

Washington County School District

Apr 3, 2023 thru Apr 28, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/03/2023															
INTERMEDIATE LUNCH 6-8	Total	1													
CHICKEN BITES-SEC	5 PIECES	1	270	65	710	3.00	1.00	19.0	0.0	*N/A*	22.01	23.01	10.01	2.00	0.00
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	210	0	450	3.00	0.54	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	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
DINNER SALAD	1 CUP	1	92	14	155	1.49	0.53	59.0	8.97	*2	1.47	7.49	6.02	1.01	0.00
TWIN BAR, WG	SERVINGS	1	249	14	225	2.70	*N/A*	*N/A*	*N/A*	15	2.6	43.0	7.3	0.80	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI															
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	1.80	450.0	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	0.0	1	7.0	15.0	6.0	2.00	0.00
DINNER SALAD - ALT LINE	SERVINGS	1	29	0	24	2.02	0.60	34.7	19.4	*2	1.8	6.07	0.11	0.03	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*0.00
MARINARA SAUCE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	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	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1119	*241	2242	12.49	*3.73	*981.0	*73.66	*63	47.89	157.36	32.57	7.64	*0.00
% of Calories										*22.7%	17.1%	56.3%	26.2%	6.1%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=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.

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Washington County School District

Apr 3, 2023 thru Apr 28, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/04/2023															
INTERMEDIATE LUNCH 6-8	Total	1													
SOFT FLOUR TACO:SEC	1 serving	1	254	49	437	3.00	1.44	120.1	0.6	1	17.01	23.0	10.0	3.20	0.00
LETTUCE & TOMATO:3/4 CUP-T	3/4 CUP	1	14	0	6	1.10	0.32	10.1	7.16	2	0.95	2.86	0.09	0.01	0.00
ACOS															
CHEDDAR/ JACK FANCY SHRED .25OZ	.25 OZ	1	28	6	43	0.00	0.00	50.6	0.0	0	1.52	0.25	2.28	1.52	0.00
REFRIED BEANS, V V	1/2 C SERVINGS	1	140	0	320	7.00	*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	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALAD BAR: 2 TUESDAY- INTER	1 CUP	1	167	12	261	3.26	*0.59	*8.4	*8.94	*6	3.43	11.53	11.28	1.58	0.00
GRAHAM, TIGER BITES ORIGINA	SERVINGS	1	120	0	105	1.00	*N/A*	*N/A*	*N/A*	8	2.0	21.0	4.0	1.00	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI	Total	1													
NACHOS	SERVINGS	1	591	78	1009	7.75	*0.36	*520.0	*0.6	2	28.0	48.5	32.75	10.57	0.00
CHILI, THREE BEAN JTM	1/4 CUP	1	65	0	134	2.75	*N/A*	*N/A*	*N/A*	2	3.0	9.5	1.75	0.27	0.00
LETTUCE & TOMATO:3/4 CUP-T	3/4 CUP	1	14	0	6	1.10	0.32	10.1	7.16	2	0.95	2.86	0.09	0.01	0.00
ACOS															
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1022	*88	1631	16.58	*1.82	*983.7	*65.70	*54	49.35	128.77	35.42	10.72	*0.00
% of Calories										*21.1%	19.3%	50.4%	31.2%	9.4%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=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.

