.00
% of Calories											*25.3%	16.4%	55.0%	27.6%	9.0%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

\*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  
<sup>1</sup> - 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.

# Washington County School District

Apr 1, 2022 thru Apr 29, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 11

Generated on: 3/28/2022 10:50:54 AM

	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 <sup>1</sup> (g)
<b>Wed - 04/20/2022</b>																
SECONDARY LUNCH 9-12	Total	1														
CHICKEN POTATO BOWL -S-D	SERVINGS	1	331	71	810	10.13	*1.23	*72.6	*89	*0.02	2	24.64	27.6	13.06	5.24	*0.00
ICED																
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															
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 BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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															
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
<b>ALT SEC WEEKLY 1st CHO</b>																
HAMBURGER - OPTION LINE	Total	1														
SHREDDED LETTUCE & TOMA	SERVINGS	1	416	74	837	4.01	*1.44	*210.0	*315	*3.6	4	23.06	29.0	22.56	9.82	0.80
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
CARROTS 1 CUP	1 CUP	1	130	10	227	4.92	1.53	54.0	23459	4.51	*1	2.07	15.86	6.2	0.53	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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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															
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
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	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			1050	*101	1973	19.41	*4.07	*832.6	*14789	*68.84	*66	45.81	143.19	31.90	11.04	*0.40
% of Calories											*25.1%	17.4%	54.5%	27.3%	9.5%	*0.3%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

\*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  
<sup>1</sup> - 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.**

# Washington County School District

Apr 1, 2022 thru Apr 29, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 12

Generated on: 3/28/2022 10:50:54 AM

	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 <sup>1</sup> (g)
<b>Thu - 04/21/2022</b>																
SECONDARY LUNCH 9-12	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 : SEC	8 OZ	1	219	0	977	3.37	2.42	33.7	4211	8.09	*N/A*	5.05	40.42	4.21	0.00	0.00
NORMANDY VEGETABLES 1 CUP	1 CUP	1	30	0	30	2.00	0.00	0.0	750	15.0	3	1.0	5.0	0.0	0.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	105	0	155	4.04	*1.32	*29.1	*2080	*21.54	*10	3.15	19.09	1.84	0.05	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
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
<b>ALT SEC WEEKLY 1st CHO</b>																
CALZONE, MINI, WG	Total SERVINGS	1	325	23	490	4.00	1.80	225.0	*N/A*	*N/A*	6	16.5	40.01	11.5	5.00	0.00
MARINARA SAUCE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	745	8.94	3	1.99	11.93	1.49	0.00	0.00
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	210	0	450	3.00	0.54	0.0	0	7.2	0	3.0	33.0	7.5	2.25	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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
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
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			1081	*198	2191	15.12	*4.87	*800.4	*5140	*87.69	*75	42.65	172.53	24.71	8.27	*0.00
% of Calories											*27.6%	15.8%	63.8%	20.6%	6.9%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

<b>Fri - 04/22/2022</b>																
SECONDARY LUNCH 9-12	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
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.92	0.80	38.4	6081	50.91	*2	3.0	9.73	6.29	0.60	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
CHAT SNAX VANILLA CRUNCH GRAHA	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
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

\*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.

# Washington County School District

Apr 1, 2022 thru Apr 29, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 13

Generated on: 3/28/2022 10:50:54 AM

	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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			836	*50	1118	9.84	3.62	*812.5	*7242	*104.37	*56 *26.6%	38.17 18.3%	113.33 54.2%	30.22 32.5%	7.22 7.8%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Mon - 04/25/2022																
SECONDARY LUNCH 9-12	Total	1														
CHEESEBURGER 100 % BEEF: SEC	PATTY	1	397	64	840	3.03	34.74	223.7	315	3.63	4	27.08	28.1	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
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
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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
FRUIT, CANNED OPTION	1/2 C SE R Ving	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
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
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
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
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
ALT SEC WEEKLY 1st CHO	Total	1														
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	1.80	450.0	500	9.0	2	20.0	29.0	9.0	3.00	0.00
BREADSTICK, CHEESE WG	SERVING	1	140	15	270	1.00	0.72	100.0	300	0.0	1	7.0	15.0	6.0	2.00	0.00
SALAD - ALT LINE	SERVINGS	1	29	0	24	2.02	0.60	34.7	4682	19.4	*2	1.8	6.07	0.11	0.03	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
FRUIT, CANNED OPTION	1/2 C SE R Ving	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
COOKIE - CHOICE	SERVINGS	1	194	12	174	4.03	1.15	50.7	981	0.01	*13	3.31	29.02	8.14	3.25	*0.00
MARINARA SAUCE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	745	8.94	3	1.99	11.93	1.49	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	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			1191	*237	2277	13.55	*21.20	*1101.8	*5424	*83.66	*78 *26.3%	50.92 17.1%	160.72 54.0%	38.45 29.1%	12.54 9.5%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

\*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

<sup>1</sup> - 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.

# Washington County School District

Apr 1, 2022 thru Apr 29, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 14

Generated on: 3/28/2022 10:50:54 AM

	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 <sup>1</sup> (g)
<b>Tue - 04/26/2022</b>																
SECONDARY LUNCH 9-12	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-.5OZ	.5 OZ	1	56	13	86	0.00	0.00	101.2	127	0.0	0	3.04	0.51	4.56	3.04	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 : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	259	4.51	*0.70	*13.6	*2204	*15.28	*11	3.74	19.06	11.08	1.51	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
ALT SEC WEEKLY 1st CHO SLOPPY JOE: JTM SECONDARY	Total	1														
	3.92oz SERVING	1	324	54	573	4.00	1.44	60.0	15	3.6	15	20.05	42.06	8.53	2.71	0.00
TATER GEMS	3/4 C 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
CARROT STICKS 1/2 CUP	1/2 CUP	1	136	20	311	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	9.21	2.03	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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
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			1039	*89	1804	14.82	*4.04	*776.2	*10235	*75.71	*71 *27.3%	44.62 17.2%	139.13 53.6%	32.35 28.0%	9.21 8.0%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

\*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.

