

Washington County School District

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 7/10/2019 11:07:39 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 ¹ (g)
Mon - 08/12/2019																
INTERMEDIATE LUNCH 6-8	Total	1														
CHICKEN BITES-SEC	6 PIECES	1	257	43	585	2.00	1.00	19.0	35	0.0	1	20.0	18.0	13.0	2.00	0.00
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	2.00	0.36	0.0	0	4.8	0	2.0	22.0	5.0	1.50	0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	39	0	1	1.12	0.13	4.7	41	3.27	*4	0.37	10.17	0.16	0.05	0.00
SALAD BAR: MONDAYS:INTERM.	1/2 CUP	1	127	10	228	4.21	3.75	79.8	9970	24.86	*2	3.98	12.48	6.29	0.51	0.00
PUDDING,CHOICE	SERVING	1	115	0	133	0.50	0.54	225.0	75	0.0	15	1.0	20.5	3.0	1.75	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	8	0.0	8.34	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	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	500	9.0	2	20.0	29.0	9.0	3.00	0.00
MIXED FRESH VEGETABLES:INTER	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.57	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	79	0	2	2.23	0.25	9.4	82	6.54	*9	0.75	20.34	0.32	0.10	0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	157	20	383	4.21	3.75	79.8	9965	24.86	*1	2.98	10.48	9.29	2.01	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	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			937	69	1833	11.81	*6.30	*1058.9	*14702	*58.62	*58	42.75	126.30	28.64	7.24	0.00
% of Calories											*24.8%	18.2%	53.9%	27.5%	6.9%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	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.

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

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 2

Generated on: 7/10/2019 11:07:40 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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 08/13/2019																
INTERMEDIATE LUNCH 6-8																
	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	1/2 CUP	1	164	0	546	8.21	1.85	42.7	0	25.86	0	8.21	23.6	4.62	1.54	*0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	1.00	*N/A*	*N/A*	*N/A*	*N/A*	13	0.0	14.0	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	39	0	1	1.12	0.13	4.7	41	3.27	*4	0.37	10.17	0.16	0.05	0.00
SALAD BAR: 2 TUESDAY- INTE RM.	1/2 CUP	1	217	10	392	7.17	3.88	56.8	*5598	*17.62	*2	6.13	17.0	12.89	1.52	0.00
SWEET POTATO CAKE: NEUF CHATEL	SERVING	1	217	11	162	1.41	0.45	16.1	778	0.25	*26	1.56	35.9	7.97	1.94	*0.03
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0.00	0.0	89	0.0	0	0.89	1.77	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	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI																
	Total	1														
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	317	3.6	3	21.12	38.1	12.59	2.52	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 TOTS: 1/2 CUP	8 PIECES	1	140	0	280	2.00	0.72	0.0	0	2.4	0	2.0	16.0	7.0	1.50	0.00
CARROT & CELERY STICKS:IN TER	3/4 CUP	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	79	0	2	2.23	0.25	9.4	82	6.54	*9	0.75	20.34	0.32	0.10	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
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
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	8	0.0	8.34	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			1156	76	2423	18.49	*7.41	*905.1	*11158	*42.70	*65	48.02	154.14	37.56	10.84	*0.02
% of Calories											*22.6%	16.6%	53.3%	29.2%	8.4%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	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.