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/05/2023															
INTERMEDIATE LUNCH 6-8	Total	1													
CHICKEN SANDWICH- FR102 GK 7516	SERVINGS	1	330	50	800	4.00	2.08	77.0	2.4	2	23.0	39.0	9.5	1.50	0.00
SHREDDED LETTUCE & TOMAT O-DELI	1/2 CUP	1	13	0	6	1.04	0.31	9.6	6.48	2	0.91	2.67	0.08	0.01	0.00
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	2.00	0.36	0.0	4.8	0	2.0	22.0	5.0	1.50	0.00
COLESLAW	1/2 C. SE RVINGS	1	28	1	35	0.96	0.17	14.8	12.02	*3	0.48	4.61	1.12	0.20	*0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	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	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI	Total	1													
HAMBURGER - OPTION LINE	SERVINGS	1	306	49	437	4.01	*1.44	*60.0	*3.6	3	18.06	27.0	13.56	4.82	0.80
SHREDDED LETTUCE & TOMAT O-DELI	1/2 CUP	1	13	0	6	1.04	0.31	9.6	6.48	2	0.91	2.67	0.08	0.01	0.00
CARROT STICKS 3/4 CUP	3/4 CUP	1	115	20	275	1.03	0.11	12.2	2.17	2	0.34	3.53	9.09	2.01	0.00
CHIPS: DORITOS	bag	1	131	0	181	2.01	0.36	20.0	0.0	0	2.01	19.62	5.03	0.75	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	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	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	0.22	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	4.0	0.50	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			935	*80	2167	10.02	*2.94	*727.0	*58.12	*53	40.72	125.32	28.62	7.48	*0.40
% of Calories										*22.7%	17.4%	53.6%	27.6%	7.2%	*0.4%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/06/2023															
INTERMEDIATE LUNCH 6-8 SANDWICH, TURKEY HAM & CH EESE	Total SANDWIC HES	1													
		1	320	40	830	0.00	3.00	348.9	*N/A*	7	21.0	34.99	11.0	4.00	0.00
CHIPS: DORITOS	bag	1	131	0	181	2.01	0.36	20.0	0.0	0	2.01	19.62	5.03	0.75	0.00
CARROT & CELERY STICKS:INTE	3/4 CUP	1	123	12	214	3.05	0.84	41.9	3.41	*2	2.04	10.53	7.67	0.66	0.00
COOKIE: EASTER	COOKIE	1	172	6	78	1.00	0.72	10.0	0.0	15	1.7	26.9	6.7	1.80	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	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	4.0	0.50	0.00
MILK, 1% SHELF STABLE	CARTONS	1	100	10	105	0.00	*N/A*	*N/A*	*N/A*	12	8.0	12.0	2.5	1.50	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI															
CALZONE, MINI, WG	Total SERVINGS	1													
		1	325	23	490	4.00	1.80	225.0	*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	8.94	3	1.99	11.93	1.49	0.00	0.00
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	2.00	0.36	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	31.91	*8	0.75	14.48	0.28	0.08	*0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1019	*212	1960	9.01	*4.45	*958.2	*45.30	*64	44.48	141.69	30.33	9.43	*0.00
% of Calories										*25.3%	17.5%	55.6%	26.8%	8.3%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

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Tue - 04/11/2023															
INTERMEDIATE LUNCH 6-8	Total	1													
CHICKEN BURRITO	SERVINGS	1	251	68	612	2.85	*1.38	*54.3	*0.57	1	21.05	23.43	7.25	2.20	0.00
REFRIED BEANS, V V	1/2 C SERVINGS	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	1	7.0	24.0	2.5	0.00	0.00
CARROT STICKS 1/2 CUP	1/2 CUP	1	136	20	311	2.46	0.26	29.0	5.19	4	0.82	8.42	9.21	2.03	0.00
BROWNIE CUP, WG	BROWNIE	1	149	2	74	2.00	0.60	0.1	0.5	15	1.6	26.5	4.0	0.70	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALAD BAR: 2 TUESDAY- INTER	1 CUP	1	167	12	261	3.26	*0.59	*8.4	*8.94	*6	3.43	11.53	11.28	1.58	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI															
NACHOS	Total	1													
CHILI, THREE BEAN JTM	SERVINGS	1	591	78	1009	7.75	*0.36	*520.0	*0.6	2	28.0	48.5	32.75	10.57	0.00
LETTUCE & TOMATO:3/4 CUP-T ACOS	1/4 CUP	1	65	0	134	2.75	*N/A*	*N/A*	*N/A*	2	3.0	9.5	1.75	0.27	0.00
FRUIT BAR : SECONDARY	3/4 CUP	1	14	0	6	1.10	0.32	10.1	7.16	2	0.95	2.86	0.09	0.01	0.00
SALSA PICANTE	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*0.00
MILK : CHOCOLATE MILK FAT F REE	1 OZ	1	6	0	158	0.19	0.00	0.0	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	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			1082	*105	1833	17.69	*2.06	*935.0	*64.94	*59	50.35	134.38	37.46	10.31	*0.00
% of Calories										*21.7%	18.6%	49.7%	31.1%	8.6%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Wed - 04/12/2023															
INTERMEDIATE LUNCH 6-8	Total	1													
MAC & CHEESE - JTM	6oz SERVINGS	1	317	46	779	2.00	*N/A*	*N/A*	*N/A*	3	15.0	28.0	16.0	8.90	0.00
BREADSTICK, CHEESE WG	SERVING	1	140	15	270	1.00	0.72	100.0	0.0	1	7.0	15.0	6.0	2.00	0.00
GREEN BEANS: 1/2 C.	1/2 CUP	1	16	0	140	2.00	*N/A*	*N/A*	*N/A*	1	1.0	3.0	0.0	0.00	0.00
DINNER SALAD 2021	1 CUP	1	6	0	9	0.38	0.18	9.5	*0.96	0	0.49	1.16	0.02	0.01	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	0.0	1	1.0	2.0	6.0	0.50	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00

