

Washington County School District

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC 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-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																
SECONDARY LUNCH 9-12	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. 3/4 CUP	4.5 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
PEARS, DICED, CANNED	1 CUP	1	120	0	10	4.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	32.0	0.0	0.00	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:SEC	1 CUP	1	195	10	397	9.50	8.95	202.2	22069	62.52	*3	8.02	24.56	6.59	0.51	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
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
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	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
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
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	0.83	40.8	6152	54.61	*2	3.06	9.82	6.29	0.60	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:SEC	1 CUP	1	195	10	397	9.50	8.95	202.2	22069	62.52	*3	8.02	24.56	6.59	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
Weighted Daily Average			1147	69	2193	21.80	*12.41	*1196.1	*26935	*109.26	*68	50.27	172.30	29.98	7.15	*0.00
% of Calories											*23.8%	17.5%	60.1%	23.5%	5.6%	*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

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Tue - 08/13/2019																
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	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 CUP	1	120	0	10	2.00	*N/A*	*N/A*	*N/A*	*N/A*	26	0.0	28.0	0.0	0.00	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: 2 TUESDAY (SEC)	1 CUP	1	303	10	559	12.35	7.40	113.5	*10991	*32.84	*3	10.26	30.0	14.78	1.55	0.00
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
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
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 SEC WEEKLY 1st CHO																
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-3/4 CUP	12 PIECES	1	210	0	420	3.00	1.08	0.0	0	3.6	0	3.0	24.0	10.5	2.25	0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	303	10	559	12.35	7.40	113.5	*10991	*32.84	*3	10.26	30.0	14.78	1.55	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
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	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
Weighted Daily Average			1375	74	2752	27.28	*12.69	*971.6	*13421	*67.26	*75	54.88	186.46	43.89	11.70	*0.02
% of Calories											*21.8%	16.0%	54.3%	28.7%	7.7%	*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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 08/14/2019																
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
SCALLOPED POTATOES:SEC	3/4 CUP	1	223	0	703	2.80	0.51	57.6	207	8.4	*4	4.2	33.59	4.98	2.37	*0.00
SUNSHINE CARROTS: SEC	1 CUP	1	39	0	66	3.20	0.77	21.3	1876	2.56	*N/A*	0.0	7.47	0.19	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
MIXED FRUIT, CANNED	1 CUP	1	120	0	10	2.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	30.0	0.0	0.00	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
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	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO																
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:SEC	1 CUP	1	130	15	235	2.42	0.53	43.2	6204	3.43	*2	2.28	8.67	9.18	0.79	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			991	75	2094	11.79	*2.92	*877.5	*5867	*18.53	*57	37.46	132.60	33.39	11.49	*0.00
% of Calories											*23.1%	15.1%	53.5%	30.3%	10.4%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Thu - 08/15/2019																
SECONDARY LUNCH 9-12	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 : 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	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: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: 3 THURSDAY'S:SEC	1 CUP	1	102	0	181	7.03	5.02	119.1	12855	47.82	*1	5.67	18.35	0.85	0.06	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

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ALT SEC WEEKLY 1st CHO	Total	1														
TACO SALAD -TOP N GO :ALT LINE	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
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
SALAD BAR: 3 THURSDAY'S:ELE	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
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
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
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	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			1054	69	1856	22.01	16.60	958.3	*31439	*105.28	*55	47.72	155.30	26.06	6.63	0.00
											*21.0%	18.1%	59.0%	22.3%	5.7%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Fri - 08/16/2019																
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
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: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
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

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ALT SEC WEEKLY 1st CHO 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 STICKS:SEC	1 CUP	1	142	10	216	4.92	0.53	58.0	29369	10.37	9	2.63	18.84	6.42	0.56	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
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
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
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	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			963	212	1993	15.54	*7.54	*955.0	*26199	*105.86	*76	40.98	138.90	29.33	7.59	*0.25
											*31.5%	17.0%	57.7%	27.4%	7.1%	*0.2%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Mon - 08/19/2019																
SECONDARY LUNCH 9-12	Total	1														
MACARONI & CHEESE-E.S.FO ODS	6 OZ SE R Ving	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 CUP	1	32	0	280	4.00	*N/A*	*N/A*	*N/A*	*N/A*	2	2.0	6.0	0.0	0.00	0.00
PEARS, DICED, CANNED	1 CUP	1	120	0	10	4.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	32.0	0.0	0.00	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:SEC	1 CUP	1	195	10	397	9.50	8.95	202.2	22069	62.52	*3	8.02	24.56	6.59	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

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Washington County School District