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

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 3

Generated on: 7/10/2019 11:07:40 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 ¹ (g)
Wed - 08/14/2019																
INTERMEDIATE LUNCH 6-8	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
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	502	2.00	0.37	41.1	148	6.0	*3	3.0	23.99	3.56	1.69	*0.00
SUNSHINE CARROTS;ELE	3/4 CUP	1	30	0	51	2.46	0.59	16.4	1443	1.97	*N/A*	0.0	5.75	0.14	0.03	0.00
ROLL: 2 OZ SCHOOL MADE	ROLL	1	138	11	376	4.70	1.36	14.1	81	0.0	*1	3.93	27.16	2.34	0.49	*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
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	1.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	15.0	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	39	0	1	1.12	0.13	4.7	41	3.27	*4	0.37	10.17	0.16	0.05	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	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI																
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	947	2.4	*4	16.0	32.0	26.42	11.35	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 :FALL:SEC	1 CUP	1	79	0	2	2.23	0.25	9.4	82	6.54	*9	0.75	20.34	0.32	0.10	0.00
CARROT & CELERY STICKS:IN TER	3/4 CUP	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	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	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			901	74	1973	10.28	*2.85	*863.8	*8448	*15.39	*48	36.55	115.28	31.82	11.06	*0.00
% of Calories											*21.4%	16.2%	51.2%	31.8%	11.0%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Thu - 08/15/2019																
INTERMEDIATE LUNCH 6-8	Total	1														
TERIYAKI CHICKEN	2.8 OZ	1	90	40	320	0.00	0.36	0.0	0	0.0	*N/A*	12.0	6.0	2.0	0.50	0.00
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	0	580	2.00	1.44	20.0	2501	4.8	*N/A*	3.0	24.01	2.5	0.00	0.00
NORMANDY VEGETABLES	3/4 CUP	1	23	0	23	1.50	0.00	0.0	563	11.25	2	0.75	3.75	0.0	0.00	0.00
MANDARIN ORANGE, FESTIVAL, CAN	SERVING	1	40	0	5	0.50	0.00	0.0	*N/A*	*N/A*	10	0.0	10.5	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	39	0	1	1.12	0.13	4.7	41	3.27	*4	0.37	10.17	0.16	0.05	0.00
SALAD BAR: 3 THURSDAY'S:IN TERM	1/2 CUP	1	121	10	185	3.52	2.51	59.5	6432	23.91	*1	3.83	11.16	6.4	0.53	0.00
BROWNIE CUP, WG	BROWNIE	1	146	1	72	2.00	0.60	0.1	23	0.5	14	1.5	26.0	4.0	0.70	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	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	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

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 4

Generated on: 7/10/2019 11:07:40 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 ¹ (g)
ALT INT WEEKLY 1st CHOI TACO SALAD -TOP N GO :ALT LINE	Total 2 CUP	1	443	37	742	13.52	15.19	404.4	36420	96.31	*1	21.99	54.38	15.03	5.29	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	79	0	2	2.23	0.25	9.4	82	6.54	*9	0.75	20.34	0.32	0.10	0.00
BEANS, CANNED, BLACK BEA N, LS	1/2 CUP	1	102	0	143	6.12	5.51	40.8	0	0.0	2	7.14	18.37	0.0	0.00	0.00
SALAD BAR: 3 THURSDAY'S:ELE RANCH: (WILD COYOTE LITE)	1/2 CUP	1	151	20	340	3.52	2.51	59.5	6427	23.91	*0	2.83	9.16	9.4	2.03	0.00
MILK : CHOCOLATE MILK FAT FREE	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 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			936	74	1559	18.01	14.25	899.3	*27248	*88.84	*53	43.58	129.92	25.40	6.34	0.00
Nutrient Guideline			783				4.50	400.00	1500	16.70	*22.5%	18.6%	55.5%	24.4%	6.1%	0.0%
												15.00		<=30.0	<10.00	

Fri - 08/16/2019																
INTERMEDIATE LUNCH 6-8	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
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
DINNER SALAD	1 CUP	1	62	0	87	5.17	6.75	118.6	17926	47.38	*0	3.55	11.53	0.02	0.01	0.00
PINEAPPLE, TIDBITS, CAN	SERVING	1	35	0	7	0.50	*N/A*	*N/A*	*N/A*	*N/A*	8	0.5	9.0	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	39	0	1	1.12	0.13	4.7	41	3.27	*4	0.37	10.17	0.16	0.05	0.00
FROZEN JUICE CUP	1 EACH	1	70	0	7	3.00	0.36	80.0	350	60.0	16	0.0	19.0	0.0	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	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	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