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Washington County School District

Apr 3, 2023 thru Apr 28, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI HAMBURGER - OPTION LINE	Total SERVINGS	1													
SHREDDED LETTUCE & TOMAT O-DELI	1/2 CUP	1	306	49	437	4.01	*1.44	*60.0	*3.6	3	18.06	27.0	13.56	4.82	0.80
CARROT STICKS 3/4 CUP	3/4 CUP	1	13	0	6	1.04	0.31	9.6	6.48	2	0.91	2.67	0.08	0.01	0.00
CHIPS: DORITOS	bag	1	115	20	275	1.03	0.11	12.2	2.17	2	0.34	3.53	9.09	2.01	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	131	0	181	2.01	0.36	20.0	0.0	0	2.01	19.62	5.03	0.75	0.00
PICKLE:, CHIPS	1 OZ.	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*0.00
KETCHUP : P/C	PC	1	5	0	340	0.00	0.00	0.0	0.0	1	0.0	1.0	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	3	0	63	0.22	0.00	0.0	0.0	0	0.22	0.33	0.22	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	40	5	85	0.00	0.00	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	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			888	*88	1819	8.71	*1.75	*721.0	*43.34	*49	39.77	104.19	32.77	11.33	*0.40
% of Calories										*22.1%	17.9%	46.9%	33.2%	11.5%	*0.4%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Thu - 04/13/2023															
INTERMEDIATE LUNCH 6-8 GENERAL TSO'S CHICKEN	Total 3.9oz SERVING	1													
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	210	50	450	2.00	*N/A*	*N/A*	*N/A*	13	12.0	24.0	7.0	1.00	0.00
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	80	0	70	1.00	0.36	1.1	0.0	*0	2.0	16.48	0.75	0.00	*0.00
MARSHMALLOW RICE TREAT	1 EACH	1	23	0	23	1.50	0.00	0.0	11.25	2	0.75	3.75	0.0	0.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	80	0	30	0.00	0.00	0.0	0.0	8	1.0	15.0	2.0	0.84	0.00
SALAD BAR: 3 THURSDAY'S:INTERM	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*0.00
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	55	6	68	0.76	*0.14	*6.5	*5.38	*3	1.32	5.1	3.16	0.30	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	64	0	6	0.80	*0.14	*4.0	*4.2	13	0.2	15.8	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00

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Washington County School District

