

# Washington County School District

Dec 3, 2018 thru Dec 19, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 12/03/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
CHICKEN BREAST PATTIE SAND: EL	1 each	1	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:INTERM.	1/2 CUP	1	127	10	228	4.21	*2	3.98	12.48	6.29
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
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	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
ALT INT WEEKLY 1st CHOI										
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	1	21.0	29.0	11.0
MIXED FRESH VEGETABLES:INTER	3/4 CUP	1	99	10	144	2.36	*2	2.42	8.31	6.21
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
Weighted Daily Average			961	55	1738	10.91	*71	51.44	132.92	26.39
% of Calories							*29.5%	21.4%	55.3%	24.7%
Nutrient Guideline			783					15.00		<=30.0

Tue - 12/04/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
ENCHILADA	BURRITO	1	384	13	1202	8.36	*4	20.05	53.68	11.45
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- INTERM.	1/2 CUP	1	215	10	574	7.51	*2	6.33	18.18	12.48
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

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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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)
ALT INT WEEKLY 1st CHOI	Total	1								
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3	21.12	38.1	12.59
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	3.0	24.0	10.5
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	*12	0.37	18.17	0.16
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	0.0	4.0
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	*N/A*	0.0	13.0	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	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 % of Calories			1176	52	2884	17.68	*69 *23.4%	56.22 19.1%	168.14 57.2%	31.96 24.5%
Nutrient Guideline			783					15.00		<=30.0

Wed - 12/05/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
TERIYAKI BEEF NUGGETS: (Elem.)	4 Nugget	1	160	40	440	1.00	4	14.0	6.0	8.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	9.00	0	2.0	18.0	5.0
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
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	*N/A*	0.0	0.0	4.0
ALT INT WEEKLY 1st CHOI	Total	1								
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	*4	2.24	18.57	3.41
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	*4	16.0	32.0	26.42
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	*12	0.37	18.17	0.16
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	214	3.05	*2	2.04	10.53	7.67
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

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Weighted Daily Average			940	75	2059	12.05	*62	46.01	118.06	30.98
% of Calories							*26.5%	19.6%	50.2%	29.7%
Nutrient Guideline			783					15.00		<=30.0

Thu - 12/06/2018										
INTERMEDIATE LUNCH 6-8	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
TOMATO, CUCUMBER, CARROTS:INTE	3/4 CUP	1	95	10	130	1.89	*2	1.77	11.38	6.17
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:INTERM	1/2 CUP	1	121	10	185	3.52	*1	3.83	11.16	6.4
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
ALT INT WEEKLY 1st CHOI	Total	1								
TACO SALAD: ALT LINE TORTILLA	SERVING	1	541	52	771	14.07	*1	26.82	61.21	18.62
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
BEANS, CANNED, BLACK BEAN, LS	1/2 CUP	1	102	0	143	6.12	2	7.14	18.37	0.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	1	1.0	2.0	6.0
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
CRISPY CHICKEN SALAD: ALT-SMAC	2 cup	1	397	60	764	13.24	*0	25.04	44.23	13.0
Weighted Daily Average			1310	120	2494	26.87	*64	66.66	175.04	36.90
% of Calories							*19.4%	20.3%	53.4%	25.3%
Nutrient Guideline			783					15.00		<=30.0

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Fri - 12/07/2018										
INTERMEDIATE LUNCH 6-8	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
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	1	1.0	2.0	6.0
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
ALT INT WEEKLY 1st CHOI	Total	1								
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	711	3.00	*3	20.4	28.21	13.3
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	214	3.05	*2	2.04	10.53	7.67
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
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
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
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
Weighted Daily Average			1011	213	2099	13.85	*83	49.42	142.43	28.94
% of Calories							*32.8%	19.6%	56.4%	25.8%
Nutrient Guideline			783					15.00		<=30.0

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Mon - 12/10/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
MINI CORN DOG NUGGETS ( SEC)	6 EACH	1	250	60	420	3.00	1	10.0	30.0	10.0
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:INTERM.	1/2 CUP	1	127	10	228	4.21	*2	3.98	12.48	6.29
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
ALT INT WEEKLY 1st CHOI										
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	1	21.0	29.0	11.0
MIXED FRESH VEGETABLES:INTER	3/4 CUP	1	99	10	144	2.36	*2	2.42	8.31	6.21
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
Weighted Daily Average			895	68	1511	9.01	*72	45.18	126.89	22.91
% of Calories							*32.4%	20.2%	56.7%	23.0%
Nutrient Guideline			783					15.00		<=30.0

Tue - 12/11/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
CHICKEN FAJITA WRAP:ELE	WRAP	1	205	49	974	3.00	*0	16.26	17.78	7.6
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	14	0	6	1.10	2	0.95	2.86	0.09
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- INTERM.	1/2 CUP	1	215	10	574	7.51	*2	6.33	18.18	12.48
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	158	10	180	2.40	*10	1.89	22.26	7.44
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

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ALT INT WEEKLY 1st CHOI	Total	1								
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3	21.12	38.1	12.59
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	3.0	24.0	10.5
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	*12	0.37	18.17	0.16
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	0.0	4.0
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	*N/A*	0.0	13.0	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	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 % of Calories			1102	67	2790	17.70	*68 *24.7%	55.15 20.0%	148.94 54.0%	32.35 26.4%
Nutrient Guideline			783					15.00		<=30.0