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 5

Generated on: 7/10/2019 11:07:40 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 ¹ (g)
ALT INT WEEKLY 1st CHOI EXPRESS BEEF & ONION BURGER: P	Total SANDWIC	1	316	45	711	3.00	2.93	144.7	344	4.81	*3	20.4	28.21	13.3	4.76	*0.50
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
CARROT & CELERY STICKS:IN TER	3/4 CUP	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	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
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
FROZEN JUICE CUP	1 EACH	1	70	0	7	3.00	0.36	80.0	350	60.0	16	0.0	19.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	8	0.0	8.34	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	0.0	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	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			903	213	1989	13.55	*7.63	*944.6	*17444	*100.75	*64 *28.3%	40.49 17.9%	122.16 54.1%	29.87 29.8%	7.62 7.6%	*0.25 *0.2%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Mon - 08/19/2019																
INTERMEDIATE LUNCH 6-8	Total	1														
MACARONI & CHEESE-E.S.FO ODS	6 OZ SE RVING	1	298	41	564	2.05	1.48	410.5	410	1.23	6	17.45	28.74	12.32	8.21	0.00
LIL SMOKIES	5 LINKS	1	140	30	350	0.00	0.72	*N/A*	*N/A*	*N/A*	1	8.0	1.0	11.0	4.50	0.00
TEXAS TOAST BC	SLICE	1	90	0	100	1.00	1.08	0.0	0	0.0	1	3.0	14.0	2.5	0.00	0.00
GREEN BEANS: 1/2 C.	1/2 CUP	1	21	0	266	2.01	0.95	27.6	370	4.56	*N/A*	1.27	4.77	0.11	0.02	*N/A*
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	39	0	1	1.12	0.13	4.7	41	3.27	*4	0.37	10.17	0.16	0.05	0.00
SALAD BAR: MONDAYS:INTERM.	1/2 CUP	1	127	10	228	4.21	3.75	79.8	9970	24.86	*2	3.98	12.48	6.29	0.51	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	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	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

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 6

Generated on: 7/10/2019 11:07:40 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 ¹ (g)
ALT INT WEEKLY 1st CHOI	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
MIXED FRESH VEGETABLES: I	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.57	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	79	0	2	2.23	0.25	9.4	82	6.54	*9	0.75	20.34	0.32	0.10	0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	157	20	383	4.21	3.75	79.8	9965	24.86	*1	2.98	10.48	9.29	2.01	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	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			915	83	1552	12.10	*7.29	*1145.9	*14674	*57.91	*50	46.11	109.64	31.10	10.98	*0.00
% of Calories											*21.8%	20.2%	47.9%	30.6%	10.8%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Tue - 08/20/2019																
INTERMEDIATE LUNCH 6-8	Total	1														
TACO SOUP	1 CUP	1	256	50	1112	5.73	3.44	60.2	1016	16.28	*5	19.79	21.68	10.11	3.43	*0.00
CHEDDAR/ JACK FANCY SHRE D.25OZ	.25 OZ	1	28	6	43	0.00	0.00	50.6	63	0.0	0	1.52	0.25	2.28	1.52	0.00
CHIPS-Baked! Tostitos Scoops	BAG	1	110	0	110	2.00	0.36	0.0	0	0.0	*N/A*	2.0	19.0	2.5	0.00	0.00
MIXED FRESH VEGETABLES: I	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.57	0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	1.00	*N/A*	*N/A*	*N/A*	*N/A*	13	0.0	14.0	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	39	0	1	1.12	0.13	4.7	41	3.27	*4	0.37	10.17	0.16	0.05	0.00
SALAD BAR: 2 TUESDAY- INTE RM.	1/2 CUP	1	217	10	392	7.17	3.88	56.8	*5598	*17.62	*2	6.13	17.0	12.89	1.52	0.00
CORNMEAL SUPER STAR, WG :FR017	1 EA	1	148	11	91	1.50	1.10	15.0	40	0.0	*N/A*	2.8	23.0	5.0	0.90	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	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	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