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC 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-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (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
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	0.83	40.8	6152	54.61	*2	3.06	9.82	6.29	0.60	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:SEC	1 CUP	1	195	10	397	9.50	8.95	202.2	22069	62.52	*3	8.02	24.56	6.59	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
Weighted Daily Average % of Calories			1027	78	1656	20.22	*12.15	*1262.3	*26682	*105.08	*61 *23.7%	51.53 20.1%	137.17 53.4%	29.96 26.3%	10.26 9.0%	0.00 0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Tue - 08/20/2019																
SECONDARY LUNCH 9-12	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-.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
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
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:SEC	1 CUP	1	107	10	151	2.95	0.83	40.8	6152	54.61	*2	3.06	9.82	6.29	0.60	0.00
PEACH, DICED, CANNED	1 CUP	1	120	0	10	2.00	*N/A*	*N/A*	*N/A*	*N/A*	26	0.0	28.0	0.0	0.00	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: 2 TUESDAY (SEC)	1 CUP	1	303	10	559	12.35	7.40	113.5	*10991	*32.84	*3	10.26	30.0	14.78	1.55	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

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Washington County School District

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC 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-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC WEEKLY 1st CHO	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-3/4 CUP	12 PIECES	1	210	0	420	3.00	1.08	0.0	0	3.6	0	3.0	24.0	10.5	2.25	0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	303	10	559	12.35	7.40	113.5	*10991	*32.84	*3	10.26	30.0	14.78	1.55	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
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	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
Weighted Daily Average % of Calories			1345	85	2791	26.19	*13.01	*886.4	*16528	*86.46	*65 *19.3%	54.86 16.3%	176.89 52.6%	45.42 30.4%	9.77 6.5%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Wed - 08/21/2019																
SECONDARY LUNCH 9-12	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, SEC	1 CUP	1	130	0	30	4.00	*N/A*	*N/A*	*N/A*	*N/A*	6	4.0	30.0	2.0	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 CUP	1	120	0	10	2.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	30.0	0.0	0.00	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
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

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Washington County School District

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC 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-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	130	15	235	2.42	0.53	43.2	6204	3.43	*2	2.28	8.67	9.18	0.79	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			1015	71	1770	14.45	*2.23	*921.6	*4829	*14.55	*58 *22.9%	38.37 15.1%	137.87 54.3%	35.88 31.8%	11.29 10.0%	0.00 0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Thu - 08/22/2019																
SECONDARY LUNCH 9-12	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 PILAF: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 -1 CUP	1 CUP	1	41	0	47	2.70	0.00	27.0	0	0.0	3	1.35	9.46	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: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: 3 THURSDAY'S:SEC	1 CUP	1	102	0	181	7.03	5.02	119.1	12855	47.82	*1	5.67	18.35	0.85	0.06	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

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Washington County School District

Aug 12, 2019 thru Aug 30, 2019

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Portion Values - Detailed

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ALT SEC WEEKLY 1st CHO	Total	1														
TACO SALAD -TOP N GO :ALT LINE	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
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
SALAD BAR: 3 THURSDAY'S:ELE	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
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
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
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	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			1061	71	1852	22.69	16.75	971.9	*31147	*100.60	*56 *21.0%	47.77 18.0%	159.14 60.0%	25.16 21.4%	6.55 5.6%	0.00 0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Fri - 08/23/2019																
SECONDARY LUNCH 9-12	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: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
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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC WEEKLY 1st CHO 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 STICKS:SEC	1 CUP	1	142	10	216	4.92	0.53	58.0	29369	10.37	9	2.63	18.84	6.42	0.56	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
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
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
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	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			968	70	1735	14.55	*7.27	*1010.1	*25969	*101.39	*77	41.98	137.44	28.59	8.59	*0.25
Nutrient Guideline			846				4.50	400.00	1500	19.20	*31.9%	17.3%	56.8%	26.6%	8.0%	*0.2%

Mon - 08/26/2019																
SECONDARY LUNCH 9-12	Total	1														
HAMBURGER 100 % BEEF: SEC	PATTY	1	287	39	440	3.03	34.74	73.7	15	3.63	3	22.08	26.1	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-3/4 CUP	12 PIECES	1	210	0	420	3.00	1.08	0.0	0	3.6	0	3.0	24.0	10.5	2.25	0.00
PEARS, DICED, CANNED	1 CUP	1	120	0	10	4.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	32.0	0.0	0.00	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:SEC	1 CUP	1	195	10	397	9.50	8.95	202.2	22069	62.52	*3	8.02	24.56	6.59	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

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Washington County School District