Apr 3, 2023 thru Apr 28, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI	Total	1													
CALZONE, MINI, WG	SERVINGS	1	325	23	490	4.00	1.80	225.0	*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	8.94	3	1.99	11.93	1.49	0.00	0.00
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	2.00	0.36	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	31.91	*8	0.75	14.48	0.28	0.08	*0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			831	*203	1505	8.89	*2.31	*753.6	*54.01	*66	35.63	129.57	18.23	5.89	*0.00
% of Calories										*31.8%	17.2%	62.4%	19.7%	6.4%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Fri - 04/14/2023															
INTERMEDIATE LUNCH 6-8	Total	1													
WILD MIKE'S PEPPERONI CHEE SY B	SERVINGS	1	340	35	580	3.00	1.80	400.0	9.0	4	20.0	34.0	18.0	9.00	0.00
DINNER SALAD	1 CUP	1	92	14	155	1.49	0.53	59.0	8.97	*2	1.47	7.49	6.02	1.01	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PUDDING,CHOICE	SERVING	1	115	0	133	0.50	0.54	225.0	0.0	15	1.0	20.5	3.0	1.75	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI	Total	1													
DELI SANDWICH	SANDWIC	1	365	94	1130	2.00	1.79	210.0	3.98	3	30.48	23.65	16.77	6.98	0.00
APPLE OR ORANGE	1 EACH	1	70	0	1	3.34	0.16	24.7	29.72	14	0.69	18.21	0.21	0.03	0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	34.31	*2	2.42	8.31	6.21	0.57	0.00
CHIPS: DORITOS	BAG	1	131	0	181	2.01	0.36	20.0	0.0	0	2.01	19.62	5.03	0.75	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	0.0	1	1.0	2.0	6.0	0.50	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	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	4.0	0.50	0.00
DESSERT FRIDAY - CHOOSE ON	1 EACH	1	114	0	102	0.88	*0.13	*56.3	*0.0	13	1.25	21.88	2.75	0.94	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00

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Washington County School District

Apr 3, 2023 thru Apr 28, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			1030	*104	1693	9.35	*3.14	*1124.5	*71.53	*64	47.36	123.30	39.82	12.82	*0.00
% of Calories										*24.7%	18.4%	47.9%	34.8%	11.2%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Mon - 04/17/2023															
INTERMEDIATE LUNCH 6-8	Total	1													
CHICKEN CORDON BLEU	SANDWIC HES	1	520	105	1560	5.00	2.80	227.0	3.6	*4	35.0	46.0	21.0	7.50	0.00
SHREDDED LETTUCE & TOMAT O-DELI	1/2 CUP	1	13	0	6	1.04	0.31	9.6	6.48	2	0.91	2.67	0.08	0.01	0.00
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	2.00	0.36	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	31.91	*8	0.75	14.48	0.28	0.08	*0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
CREAMIES JR.	CREAMIE	1	93	16	39	0.00	0.00	260.0	3.45	*N/A*	2.0	14.0	3.5	2.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	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	0.22	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	4.0	0.50	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	0.0	1	0.0	1.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI	Total	1													
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	1.80	450.0	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	0.0	1	7.0	15.0	6.0	2.00	0.00
DINNER SALAD - ALT LINE	SERVINGS	1	29	0	24	2.02	0.60	34.7	19.4	*2	1.8	6.07	0.11	0.03	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*0.00
MARINARA SAUCE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	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	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1039	*252	2405	11.00	*4.20	*1175.9	*64.57	*56	52.71	135.53	30.98	10.10	*0.00
% of Calories										*21.4%	20.3%	52.2%	26.8%	8.7%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

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Washington County School District