Wed - 12/12/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	59	321	3.00	0	17.0	15.0	14.0
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	502	2.00	*3	3.0	23.99	3.56
CASCADE BLEND VEGETABLE-3/4 CU	3/4 CUP	1	30	0	35	2.00	2	1.0	6.99	0.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	*12	0.37	18.17	0.16
WG DINNER ROLL	ROLL	1	90	0	160	2.00	2	4.0	17.0	1.0
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
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
ALT INT WEEKLY 1st CHOI	Total	1								
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	*4	2.24	18.57	3.41
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	*4	16.0	32.0	26.42
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	*12	0.37	18.17	0.16
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	214	3.05	*2	2.04	10.53	7.67
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
COOKIE- CHOCOLATE/WHITE FROSTI	COOKIE	1	170	5	100	1.00	15	2.0	27.0	6.0

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# Washington County School District

Dec 3, 2018 thru Dec 19, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			1160	87	1969	10.32	*78	50.01	151.21	38.69
% of Calories							*26.8%	17.3%	52.2%	30.0%
Nutrient Guideline			783					15.00		<=30.0

Thu - 12/13/2018										
INTERMEDIATE LUNCH 6-8	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:INTERM	1/2 CUP	1	121	10	185	3.52	*1	3.83	11.16	6.4
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
ALT INT WEEKLY 1st CHOI	Total	1								
TACO SALAD: ALT LINE TORTILLA	SERVING	1	541	52	771	14.07	*1	26.82	61.21	18.62
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
BEANS, CANNED, BLACK BEAN, LS	1/2 CUP	1	102	0	143	6.12	2	7.14	18.37	0.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	1	1.0	2.0	6.0
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
CRISPY CHICKEN SALAD: ALT-SMAC	2 cup	1	397	60	764	13.24	*0	25.04	44.23	13.0
Weighted Daily Average			1230	*108	2051	24.13	*55	65.91	161.56	32.68
% of Calories							*17.8%	21.4%	52.5%	23.9%
Nutrient Guideline			783					15.00		<=30.0

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# Washington County School District

Dec 3, 2018 thru Dec 19, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 12/14/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
CALZONE CHEESE	1 EACH	1	250	10	420	4.00	4	19.0	33.01	5.0
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
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	1	1.0	2.0	6.0
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
ALT INT WEEKLY 1st CHOI										
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	711	3.00	*3	20.4	28.21	13.3
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	214	3.05	*2	2.04	10.53	7.67
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
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
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
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
Weighted Daily Average			944	*56	1720	13.88	*78	50.27	137.31	22.26
% of Calories							*33.1%	21.3%	58.2%	21.2%
Nutrient Guideline			783					15.00		<=30.0

Mon - 12/17/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
MACARONI & CHEESE-E.S.FOODS	6 OZ SERVIN	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:INTERM.	1/2 CUP	1	127	10	228	4.21	*2	3.98	12.48	6.29
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

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# Washington County School District

Dec 3, 2018 thru Dec 19, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT INT WEEKLY 1st CHOI	Total	1								
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	1	21.0	29.0	11.0
MIXED FRESH VEGETABLES:INTER	3/4 CUP	1	99	10	144	2.36	*2	2.42	8.31	6.21
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
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			825	*58	1474	10.46	*56	50.57	110.28	21.71
% of Calories							*27.1%	24.5%	53.4%	23.7%
Nutrient Guideline			783					15.00		<=30.0

Tue - 12/18/2018										
INTERMEDIATE LUNCH 6-8	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- INTERM.	1/2 CUP	1	215	10	574	7.51	*2	6.33	18.18	12.48
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
ALT INT WEEKLY 1st CHOI	Total	1								
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3	21.12	38.1	12.59
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	3.0	24.0	10.5
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	0.0	4.0
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	*N/A*	0.0	13.0	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	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			1143	*71	2605	17.62	*63	57.06	150.50	34.44
% of Calories							*22.0%	20.0%	52.7%	27.1%
Nutrient Guideline			783					15.00		<=30.0

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Dec 3, 2018 thru Dec 19, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 12/19/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
HAM - COBBLE STREET	SLICE	1	140	45	840	0.00	1	13.0	2.0	9.0
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	502	2.00	*3	3.0	23.99	3.56
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 :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
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
CAKE, JELLO	SLICE	1	275	0	495	0.97	*N/A*	3.37	48.68	7.85
ALT INT WEEKLY 1st CHOI										
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	*4	2.24	18.57	3.41
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	*4	16.0	32.0	26.42
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	214	3.05	*2	2.04	10.53	7.67
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			1058	*75	2370	8.83	*59	48.03	139.89	34.18
% of Calories							*22.5%	18.2%	52.9%	29.1%
Nutrient Guideline			783					15.00		<=30.0
Weighted Average										
			1058	*85	2136	14.87	*68	53.23	143.32	30.34
							*57.4%	20.1%	54.2%	25.8%

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Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal)	Cholst (mg) Miss Data	Sodm (mg) Shortfall	Fiber (g) Overage	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g) Error Messages (if any)
Calories	1058		783	135%								
Cholesterol (mg)	85					Missing						
Sodium 1 (mg)	2136								2136			
Sodium 2 (mg)	2136								2136			
Fiber (g)	14.87											
Sugars (g)	68	25.52%				Missing						
Protein (g)	53.23	20.12%	15.00	355%								
Carbohydrate (g)	143.32	54.18%										
Total Fat (g)	30.34	25.80%	<=30.00%									

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