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 7

Generated on: 7/10/2019 11:07:40 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 ¹ (g)
ALT INT WEEKLY 1st CHOI	Total	1														
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	317	3.6	3	21.12	38.1	12.59	2.52	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 TOTS: 1/2 CUP	8 PIECES	1	140	0	280	2.00	0.72	0.0	0	2.4	0	2.0	16.0	7.0	1.50	0.00
CARROT & CELERY STICKS:IN TER	3/4 CUP	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	79	0	2	2.23	0.25	9.4	82	6.54	*9	0.75	20.34	0.32	0.10	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
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
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	8	0.0	8.34	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			1109	83	2436	17.10	*7.65	*789.2	*14163	*51.75	*55 *19.9%	46.92 16.9%	143.69 51.8%	37.90 30.7%	8.14 6.6%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Wed - 08/21/2019																
INTERMEDIATE LUNCH 6-8	Total	1														
WG BREADED 8 PIECE CHICKEN	PIECE	1	215	41	591	1.00	0.18	120.0	78	0.6	0	12.0	11.0	13.0	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, CHICKEN: LOW SODIUM	1/4 CUP	1	24	0	135	0.00	0.01	1.1	0	0.0	*N/A*	0.95	4.76	0.48	0.00	0.00
CORN, ELE	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
WG DINNER ROLL	ROLL	1	90	0	160	2.00	1.08	40.0	10	2.4	2	4.0	17.0	1.0	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
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	1.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	15.0	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	39	0	1	1.12	0.13	4.7	41	3.27	*4	0.37	10.17	0.16	0.05	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	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	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

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 8

Generated on: 7/10/2019 11:07:40 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 ¹ (g)
ALT INT WEEKLY 1st CHOI	Total	1														
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	947	2.4	*4	16.0	32.0	26.42	11.35	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 :FALL:SEC	1 CUP	1	79	0	2	2.23	0.25	9.4	82	6.54	*9	0.75	20.34	0.32	0.10	0.00
CARROT & CELERY STICKS:IN TER	3/4 CUP	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	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	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			929	69	1749	12.71	*2.32	*918.6	*7656	*12.91	*48 *20.7%	37.06 16.0%	118.71 51.1%	34.54 33.5%	11.20 10.9%	0.00 0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Thu - 08/22/2019																
INTERMEDIATE LUNCH 6-8	Total	1														
CHERRY BLOSSOM CHICKEN S ASIAN	SERVING	1	200	45	350	2.00	1.26	0.0	0	2.4	14	13.0	27.0	4.0	1.00	0.00
VEGETABLE HARVEST RICE P ILAF:S	1.25 CUP	1	219	0	977	3.37	2.43	34.0	4211	8.09	*0	5.05	40.42	4.21	0.00	0.00
CASCADE BLEND VEGETABLE -3/4 CU	3/4 CUP	1	30	0	35	2.00	0.00	20.0	0	0.0	2	1.0	6.99	0.0	0.00	0.00
MANDARIN ORANGE, FESTIVAL, CAN	SERVING	1	40	0	5	0.50	0.00	0.0	*N/A*	*N/A*	10	0.0	10.5	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	39	0	1	1.12	0.13	4.7	41	3.27	*4	0.37	10.17	0.16	0.05	0.00
SALAD BAR: 3 THURSDAY'S:IN TERM	1/2 CUP	1	121	10	185	3.52	2.51	59.5	6432	23.91	*1	3.83	11.16	6.4	0.53	0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	11	0.15	0.00	0.0	0	0.0	*N/A*	0.0	6.97	0.2	0.03	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	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	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

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 9

Generated on: 7/10/2019 11:07:40 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 ¹ (g)
ALT INT WEEKLY 1st CHOI TACO SALAD -TOP N GO :ALT LINE	Total 2 CUP	1	443	37	742	13.52	15.19	404.4	36420	96.31	*1	21.99	54.38	15.03	5.29	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	79	0	2	2.23	0.25	9.4	82	6.54	*9	0.75	20.34	0.32	0.10	0.00
BEANS, CANNED, BLACK BEA N, LS	1/2 CUP	1	102	0	143	6.12	5.51	40.8	0	0.0	2	7.14	18.37	0.0	0.00	0.00
SALAD BAR: 3 THURSDAY'S:ELE RANCH: (WILD COYOTE LITE)	1/2 CUP	1	151	20	340	3.52	2.51	59.5	6427	23.91	*0	2.83	9.16	9.4	2.03	0.00
MILK : CHOCOLATE MILK FAT FREE	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 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			982	76	1748	19.02	14.90	916.3	*27810	*85.81	*52	44.48	140.73	25.36	6.26	0.00
Nutrient Guideline			783				4.50	400.00	1500	16.70	*21.3%	18.1%	57.3%	23.2%	5.7%	0.0%
												15.00		<=30.0	<10.00	