Apr 3, 2023 thru Apr 28, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/18/2023															
INTERMEDIATE LUNCH 6-8	Total	1													
BEEF TACO STICK	1 EACH	1	345	52	631	3.85	2.77	328.8	6.37	1	20.07	31.87	12.82	8.35	0.00
REFRIED BEANS, V V	1/2 C SER VINGS	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	1	7.0	24.0	2.5	0.00	0.00
CARROT STICKS 1/2 CUP	1/2 CUP	1	136	20	311	2.46	0.26	29.0	5.19	4	0.82	8.42	9.21	2.03	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*0.00
SALAD BAR: 2 TUESDAY- INTER	1 CUP	1	167	12	261	3.26	*0.59	*8.4	*8.94	*6	3.43	11.53	11.28	1.58	0.00
APPLE FILLED DONUT	SERVINGS	1	270	0	320	3.00	1.44	20.0	*N/A*	8	6.0	33.0	13.0	5.00	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI															
NACHOS	SERVINGS	1	591	78	1009	7.75	*0.36	*520.0	*0.6	2	28.0	48.5	32.75	10.57	0.00
CHILI, THREE BEAN JTM	1/4 CUP	1	65	0	134	2.75	*N/A*	*N/A*	*N/A*	2	3.0	9.5	1.75	0.27	0.00
LETTUCE & TOMATO:3/4 CUP-T ACOS	3/4 CUP	1	14	0	6	1.10	0.32	10.1	7.16	2	0.95	2.86	0.09	0.01	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1174	*96	1965	18.16	*3.12	*1077.9	*58.62	*53	51.84	137.79	44.67	15.52	*0.00
% of Calories										*18.0%	17.7%	46.9%	34.2%	11.9%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Wed - 04/19/2023															
INTERMEDIATE LUNCH 6-8	Total	1													
TERIYAKI BEEF NUGGETS	4 Nugget	1	160	40	440	1.00	1.44	20.0	0.0	4	14.0	6.0	8.0	3.50	0.50
BUTTER MASHED POTATOES-se	2/3 cup	1	130	5	420	9.00	0.36	20.0	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	0.37	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*	3	2.0	15.0	1.0	0.00	0.00
WHOLE GRAIN BISCUIT: RICH'S	BISCUIT	1	190	0	670	1.89	1.28	38.2	0.23	2	4.0	23.0	9.0	5.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00

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Washington County School District

Apr 3, 2023 thru Apr 28, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI HAMBURGER - OPTION LINE	Total	1													
SHREDDED LETTUCE & TOMAT O-DELI	SERVINGS	1	306	49	437	4.01	*1.44	*60.0	*3.6	3	18.06	27.0	13.56	4.82	0.80
CARROT STICKS 3/4 CUP	1/2 CUP	1	13	0	6	1.04	0.31	9.6	6.48	2	0.91	2.67	0.08	0.01	0.00
CHIPS: DORITOS	3/4 CUP	1	115	20	275	1.03	0.11	12.2	2.17	2	0.34	3.53	9.09	2.01	0.00
FRUIT BAR :ELEMENTARY	bag	1	131	0	181	2.01	0.36	20.0	0.0	0	2.01	19.62	5.03	0.75	0.00
PICKLE:, CHIPS	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*0.00
KETCHUP : P/C	1 OZ.	1	5	0	340	0.00	0.00	0.0	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	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	0.22	0.33	0.22	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	POUCH	1	40	5	85	0.00	0.00	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	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			905	*75	1974	12.97	*2.85	*706.0	*42.97	*50	38.52	110.80	32.27	11.62	*0.65
% of Calories										*22.2%	17.0%	49.0%	32.1%	11.6%	*0.6%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Thu - 04/20/2023															
INTERMEDIATE LUNCH 6-8	Total	1													
TERIYAKI CHICKEN	2.4 OZ	1	115	70	330	0.00	0.72	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	4.8	*N/A*	3.0	24.01	2.5	0.00	0.00
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	23	0	23	1.50	0.00	0.0	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	31.91	*8	0.75	14.48	0.28	0.08	*0.00
SALAD BAR: 3 THURSDAY'S:INT ERM	1/2 CUP	1	55	6	68	0.76	*0.14	*6.5	*5.38	*3	1.32	5.1	3.16	0.30	0.00
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	147	8	145	4.70	1.02	44.4	0.01	*8	2.61	22.59	6.14	2.45	*0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00

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Washington County School District

