

Washington County School District

Dec 3, 2018 thru Dec 19, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 12/03/2018										
ELEMENTARY LUNCH	Total	1								
CHICKEN BREAST PATTIE SAND: EL	1 each		340	30	470	3.00	2	17.0	33.0	16.51
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
BAKED BEANS:ELE	3/4 CUP	1	150	0	613	3.97	*21	4.83	36.04	0.38
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	*12	0.37	18.17	0.16
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	157	20	383	4.21	*1	2.98	10.48	9.29
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	0.0	4.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
Weighted Daily Average			1189	70	2479	14.84	*83	53.09	164.36	35.92
% of Calories							*28.1%	17.9%	55.3%	27.2%
Nutrient Guideline			645					8.87		<=30.0

Tue - 12/04/2018										
ELEMENTARY LUNCH	Total	1								
BEAN & CHEESE BURRITO-ELE.	BURRITO	1	270	0	410	8.00	2	15.0	43.0	5.0
CORN :ELE	3/4 CUP	1	79	0	13	2.65	9	2.65	11.91	1.98
SPANISH RICE-1/2 CUP	1/2 cup	1	132	0	639	3.67	*0	4.75	25.32	2.02
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	*12	0.37	18.17	0.16
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	245	20	729	7.51	*1	5.33	16.18	15.48
CREAMIES JR.: (CHOICE OF)	CREAMIE	1	93	16	39	0.00	*N/A*	2.0	14.0	3.5
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	0.89	1.77	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			1203	51	2402	24.33	*66	55.99	174.34	30.64
% of Calories							*22.1%	18.6%	58.0%	22.9%
Nutrient Guideline			645					8.87		<=30.0

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Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 12/05/2018										
ELEMENTARY LUNCH	Total	1								
TERIYAKI BEEF NUGGETS: (Elem.)	4 Nugget	1	160	40	440	1.00	4	14.0	6.0	8.0
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	1	2.0	17.03	1.0
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	25	0	326	0.00	*N/A*	0.98	3.93	0.98
SUNSHINE CARROTS;ELE	3/4 CUP	1	30	0	51	2.46	*N/A*	0.0	5.75	0.14
WG DINNER ROLL	ROLL	1	90	0	160	2.00	2	4.0	17.0	1.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	*12	0.37	18.17	0.16
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
CHICKEN SANDWICH: SUNSET ONLY	1 each	1	340	30	470	3.00	2	17.0	33.0	16.51
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	*N/A*	0.0	0.0	4.0
Weighted Daily Average			1134	85	2239	11.08	*63	63.36	144.88	34.29
% of Calories							*22.3%	22.3%	51.1%	27.2%
Nutrient Guideline			645					8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 12/06/2018										
ELEMENTARY LUNCH	Total	1								
CHICKEN NOODLE SOUP:ELE	3/4 CUP	1	135	38	146	2.44	*1	7.96	19.94	2.79
GARLIC TWIST	2 OZ	1	141	11	384	4.71	*1	4.18	27.29	2.59
TOMATOES, CUCUMBER, CARROTS:EL	3/4 CUP	1	125	20	285	1.89	*1	0.77	9.38	9.17
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	*12	0.37	18.17	0.16
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	151	20	340	3.52	*0	2.83	9.16	9.4
BUG BITES	BAG	1	120	0	1151	1.00	8	2.0	21.0	3.5
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			1046	104	2745	15.17	*67	43.11	148.95	30.12
% of Calories							*25.5%	16.5%	57.0%	25.9%
Nutrient Guideline			645					8.87		<=30.0

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Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 12/07/2018										
ELEMENTARY LUNCH	Total	1								
WG PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	3	16.0	27.0	17.0
MARINARA SAUCE: ELE	1/2 CUP	1	70	298	616	1.99	3	1.99	11.93	1.49
DINNER SALAD	1 CUP	1	62	0	87	5.17	*0	3.55	11.53	0.02
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	*12	0.37	18.17	0.16
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	0.0	19.0	0.0
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0.00	0	0.0	0.0	9.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			965	358	1949	14.77	*76	46.91	131.62	30.17
% of Calories							*31.7%	19.4%	54.5%	28.1%
Nutrient Guideline			645					8.87		<=30.0

Mon - 12/10/2018										
ELEMENTARY LUNCH	Total	1								
MINI CORN DOG NUGGETS (ELEM)	4 EACH	1	167	40	280	2.00	1	6.67	20.0	6.67
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	280	2.00	0	2.0	16.0	7.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	*12	0.37	18.17	0.16
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	157	20	383	4.21	*1	2.98	10.48	9.29
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	0.0
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0	0.22	0.33	0.0
JELL-O	GEL CUP	1	100	0	45	0.00	22	0.0	25.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			972	75	1885	10.05	*86	37.24	142.31	25.62
% of Calories							*35.5%	15.3%	58.5%	23.7%
Nutrient Guideline			645					8.87		<=30.0

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Tue - 12/11/2018										
ELEMENTARY LUNCH	Total	1								
CHEESE QUESADILLA	1 EACH	1	330	45	530	2.00	2	18.01	25.01	18.01
REFRIED BEANS	1/2 CUP	1	164	0	546	8.21	0	8.21	23.6	4.62
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	*12	0.37	18.17	0.16
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	245	20	729	7.51	*1	5.33	16.18	15.48
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	0.89	1.77	0.0
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	158	10	180	2.40	*10	1.89	22.26	7.44
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			1281	90	2557	22.63	*67	59.70	150.99	48.20
% of Calories							*21.1%	18.6%	47.1%	33.9%
Nutrient Guideline			645					8.87		<=30.0