Fri - 08/23/2019																
INTERMEDIATE LUNCH 6-8	Total	1														
FOUR MEAT PRIMO PIZZA	SLICE	1	370	40	650	3.00	2.70	300.0	300	0.0	9	20.0	36.0	17.0	7.00	0.00
DINNER SALAD	1 CUP	1	62	0	87	5.17	6.75	118.6	17926	47.38	*0	3.55	11.53	0.02	0.01	0.00
PINEAPPLE, TIDBITS, CAN	SERVING	1	35	0	7	0.50	*N/A*	*N/A*	*N/A*	*N/A*	8	0.5	9.0	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	39	0	1	1.12	0.13	4.7	41	3.27	*4	0.37	10.17	0.16	0.05	0.00
FROZEN JUICE CUP	1 EACH	1	70	0	7	3.00	0.36	80.0	350	60.0	16	0.0	19.0	0.0	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	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	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

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 10

Generated on: 7/10/2019 11:07:40 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 ¹ (g)
ALT INT WEEKLY 1st CHOI EXPRESS BEEF & ONION BURGER: P	Total SANDWIC	1	316	45	711	3.00	2.93	144.7	344	4.81	*3	20.4	28.21	13.3	4.76	*0.50
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
CARROT & CELERY STICKS:IN TER	3/4 CUP	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	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
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
FROZEN JUICE CUP	1 EACH	1	70	0	7	3.00	0.36	80.0	350	60.0	16	0.0	19.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	8	0.0	8.34	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	0.0	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	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			909	71	1731	12.55	*7.37	*999.7	*17214	*96.27	*65	41.50	120.70	29.13	8.62	*0.25
Nutrient Guideline			783				4.50	400.00	1500	16.70	*28.8%	18.3%	53.1%	28.9%	8.5%	*0.2%
												15.00		<=30.0	<10.00	

Mon - 08/26/2019																
INTERMEDIATE LUNCH 6-8	Total	1														
HAMBURGER 100% BEEF :ELE	PATTY	1	257	39	390	2.03	34.38	73.7	10	2.43	2	21.08	21.1	10.15	3.40	0.00
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
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	280	2.00	0.72	0.0	0	2.4	0	2.0	16.0	7.0	1.50	0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	39	0	1	1.12	0.13	4.7	41	3.27	*4	0.37	10.17	0.16	0.05	0.00
SALAD BAR: MONDAYS:INTERM.	1/2 CUP	1	127	10	228	4.21	3.75	79.8	9970	24.86	*2	3.98	12.48	6.29	0.51	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	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	8	0.0	8.34	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	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	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

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 11

Generated on: 7/10/2019 11:07:40 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 ¹ (g)
ALT INT WEEKLY 1st CHOI	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
MIXED FRESH VEGETABLES:INTER	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.57	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	79	0	2	2.23	0.25	9.4	82	6.54	*9	0.75	20.34	0.32	0.10	0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	157	20	383	4.21	3.75	79.8	9965	24.86	*1	2.98	10.48	9.29	2.01	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	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			865	67	1649	12.21	*22.88	*968.5	*14868	*60.67	*52 *24.2%	43.35 20.0%	110.10 50.9%	26.75 27.8%	7.07 7.4%	0.00 0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Tue - 08/27/2019																
INTERMEDIATE LUNCH 6-8	Total	1														
CHILI	3/4 CUP	1	159	24	294	6.63	2.87	60.1	976	14.45	*N/A*	12.34	19.1	3.25	1.26	0.00
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	28	6	43	0.00	0.00	50.6	63	0.0	0	1.52	0.25	2.28	1.52	0.00
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	1.00	*N/A*	*N/A*	*N/A*	*N/A*	13	0.0	14.0	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	39	0	1	1.12	0.13	4.7	41	3.27	*4	0.37	10.17	0.16	0.05	0.00
SALAD BAR: 2 TUESDAY- INTERM.	1/2 CUP	1	217	10	392	7.17	3.88	56.8	*5598	*17.62	*2	6.13	17.0	12.89	1.52	0.00
CINNAMON ROLL W. W.W. BREAD FOR	ROLL	1	210	0	250	3.99	1.44	20.0	40	1.2	8	5.99	34.94	4.99	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	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	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