Apr 3, 2023 thru Apr 28, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI	Total	1													
CALZONE, MINI, WG	SERVINGS	1	325	23	490	4.00	1.80	225.0	*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	8.94	3	1.99	11.93	1.49	0.00	0.00
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	2.00	0.36	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	31.91	*8	0.75	14.48	0.28	0.08	*0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			810	*217	1754	10.35	*3.65	*783.3	*54.32	*56	38.34	120.23	19.42	6.70	*0.00
% of Calories										*27.7%	18.9%	59.4%	21.6%	7.4%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Fri - 04/21/2023															
INTERMEDIATE LUNCH 6-8	Total	1													
PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	1.80	150.0	0.0	3	16.0	27.0	17.0	5.00	0.00
DINNER SALAD	1 CUP	1	92	14	155	1.49	0.53	59.0	8.97	*2	1.47	7.49	6.02	1.01	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*0.00
GRAHAM, TIGER BITES, CHOCO LATE	SERVINGS	1	120	0	125	2.00	*N/A*	*N/A*	*N/A*	7	2.0	21.0	4.0	1.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	0.0	1	1.0	2.0	6.0	0.50	0.00
MARINARA SAUCE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	8.94	3	1.99	11.93	1.49	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI	Total	1													
DELI SANDWICH	SANDWIC	1	365	94	1130	2.00	1.79	210.0	3.98	3	30.48	23.65	16.77	6.98	0.00
APPLE OR ORANGE	1 EACH	1	70	0	1	3.34	0.16	24.7	29.72	14	0.69	18.21	0.21	0.03	0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	34.31	*2	2.42	8.31	6.21	0.57	0.00
CHIPS: DORITOS	BAG	1	131	0	181	2.01	0.36	20.0	0.0	0	2.01	19.62	5.03	0.75	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	0.0	1	1.0	2.0	6.0	0.50	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	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	4.0	0.50	0.00
DESSERT FRIDAY - CHOOSE ON	1 EACH	1	114	0	102	0.88	*0.13	*56.3	*0.0	13	1.25	21.88	2.75	0.94	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00

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Washington County School District

Apr 3, 2023 thru Apr 28, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			1042	*248	1982	11.10	*3.58	*906.9	*71.50	*61	46.85	126.01	40.57	10.45	*0.00
% of Calories										*23.3%	18.0%	48.4%	35.0%	9.0%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Mon - 04/24/2023															
INTERMEDIATE LUNCH 6-8	Total	1													
HAMBURGER 100% BEEF :ELE	PATTY	1	257	39	390	2.03	34.38	73.7	2.43	2	21.08	21.1	10.15	3.40	0.00
CHEESE: PROCESS SLICE	1 oz.	1	109	25	395	0.00	0.00	148.2	0.0	1	4.94	1.98	8.89	4.94	*N/A*
SHREDDED LETTUCE & TOMAT	1/2 CUP	1	13	0	6	1.04	0.31	9.6	6.48	2	0.91	2.67	0.08	0.01	0.00
O-DELI															
TATER TOTS - MCCAIN	9 PIECES	1	110	0	201	2.01	0.18	*N/A*	*N/A*	1	1.0	17.04	4.01	0.50	0.00
CHOCOLATE CHIP COOKIES	1 EACH	1	99	10	126	1.05	0.50	27.0	0.0	*6	1.6	13.49	4.63	1.94	*0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	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	0.22	0.33	0.22	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	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	4.0	0.50	0.00
MILK : CHOCOLATE MILK FAT F	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
REE															
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI	Total	1													
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	1.80	450.0	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	0.0	1	7.0	15.0	6.0	2.00	0.00
DINNER SALAD - ALT LINE	SERVINGS	1	29	0	24	2.02	0.60	34.7	19.4	*2	1.8	6.07	0.11	0.03	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*0.00
MARINARA SAUCE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	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	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK FAT F	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
REE															
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			966	*229	2012	10.57	*20.21	*1061.2	*68.83	*61	47.73	125.41	30.14	10.01	*0.00
% of Calories										*25.1%	19.8%	51.9%	28.1%	9.3%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