# Washington County School District

Apr 1, 2022 thru Apr 29, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 15

Generated on: 3/28/2022 10:50:54 AM

	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 <sup>1</sup> (g)
Wed - 04/27/2022																
SECONDARY LUNCH 9-12	Total	1														
BREADED PORK PATTY	PATTY	1	260	40	330	2.00	2.00	40.0	0	0.0	1	16.0	11.0	17.0	4.50	0.00
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	9.00	0.36	20.0	0	0.0	0	2.0	18.0	5.0	2.50	0.00
GRAVY, BROWN LOW SODIUM	1/4 CUP	1	2	0	19	0.00	0.01	1.1	0	0.0	0	0.0	0.37	0.0	0.00	*0.00
CORN 1/2 CUP	1/2 CUP	1	65	0	15	2.00	*N/A*	*N/A*	*N/A*	*N/A*	3	2.0	15.0	1.0	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
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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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
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
ALT SEC WEEKLY 1st CHO	Total	1														
HAMBURGER - OPTION LINE	SERVINGS	1	416	74	837	4.01	*1.44	*210.0	*315	*3.6	4	23.06	29.0	22.56	9.82	0.80
SHREDDED LETTUCE & TOMATO-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
CARROTS 1 CUP	1 CUP	1	130	10	227	4.92	1.53	54.0	23459	4.51	*1	2.07	15.86	6.2	0.53	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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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
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
KETCHUP : P/C	1 Each	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			1115	*87	2135	18.84	*4.34	*823.5	*13628	*68.43	*67	43.49	153.41	36.87	11.92	*0.40
% of Calories											*24.0%	15.6%	55.0%	29.8%	9.6%	*0.3%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

\*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  
<sup>1</sup> - 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.**

# Washington County School District

Apr 1, 2022 thru Apr 29, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 16

Generated on: 3/28/2022 10:50:54 AM

	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 <sup>1</sup> (g)
<b>Thu - 04/28/2022</b>																
SECONDARY LUNCH 9-12	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 : SEC	8 OZ	1	219	0	977	3.37	2.42	33.7	4211	8.09	*N/A*	5.05	40.42	4.21	0.00	0.00
NORMANDY VEGETABLES 1 CUP	1 CUP	1	30	0	30	2.00	0.00	0.0	750	15.0	3	1.0	5.0	0.0	0.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	105	0	155	4.04	*1.32	*29.1	*2080	*21.54	*10	3.15	19.09	1.84	0.05	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
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
<b>ALT SEC WEEKLY 1st CHO</b>																
CALZONE, MINI, WG	Total SERVINGS	1	325	23	490	4.00	1.80	225.0	*N/A*	*N/A*	6	16.5	40.01	11.5	5.00	0.00
MARINARA SAUCE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	745	8.94	3	1.99	11.93	1.49	0.00	0.00
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	210	0	450	3.00	0.54	0.0	0	7.2	0	3.0	33.0	7.5	2.25	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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
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
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			1081	*198	2191	15.12	*4.87	*800.4	*5140	*87.69	*75	42.65	172.53	24.71	8.27	*0.00
% of Calories											*27.6%	15.8%	63.8%	20.6%	6.9%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

<b>Fri - 04/29/2022</b>																
SECONDARY LUNCH 9-12	Total	1														
WILD MIKE'S PEPPERONI CHE	SERVINGS	1	340	35	580	3.00	1.80	400.0	500	9.0	4	20.0	34.0	18.0	9.00	0.00
ESY B																
MIXED FRESH VEGETABLES:S	1 CUP	1	107	10	151	2.92	0.80	38.4	6081	50.91	*2	3.0	9.73	6.29	0.60	0.00
EC																
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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

\*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.



# Washington County School District

Apr 1, 2022 thru Apr 29, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 17

Generated on: 3/28/2022 10:50:54 AM

	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 <sup>1</sup> (g)
Weighted Daily Average			866	*60	1088	8.84	2.90	1062.5	7837	113.37	*71	40.18	124.34	27.22	11.22	*0.00
% of Calories											*32.6%	18.6%	57.4%	28.3%	11.7%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Weighted Average			1052	*132	1877	14.60	*4.82	*885.3	*9121	*83.47	*71	43.55	149.69	31.55	9.84	*0.08
											*60.7%	16.6%	56.9%	27.0%	8.4%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1052		846	124%				
Cholesterol (mg)	132				Missing			
Sodium 1 (mg)	1877						1877	
Sodium 2 (mg)	1877						1877	
Fiber (g)	14.60							
Iron (mg)	4.82		4.50	107%	Missing			
Calcium (mg)	885.3		400.00	221%	Missing			
Vitamin A (IU)	9121		1500	608%	Missing			
Sugars (g)	71	27.00%			Missing			
Vitamin C (mg)	83.47		19.20	435%	Missing			
Protein (g)	43.55	16.56%	16.70	261%				
Carbohydrate (g)	149.69	56.94%						
Total Fat (g)	31.55	27.00%	<=30.00%					
Saturated Fat (g)	9.84	8.42%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.08	0.07%			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

<sup>1</sup> - 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.