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 12

Generated on: 7/10/2019 11:07:40 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 ¹ (g)
ALT INT WEEKLY 1st CHOI	Total	1														
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	317	3.6	3	21.12	38.1	12.59	2.52	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 TOTS: 1/2 CUP	8 PIECES	1	140	0	280	2.00	0.72	0.0	0	2.4	0	2.0	16.0	7.0	1.50	0.00
CARROT & CELERY STICKS:IN TER	3/4 CUP	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	79	0	2	2.23	0.25	9.4	82	6.54	*9	0.75	20.34	0.32	0.10	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
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
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	8	0.0	8.34	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			1049	65	2087	18.15	*7.44	*797.5	*17088	*35.98	*57 *21.6%	43.61 16.6%	139.98 53.4%	33.95 29.1%	7.15 6.1%	0.00 0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Wed - 08/28/2019																
INTERMEDIATE LUNCH 6-8	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	25	0	290	0.00	0.00	0.0	0	0.0	*N/A*	1.0	4.0	1.0	0.00	0.00
GREEN BEANS: 1/2 C.	1/2 CUP	1	21	0	266	2.01	0.95	27.6	370	4.56	*N/A*	1.27	4.77	0.11	0.02	*N/A*
ROLL: 2 OZ SCHOOL MADE	ROLL	1	138	11	376	4.70	1.36	14.1	81	0.0	*1	3.93	27.16	2.34	0.49	*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
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	1.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	15.0	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	39	0	1	1.12	0.13	4.7	41	3.27	*4	0.37	10.17	0.16	0.05	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	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	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

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 13

Generated on: 7/10/2019 11:07:40 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 ¹ (g)
ALT INT WEEKLY 1st CHOI	Total	1														
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	947	2.4	*4	16.0	32.0	26.42	11.35	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 :FALL:SEC	1 CUP	1	79	0	2	2.23	0.25	9.4	82	6.54	*9	0.75	20.34	0.32	0.10	0.00
CARROT & CELERY STICKS:IN TER	3/4 CUP	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	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	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			877	77	2139	13.56	*3.09	*858.8	*7837	*13.69	*46 *21.0%	42.71 19.5%	113.47 51.7%	29.19 29.9%	9.96 10.2%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Thu - 08/29/2019																
INTERMEDIATE LUNCH 6-8	Total	1														
NEW ORLEANS/MANDARIN CHICKEN E	2.85 oz	1	150	60	460	0.00	1.08	*N/A*	*N/A*	*N/A*	14	15.0	15.0	3.0	0.50	0.00
VEGETABLE HARVEST RICE PILAF:E	3/4 CUP	1	130	0	581	2.00	1.44	20.2	2501	4.8	*0	3.0	24.01	2.5	0.00	0.00
NORMANDY VEGETABLES	3/4 CUP	1	23	0	23	1.50	0.00	0.0	563	11.25	2	0.75	3.75	0.0	0.00	0.00
MANDARIN ORANGE, FESTIVAL, CAN	SERVING	1	40	0	5	0.50	0.00	0.0	*N/A*	*N/A*	10	0.0	10.5	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	39	0	1	1.12	0.13	4.7	41	3.27	*4	0.37	10.17	0.16	0.05	0.00
SALAD BAR: 3 THURSDAY'S:IN TERM	1/2 CUP	1	121	10	185	3.52	2.51	59.5	6432	23.91	*1	3.83	11.16	6.4	0.53	0.00
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	120	0	115	1.00	0.72	100.0	500	0.0	*N/A*	2.0	21.0	3.5	1.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	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