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Washington County School District

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Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/25/2023															
INTERMEDIATE LUNCH 6-8															
TACO SOUP	Total	1													
	1 CUP	1	256	45	1006	6.30	*1.99	*64.9	*13.95	*5	18.89	21.65	10.25	3.59	*0.00
CHEDDAR/ JACK FANCY SHRED	.25 OZ	1	28	6	43	0.00	0.00	50.6	0.0	0	1.52	0.25	2.28	1.52	0.00
.25OZ															
CINNAMON ROLL W. W.W. BRID	ROLL	1	210	0	250	4.00	1.44	20.0	1.2	8	6.0	35.0	5.0	1.00	0.00
GFOR															
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	129	20	299	2.36	0.66	30.1	34.31	*1	1.42	6.31	9.21	2.07	0.00
SALAD BAR: 2 TUESDAY- INTER	1 CUP	1	167	12	261	3.26	*0.59	*8.4	*8.94	*6	3.43	11.53	11.28	1.58	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*0.00
MILK : CHOCOLATE MILK FAT F	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
REE															
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI															
NACHOS	Total	1													
	SERVINGS	1	591	78	1009	7.75	*0.36	*520.0	*0.6	2	28.0	48.5	32.75	10.57	0.00
CHILI, THREE BEAN JTM	1/4 CUP	1	65	0	134	2.75	*N/A*	*N/A*	*N/A*	2	3.0	9.5	1.75	0.27	0.00
LETTUCE & TOMATO:3/4 CUP-T	3/4 CUP	1	14	0	6	1.10	0.32	10.1	7.16	2	0.95	2.86	0.09	0.01	0.00
ACOS															
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK FAT F	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
REE															
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1053	*96	1895	16.77	*2.98	*976.1	*86.55	*55	48.90	124.12	39.29	11.93	*0.00
% of Calories										*20.9%	18.6%	47.2%	33.6%	10.2%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

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Portion Values - Detailed

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Wed - 04/26/2023															
INTERMEDIATE LUNCH 6-8	Total	1													
CHICKEN TENDER - TYSON	3 PIECES	1	254	24	380	2.93	*N/A*	*N/A*	*N/A*	1	14.63	15.6	14.63	2.44	0.00
POTATO, TRIPLE CHEESE TWICE BA	SERVINGS	1	230	25	309	2.00	*N/A*	*N/A*	*N/A*	4	5.99	25.95	11.98	4.99	0.00
SUNSHINE CARROTS 1/2 CUP	1/2 C SERVING	1	47	0	80	4.00	0.96	26.7	3.2	*N/A*	0.0	9.34	0.0	0.00	0.00
ROLLS - NO EGGS	SERVINGS	1	118	0	280	3.83	1.06	10.3	0.0	*2	2.91	23.19	2.26	0.81	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	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	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	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOICE	Total	1													
HAMBURGER - OPTION LINE	SERVINGS	1	306	49	437	4.01	*1.44	*60.0	*3.6	3	18.06	27.0	13.56	4.82	0.80
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	0.31	9.6	6.48	2	0.91	2.67	0.08	0.01	0.00
CARROT STICKS 3/4 CUP	3/4 CUP	1	115	20	275	1.03	0.11	12.2	2.17	2	0.34	3.53	9.09	2.01	0.00
CHIPS: DORITOS	bag	1	131	0	181	2.01	0.36	20.0	0.0	0	2.01	19.62	5.03	0.75	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	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	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	0.22	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	4.0	0.50	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			996	*77	1932	12.93	*2.55	*699.1	*54.63	*51	39.49	127.23	35.27	10.26	*0.40
% of Calories										*20.7%	15.9%	51.1%	31.9%	9.3%	*0.4%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

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Washington County School District