Wed - 12/12/2018										
ELEMENTARY LUNCH	Total	1								
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	502	2.00	*3	3.0	23.99	3.56
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	59	321	3.00	0	17.0	15.0	14.0
CASCADE BLEND VEGETABLE-3/4 CU	3/4 CUP	1	30	0	35	2.00	2	1.0	6.99	0.0
WG DINNER ROLL	ROLL	1	90	0	160	2.00	2	4.0	17.0	1.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	*12	0.37	18.17	0.16
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	*N/A*	0.0	0.0	4.0
COOKIE- CHOCOLATE/WHITE FROSTI	COOKIE	1	170	5	100	1.00	15	2.0	27.0	6.0
Weighted Daily Average			1113	79	1596	11.61	*76	52.37	152.15	31.22
% of Calories							*27.4%	18.8%	54.7%	25.2%
Nutrient Guideline			645					8.87		<=30.0

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Thu - 12/13/2018										
ELEMENTARY LUNCH	Total	1								
ORANGE CHICKEN :ELE	2.94 OZ	1	120	34	232	0.00	*N/A*	9.0	15.75	2.25
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	80	0	70	1.00	*0	2.0	16.48	0.75
NORMANDY-3/4 CUP	3/4 CUP	1	23	0	23	1.50	2	0.75	3.75	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	151	20	340	3.52	*0	2.83	9.16	9.4
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	120	0	115	1.00	*N/A*	2.0	21.0	3.5
SOY SAUCE: PC	PC	1	10	0	500	0.00	*N/A*	0.0	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
SMACKERS: SUNSET ONLY	4.3 OZ SERVI NG	1	278	62	610	3.10	0	18.6	20.67	13.44
Weighted Daily Average			1144	*131	2321	12.26	*53	60.89	146.82	32.06
% of Calories							*18.6%	21.3%	51.3%	25.2%
Nutrient Guideline			645					8.87		<=30.0

Fri - 12/14/2018										
ELEMENTARY LUNCH	Total	1								
6" WW PEPPERONI PIZZA	SERVING	1	350	40	690	4.00	7	22.0	30.0	16.0
DINNER SALAD	1 CUP	1	62	0	87	5.17	*0	3.55	11.53	0.02
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	0.0	19.0	0.0
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0.00	0	0.0	0.0	9.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			944	*75	1466	14.31	*74	51.25	120.53	27.74
% of Calories							*31.2%	21.7%	51.1%	26.4%
Nutrient Guideline			645					8.87		<=30.0

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Mon - 12/17/2018										
ELEMENTARY LUNCH	Total	1								
MACARONI & CHEESE-E.S.FOODS	6 OZ SERVING	1	298	41	564	2.05	6	17.45	28.74	12.32
GARLIC TOAST-WG	SLICES	1	79	0	179	1.99	0	2.98	14.89	1.99
GREEN BEANS:ELE	3/4 CUP	1	32	0	399	3.02	*N/A*	1.91	7.16	0.16
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	157	20	383	4.21	*1	2.98	10.48	9.29
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			929	*76	1957	13.42	*58	51.02	121.26	26.48
% of Calories							*24.8%	22.0%	52.2%	25.7%
Nutrient Guideline			645					8.87		<=30.0

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Tue - 12/18/2018										
ELEMENTARY LUNCH	Total	1								
BEEF TACO STICK	1 EACH	1	345	52	631	3.85	1	20.07	31.87	12.82
REFRIED BEANS	1/2 CUP	1	164	0	546	8.21	0	8.21	23.6	4.62
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	245	20	729	7.51	*1	5.33	16.18	15.48
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	0.89	1.77	0.0
CHOCOLATE CHIP COOKIES	1 EACH	1	136	14	173	1.44	*8	2.19	18.48	6.34
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			1262	*101	2644	24.05	*60	62.39	151.90	41.98
% of Calories							*19.1%	19.8%	48.2%	29.9%
Nutrient Guideline			645					8.87		<=30.0

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ELEMENTARY LUNCH

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Wed - 12/19/2018										
ELEMENTARY LUNCH	Total	8240								
HAM : ELEM	2OZ.	8240	71	25	599	0.00	*N/A*	9.14	0.0	3.56
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	502	2.00	*3	3.0	23.99	3.56
WG DINNER ROLL	ROLL	6000	90	0	160	2.00	2	4.0	17.0	1.0
CALIFORNIA BLEND VEGETABLE:ELE	3/4 CUP	4500	44	0	46	2.00	*2	1.0	5.0	1.59
CAKE, JELLO	SLICE	5000	275	0	495	0.97	*N/A*	3.37	48.68	7.85
FRUIT BAR :WINTER:ELE	1/2 CUP	5000	63	*0	2	2.14	*8	0.71	16.0	0.23
MARGARINE REDDIES: (1)	1 Patty	2500	35	0	40	0.00	*N/A*	0.0	0.0	4.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	6592	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1638	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			492	*31	1224	4.44	*25	23.08	72.76	11.76
% of Calories							*19.9%	18.8%	59.1%	21.5%
Nutrient Guideline			645					8.87		<=30.0

Weighted Average			1052	*102	2113	14.84	*66	50.80	140.22	31.25
							*56.3%	19.3%	53.3%	26.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1052		645	163%				
Cholesterol (mg)	102				Missing			
Sodium 1 (mg)	2113						2113	
Sodium 2 (mg)	2113						2113	
Fiber (g)	14.84							
Sugars (g)	66	25.03%			Missing			
Protein (g)	50.80	19.32%	8.87	573%				
Carbohydrate (g)	140.22	53.32%						
Total Fat (g)	31.25	26.73%	<=30.00%					

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.