

# Washington County School District

Aug 11, 2022 thru Aug 31, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
<b>Thu - 08/11/2022</b>			
INTERMEDIATE LUNCH 6-8	Total	1	
TANGERINE CHICKEN	3.9oz SERVINGS	1	25.0
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	24.01
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	3.75
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 3 THURSDAY'S:INTERM	1/2 CUP	1	5.1
CHAT SNAX VANILLA CRUNCH GRAHA	SERVINGS	1	20.99
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
CALZONE, MINI, WG	SERVINGS	1	40.01
MARINARA SAUCE	1/2 CUP	1	11.93
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	22.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			133.00
% of Calories			62.5%
Nutrient Guideline			

<b>Fri - 08/12/2022</b>			
INTERMEDIATE LUNCH 6-8	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
DINNER SALAD	1 CUP	1	7.49
FRUIT BAR : SECONDARY	1 CUP	1	22.62
CHIPS: DORITOS	BAG	1	19.62
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MARINARA SAUCE	1/2 CUP	1	11.93
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			123.66
% of Calories			50.9%
Nutrient Guideline			

<b>Mon - 08/15/2022</b>			
INTERMEDIATE LUNCH 6-8	Total	1	
HAMBURGER 100% BEEF :ELE	PATTY	1	21.1
CHEESE: PROCESS SLICE	1 oz.	1	1.98
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
TATER GEMS 1/2 CUP	8 PIECES	1	16.0
CHOCOLATE CHIP COOKIES	1 EACH	1	18.48
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PICKLE:, CHIPS	1 OZ.	1	1.0
MUSTARD:, P/C	1 Each	1	0.33
KETCHUP : P/C	PC	1	10.12
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT INT WEEKLY 1st CHOI	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
BREADSTICK, CHEESE WG	SERVING	1	15.0
SALAD - ALT LINE	SERVINGS	1	6.07
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MARINARA SAUCE	1/2 CUP	1	11.93
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			119.38
% of Calories			49.5%
Nutrient Guideline			

Tue - 08/16/2022			
INTERMEDIATE LUNCH 6-8	Total	1	
TACO SOUP	1 CUP	1	21.65
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	35.0
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	11.53
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
NACHOS	SERVINGS	1	58.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	2.86
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			124.12
% of Calories			47.2%
Nutrient Guideline			

Wed - 08/17/2022			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN TENDER - TYSON	3 PIECES	1	15.6
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	2.86
CORN 1/2 CUP	1/2 CUP	1	15.0
ROLL: 2 OZ SCHOOL MADE	ROLL	1	27.1
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT INT WEEKLY 1st CHOI	Total	1	
HAMBURGER - OPTION LINE	SERVINGS	1	27.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
CARROT STICKS 3/4 CUP	3/4 CUP	1	3.53
CHIPS: DORITOS	bag	1	19.62
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PICKLE:, CHIPS	1 OZ.	1	1.0
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			122.96
% of Calories			51.7%
Nutrient Guideline			

Thu - 08/18/2022			
INTERMEDIATE LUNCH 6-8	Total	1	
CHERRY BLOSSOM CHICKEN FRO30:S	3.92 OZ	1	24.06
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	16.48
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	3.75
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 3 THURSDAY'S:INTERM	1/2 CUP	1	5.1
MUFFIN TOP, CHOC CHIP	MUFFINS	1	29.0
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
CALZONE, MINI, WG	SERVINGS	1	40.01
MARINARA SAUCE	1/2 CUP	1	11.93
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	22.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			132.77
% of Calories			62.4%
Nutrient Guideline			

Fri - 08/19/2022			
INTERMEDIATE LUNCH 6-8	Total	1	
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	1	34.0
DINNER SALAD	1 CUP	1	7.49
FRUIT BAR : SECONDARY	1 CUP	1	22.62
JELL-O	GEL CUP	1	25.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			124.11
% of Calories			53.9%
Nutrient Guideline			

Mon - 08/22/2022			
INTERMEDIATE LUNCH 6-8	Total	1	
POPCORN CHICKEN: FR100	10 PIECES	1	17.57
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	33.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
DINNER SALAD	1 CUP	1	7.49
TWIN BAR, WG	SERVINGS	1	43.0
KETCHUP : P/C	PC	1	10.12
BARBAQUE SAUCE: P/C	1 Each	1	13.0
RANCH LITE-BASIC-Summer	1 EACH	1	3.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
BREADSTICK, CHEESE WG	SERVING	1	15.0
SALAD - ALT LINE	SERVINGS	1	6.07
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MARINARA SAUCE	1/2 CUP	1	11.93
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			147.14
% of Calories			53.8%
Nutrient Guideline			