Apr 3, 2023 thru Apr 28, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/27/2023															
INTERMEDIATE LUNCH 6-8	Total	1													
CHERRY BLOSSOM CHICKEN F RO30:S	3.92 OZ	1	178	55	128	1.00	0.00	0.0	0.0	16	14.04	24.06	3.01	3.01	0.00
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	0	580	2.00	1.44	20.0	4.8	*N/A*	3.0	24.01	2.5	0.00	0.00
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	23	0	23	1.50	0.00	0.0	11.25	2	0.75	3.75	0.0	0.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:INT ERM	1/2 CUP	1	55	6	68	0.76	*0.14	*6.5	*5.38	*3	1.32	5.1	3.16	0.30	0.00
MUFFIN TOP, CHOC CHIP	MUFFINS	1	170	20	100	1.00	*N/A*	*N/A*	*N/A*	15	3.0	29.0	5.0	1.00	0.00
SOY SAUCE: PC	PC	1	10	0	500	0.00	0.00	0.0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI															
CALZONE, MINI, WG	SERVINGS	1	325	23	490	4.00	1.80	225.0	*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	8.94	3	1.99	11.93	1.49	0.00	0.00
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	2.00	0.36	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	31.91	*8	0.75	14.48	0.28	0.08	*0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			874	*216	1882	9.52	*2.83	*765.4	*63.29	*67	38.26	136.54	18.69	7.00	*0.00
% of Calories										*30.5%	17.5%	62.5%	19.2%	7.2%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Fri - 04/28/2023															
INTERMEDIATE LUNCH 6-8	Total	1													
WILD MIKE'S PEPPERONI CHEE SY B	SERVINGS	1	340	35	580	3.00	1.80	400.0	9.0	4	20.0	34.0	18.0	9.00	0.00
DINNER SALAD	1 CUP	1	92	14	155	1.49	0.53	59.0	8.97	*2	1.47	7.49	6.02	1.01	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	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	0.0	22	0.0	25.0	0.0	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00

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Washington County School District

Apr 3, 2023 thru Apr 28, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI	Total	1													
DELI SANDWICH	SANDWIC	1	365	94	1130	2.00	1.79	210.0	3.98	3	30.48	23.65	16.77	6.98	0.00
APPLE OR ORANGE	1 EACH	1	70	0	1	3.34	0.16	24.7	29.72	14	0.69	18.21	0.21	0.03	0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	34.31	*2	2.42	8.31	6.21	0.57	0.00
CHIPS: DORITOS	BAG	1	131	0	181	2.01	0.36	20.0	0.0	0	2.01	19.62	5.03	0.75	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	0.0	1	1.0	2.0	6.0	0.50	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	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	4.0	0.50	0.00
DESSERT FRIDAY - CHOOSE ON	1 EACH	1	114	0	102	0.88	*0.13	*56.3	*0.0	13	1.25	21.88	2.75	0.94	0.00
MILK : CHOCOLATE MILK FAT F	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
REE															
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1022	*104	1649	9.10	*2.87	*1012.0	*71.53	*67	46.86	125.55	38.32	11.95	*0.00
% of Calories										*26.3%	18.3%	49.1%	33.7%	10.5%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Weighted Average			989	*152	1905	11.96	*3.95	*908.2	*61.86	*58	44.73	128.54	32.49	10.06	*0.10
										*53.0%	18.1%	52.0%	29.6%	9.2%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	989		783	126%				
Cholesterol (mg)	152				Missing			
Sodium 1 (mg)	1905						1905	
Sodium 2 (mg)	1905						1905	
Fiber (g)	11.96							
Iron (mg)	3.95		4.50	88%	Missing	0.55		Correction Required - Iron is Low
Calcium (mg)	908.2		400.00	227%	Missing			
Sugars (g)	58	23.56%			Missing			
Vitamin C (mg)	61.86		16.70	370%	Missing			
Protein (g)	44.73	18.08%	15.00	298%	Missing			
Carbohydrate (g)	128.54	51.98%						
Total Fat (g)	32.49	29.56%	<=30.00%					
Saturated Fat (g)	10.06	9.16%	<10.00%					
Trans Fat ¹ (g)	0.10	0.09%			Missing			

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