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 14

Generated on: 7/10/2019 11:07:40 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 ¹ (g)
ALT INT WEEKLY 1st CHOI TACO SALAD -TOP N GO :ALT LINE	Total 2 CUP	1	443	37	742	13.52	15.19	404.4	36420	96.31	*1	21.99	54.38	15.03	5.29	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	79	0	2	2.23	0.25	9.4	82	6.54	*9	0.75	20.34	0.32	0.10	0.00
BEANS, CANNED, BLACK BEA N, LS	1/2 CUP	1	102	0	143	6.12	5.51	40.8	0	0.0	2	7.14	18.37	0.0	0.00	0.00
SALAD BAR: 3 THURSDAY'S:ELE RANCH: (WILD COYOTE LITE)	1/2 CUP	1	151	20	340	3.52	2.51	59.5	6427	23.91	*0	2.83	9.16	9.4	2.03	0.00
MILK : CHOCOLATE MILK FAT FREE	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 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			953	83	1650	17.51	14.67	*949.4	*27486	*88.59	*53	45.33	131.92	25.65	6.49	0.00
Nutrient Guideline			783				4.50	400.00	1500	16.70	*22.1%	19.0%	55.3%	24.2%	<10.00	0.0%

Fri - 08/30/2019																
INTERMEDIATE LUNCH 6-8 WILD MIKE'S PEPPERONI CHE ESY B	Total 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
DINNER SALAD	1 CUP	1	62	0	87	5.17	6.75	118.6	17926	47.38	*0	3.55	11.53	0.02	0.01	0.00
PINEAPPLE, TIDBITS, CAN	SERVING	1	35	0	7	0.50	*N/A*	*N/A*	*N/A*	*N/A*	8	0.5	9.0	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	39	0	1	1.12	0.13	4.7	41	3.27	*4	0.37	10.17	0.16	0.05	0.00
FROZEN JUICE CUP	1 EACH	1	70	0	7	3.00	0.36	80.0	350	60.0	16	0.0	19.0	0.0	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	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	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

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 15

Generated on: 7/10/2019 11:07:40 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 ¹ (g)
ALT INT WEEKLY 1st CHOI EXPRESS BEEF & ONION BURGER: P	Total SANDWIC	1	316	45	711	3.00	2.93	144.7	344	4.81	*3	20.4	28.21	13.3	4.76	*0.50
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
CARROT & CELERY STICKS:IN TER	3/4 CUP	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	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
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
FROZEN JUICE CUP	1 EACH	1	70	0	7	3.00	0.36	80.0	350	60.0	16	0.0	19.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	8	0.0	8.34	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	0.0	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	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			894	69	1696	12.55	*6.92	*1049.7	*17314	*100.77	*63 *28.1%	41.50 18.6%	119.70 53.6%	29.63 29.8%	9.62 9.7%	*0.25 *0.3%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	
Weighted Average			954	83	1881	14.64	*8.87	*937.7	*16341	*60.71	*55 *52.1%	42.93 18.0%	126.43 53.0%	30.43 28.7%	8.57 8.1%	*0.05 *0.0%

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

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 16

Generated on: 7/10/2019 11:07:40 AM

Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	954		783	122%													
Cholesterol (mg)	83																
Sodium 1 (mg)	1881								1881								
Sodium 2 (mg)	1881								1881								
Fiber (g)	14.64																
Iron (mg)	8.87		4.50	197%	Missing												
Calcium (mg)	937.7		400.00	234%	Missing												
Vitamin A (IU)	16341		1500	1089%	Missing												
Sugars (g)	55	23.17%			Missing												
Vitamin C (mg)	60.71		16.70	364%	Missing												
Protein (g)	42.93	17.99%	15.00	286%													
Carbohydrate (g)	126.43	52.99%															
Total Fat (g)	30.43	28.70%	<=30.00%														
Saturated Fat (g)	8.57	8.08%	<10.00%														
Trans Fat ¹ (g)	0.05	0.05%			Missing												

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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

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