Tue - 08/23/2022			
INTERMEDIATE LUNCH 6-8	Total	1	
SOFT FLOUR TACO:SEC	serving	1	23.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	2.86
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	11.53
BUG BITES	BAG	1	21.0
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
NACHOS	SERVINGS	1	58.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	2.86
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			128.77
% of Calories			50.4%
Nutrient Guideline			

Wed - 08/24/2022			
INTERMEDIATE LUNCH 6-8	Total	1	
BREADED PORK SANDWICH	SERVINGS	1	37.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	22.0
COLESLAW	1/2 C. SERVINGS	1	4.61
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
HAMBURGER - OPTION LINE	SERVINGS	1	27.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
CARROT STICKS 3/4 CUP	3/4 CUP	1	3.53
CHIPS: DORITOS	bag	1	19.62
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PICKLE:, CHIPS	1 OZ.	1	1.0
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			112.75
% of Calories			49.9%
Nutrient Guideline			

Thu - 08/25/2022			
INTERMEDIATE LUNCH 6-8	Total	1	
ORANGE CHICKEN	3.92 OZ	1	17.04
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	16.48
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	3.75
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 3 THURSDAY'S:INTERM	1/2 CUP	1	5.1
COOKIE, COWBOY	1 oz.	1	29.34
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
CALZONE, MINI, WG	SERVINGS	1	40.01
MARINARA SAUCE	1/2 CUP	1	11.93
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	22.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			129.43
% of Calories			60.7%
Nutrient Guideline			

Fri - 08/26/2022			
INTERMEDIATE LUNCH 6-8	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
DINNER SALAD	1 CUP	1	7.49
BUG BITES	BAG	1	21.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MARINARA SAUCE	1/2 CUP	1	11.93
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			125.03
% of Calories			52.0%
Nutrient Guideline			

Mon - 08/29/2022			
INTERMEDIATE LUNCH 6-8	Total	1	
MINI CORN DOG NUGGETS ( SEC)	6 EACH	1	30.0
TATER TOTS - MCCAIN	9 PIECES	1	17.04
CARROT STICKS 1/2 CUP	1/2 CUP	1	8.42
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MARSHMALLOW RICE TREAT	1 EACH	1	15.0
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
BREADSTICK, CHEESE WG	SERVING	1	15.0
SALAD - ALT LINE	SERVINGS	1	6.07
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MARINARA SAUCE	1/2 CUP	1	11.93
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			124.00
% of Calories			54.6%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
<b>Tue - 08/30/2022</b>			
INTERMEDIATE LUNCH 6-8	Total	1	
BEEF TACO STICK	1 EACH	1	31.87
REFRIED BEANS	1/2 CUP	1	28.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	8.42
BROWNIE CUP, WG	BROWNIE	1	26.5
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	11.53
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
<b>ALT INT WEEKLY 1st CHOI</b>			
NACHOS	SERVINGS	1	58.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	2.86
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			140.61
% of Calories			48.5%
Nutrient Guideline			

<b>Wed - 08/31/2022</b>			
INTERMEDIATE LUNCH 6-8	Total	1	
MAC & CHEESE - JTM	6oz SERVINGS	1	28.0
BREADSTICK, CHEESE WG	SERVING	1	15.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
DINNER SALAD 2021	1 CUP	1	1.16
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	16.25
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
<b>ALT INT WEEKLY 1st CHOI</b>			
HAMBURGER - OPTION LINE	SERVINGS	1	27.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
CARROT STICKS 3/4 CUP	3/4 CUP	1	3.53
CHIPS: DORITOS	bag	1	19.62
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PICKLE:, CHIPS	1 OZ.	1	1.0
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			111.32
% of Calories			50.3%
Nutrient Guideline			

Weighted Average			126.60
			52.9%

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WEEKLY 1st CHOICE

Portion Values - Detailed

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				Portion Size	Reimb Qty	Carb (g)		
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	126.60	52.93%						

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