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC 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-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (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
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	0.83	40.8	6152	54.61	*2	3.06	9.82	6.29	0.60	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:SEC	1 CUP	1	195	10	397	9.50	8.95	202.2	22069	62.52	*3	8.02	24.56	6.59	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
Weighted Daily Average			1022	62	1841	20.34	*28.58	*1098.7	*27063	*111.31	*63	49.41	143.52	27.42	6.74	0.00
% of Calories											*24.5%	19.3%	56.2%	24.2%	5.9%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Tue - 08/27/2019																
SECONDARY LUNCH 9-12	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 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
CARROT & CELERY STICKS:SEC	1 CUP	1	130	15	235	2.42	0.53	43.2	6204	3.43	*2	2.28	8.67	9.18	0.79	0.00
PEACH, DICED, CANNED	1 CUP	1	120	0	10	2.00	*N/A*	*N/A*	*N/A*	*N/A*	26	0.0	28.0	0.0	0.00	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: 2 TUESDAY (SEC)	1 CUP	1	303	10	559	12.35	7.40	113.5	*10991	*32.84	*3	10.26	30.0	14.78	1.55	0.00
CINNAMON ROLL W. W.W. BRI DGFOR	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

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Washington County School District

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC 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-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC WEEKLY 1st CHO	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 & 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-3/4 CUP	12 PIECES	1	210	0	420	3.00	1.08	0.0	0	3.6	0	3.0	24.0	10.5	2.25	0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	303	10	559	12.35	7.40	113.5	*10991	*32.84	*3	10.26	30.0	14.78	1.55	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
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	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
Weighted Daily Average			1271	65	2427	26.62	*12.57	*864.8	*16503	*60.56	*66	50.58	171.37	41.04	8.07	0.00
% of Calories											*20.9%	15.9%	53.9%	29.1%	5.7%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Wed - 08/28/2019																
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	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 CUP	1	32	0	280	4.00	*N/A*	*N/A*	*N/A*	*N/A*	2	2.0	6.0	0.0	0.00	0.00
MIXED FRUIT, CANNED	1 CUP	1	120	0	10	2.00	*N/A*	*N/A*	*N/A*	*N/A*	24	0.0	30.0	0.0	0.00	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
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
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

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Washington County School District

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC 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-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	130	15	235	2.42	0.53	43.2	6204	3.43	*2	2.28	8.67	9.18	0.79	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			936	79	2159	15.29	*2.52	*848.1	*4825	*13.05	*56	43.38	125.73	29.98	10.04	*0.00
% of Calories											*23.8%	18.5%	53.7%	28.8%	9.6%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Thu - 08/29/2019																
SECONDARY LUNCH 9-12	Total	1														
NEW ORLEANS/MANDARIN CHICKEN	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: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
NORMANDY-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
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: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: 3 THURSDAY'S:SEC	1 CUP	1	102	0	181	7.03	5.02	119.1	12855	47.82	*1	5.67	18.35	0.85	0.06	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

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Washington County School District

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

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Portion Values - Detailed

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ALT SEC WEEKLY 1st CHO	Total	1														
TACO SALAD -TOP N GO :ALT LINE	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
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
SALAD BAR: 3 THURSDAY'S:ELE	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
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
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
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	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			1074	79	1951	21.76	17.02	*1008.4	*31772	*106.90	*56 *20.8%	49.59 18.5%	157.93 58.8%	26.31 22.0%	6.78 5.7%	0.00 0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Fri - 08/30/2019																
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
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: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
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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC WEEKLY 1st CHO 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 STICKS:SEC	1 CUP	1	142	10	216	4.92	0.53	58.0	29369	10.37	9	2.63	18.84	6.42	0.56	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
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
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
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	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			953	68	1700	14.55	*6.82	*1060.1	*26069	*105.89	*75	41.98	136.44	29.09	9.59	*0.25
Nutrient Guideline			846				4.50	400.00	1500	19.20	*31.4%	17.6%	57.3%	27.5%	9.1%	*0.2%
Weighted Average			1080	82	2051	19.67	*11.41	*992.7	*21017	*80.80	*64	46.72	151.27	32.10	8.82	*0.05
											*53.5%	17.3%	56.0%	26.8%	7.3%	*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.

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Washington County School District

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

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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	1080		846	128%													
Cholesterol (mg)	82																
Sodium 1 (mg)	2051								2051								
Sodium 2 (mg)	2051								2051								
Fiber (g)	19.67																
Iron (mg)	11.41		4.50	254%	Missing												
Calcium (mg)	992.7		400.00	248%	Missing												
Vitamin A (IU)	21017		1500	1401%	Missing												
Sugars (g)	64	23.79%			Missing												
Vitamin C (mg)	80.80		19.20	421%	Missing												
Protein (g)	46.72	17.30%	16.70	280%													
Carbohydrate (g)	151.27	56.03%															
Total Fat (g)	32.10	26.75%	<=30.00%														
Saturated Fat (g)	8.82	7.35%	<10.00%														
Trans Fat ¹ (g)	0.05	0.04%			Missing												

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

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