

# Washington County School District

Dec 3, 2018 thru Dec 19, 2018

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 12/03/2018										
SECONDARY LUNCH 9-12	Total	1								
CHICKEN BREAST PATTIE SAND :SE	1 each	1	370	30	520	4.00	3	18.0	38.0	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:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	9.50	*3	8.02	24.56	6.59
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
ALT SEC WEEKLY 1st CHO										
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	1	21.0	29.0	11.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	*2	3.06	9.82	6.29
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	102	0	181	7.03	*1	5.67	18.35	0.85
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			1158	55	1940	20.06	*69	57.83	176.30	27.31
% of Calories							*23.8%	20.0%	60.9%	21.2%
Nutrient Guideline			846					16.70		<=30.0

Tue - 12/04/2018										
SECONDARY LUNCH 9-12	Total	1								
ENCHILADA	BURRITO	1	384	13	1202	8.36	*4	20.05	53.68	11.45
CORN :SEC	1 CUP	1	119	0	20	3.97	14	3.97	17.86	2.98
SPANISH RICE-1/2 CUP	1/2 cup	1	132	0	639	3.67	*0	4.75	25.32	2.02
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
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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ALT SEC WEEKLY 1st CHO	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
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	7	2.23	14.63	6.32
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	9.50	*3	8.02	24.56	6.59
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
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			1441	62	3214	28.90	*74	64.38	220.22	36.20
% of Calories							*20.5%	17.9%	61.1%	22.6%
Nutrient Guideline			846					16.70		<=30.0

Wed - 12/05/2018										
SECONDARY LUNCH 9-12	Total	1								
TERIYAKI BEEF NUGGETS: (Sec.)	5 NUGGETS	1	201	50	552	1.25	5	17.56	7.53	10.04
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	9.00	0	2.0	18.0	5.0
GRAVY, BROWN LOW SODIUM	1/4 CUP	1	30	0	142	0.00	*0	0.0	4.0	1.0
SUNSHINE CARROTS: SEC	1 CUP	1	39	0	66	3.20	*N/A*	0.0	7.47	0.19
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
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 SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
CARROT & CELERY STICKS:SEC	1 CUP	1	132	15	235	2.42	*2	2.28	8.67	9.18
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			1089	86	2147	15.78	*59	48.09	148.78	33.75
% of Calories							*21.7%	17.7%	54.7%	27.9%
Nutrient Guideline			846					16.70		<=30.0

Thu - 12/06/2018										
SECONDARY LUNCH 9-12	Total	1								
CHICKEN NOODLE SOUP: USDA 1C.	1 CUP	1	166	47	157	3.05	*2	9.87	24.61	3.41
GARLIC TWIST	2 OZ	1	141	11	384	4.71	*1	4.18	27.29	2.59
TOMATOES, CUCUMBER, CARROTS:SE	1 CUP	1	99	10	131	2.10	*3	1.94	12.03	6.22
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	102	0	181	7.03	*1	5.67	18.35	0.85
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 SEC WEEKLY 1st CHO	Total	1								
TACO SALAD: ALT LINE TORTILLA	SERVING	1	541	52	771	14.07	*1	26.82	61.21	18.62
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
BEANS, CANNED, BLACK BEAN, LS	1/2 CUP	1	102	0	143	6.12	2	7.14	18.37	0.0
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
TRI-COLOR TORTILLA STRIPS	1 OZ	1	57	0	24	0.00	*N/A*	0.0	6.48	2.43
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			1584	120	2988	38.35	*62	75.22	234.62	39.43
% of Calories							*15.6%	19.0%	59.2%	22.4%
Nutrient Guideline			846					16.70		<=30.0

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Fri - 12/07/2018										
SECONDARY LUNCH 9-12	Total	1								
WG PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	3	16.0	27.0	17.0
MARINARA SAUCE: SEC	3/4 CUP	1	104	447	924	2.98	4	2.98	17.89	2.24
DINNER SALAD	1 CUP	1	62	0	87	5.17	*0	3.55	11.53	0.02
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
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 SEC WEEKLY 1st CHO	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
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	3.0	24.0	10.5
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
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			1110	281	2283	16.02	*78	50.11	167.56	29.53
% of Calories							*28.1%	18.1%	60.4%	24.0%
Nutrient Guideline			846					16.70		<=30.0

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Mon - 12/10/2018										
SECONDARY LUNCH 9-12	Total	1								
MINI CORN DOG NUGGETS ( SEC)	6 EACH	1	250	60	420	3.00	1	10.0	30.0	10.0
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	3.0	24.0	10.5
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	9.50	*3	8.02	24.56	6.59
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 SEC WEEKLY 1st CHO										
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	1	21.0	29.0	11.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	*2	3.06	9.82	6.29
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	102	0	181	7.03	*1	5.67	18.35	0.85
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			1112	68	1759	18.17	*70	51.57	171.78	25.58
% of Calories							*25.1%	18.6%	61.8%	20.7%
Nutrient Guideline			846					16.70		<=30.0

Tue - 12/11/2018										
SECONDARY LUNCH 9-12	Total	1								
CHICKEN FAJITA WRAP: SEC	WRAP	1	290	66	1286	4.00	*0	22.02	24.04	11.8
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:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
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 SEC WEEKLY 1st CHO	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
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	7	2.23	14.63	6.32
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	9.50	*3	8.02	24.56	6.59
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
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			1390	85	3273	28.75	*71	65.53	201.17	38.20
% of Calories							*20.5%	18.9%	57.9%	24.7%
Nutrient Guideline			846					16.70		<=30.0

Wed - 12/12/2018										
SECONDARY LUNCH 9-12	Total	1								
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	59	321	3.00	0	17.0	15.0	14.0
SCALLOPED POTATOES:SEC	3/4 CUP	1	223	0	703	2.80	*4	4.2	33.59	4.98
CASCADE BLEND VEGETABLE-1 CUP	1 CUP	1	41	0	47	2.70	3	1.35	9.46	0.0
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
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 SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
CARROT & CELERY STICKS:SEC	1 CUP	1	132	15	235	2.42	*2	2.28	8.67	9.18
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: 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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			1318	93	2193	14.30	*75	51.58	186.31	41.14
% of Calories							*22.7%	15.7%	56.5%	28.1%
Nutrient Guideline			846					16.70		<=30.0

Thu - 12/13/2018										
SECONDARY LUNCH 9-12	Total	1								
ORANGE CHICKEN :SEC	3.92 OZ	1	162	45	312	0.00	*N/A*	12.13	21.22	3.03
RICE: COOKED BROWN (SEC)	1 CUP	1	160	0	139	2.00	*0	4.0	32.96	1.5
NORMANDY-3/4 CUP	3/4 CUP	1	23	0	23	1.50	2	0.75	3.75	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	102	0	181	7.03	*1	5.67	18.35	0.85
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 SEC WEEKLY 1st CHO	Total	1								
TACO SALAD: ALT LINE TORTILLA	SERVING	1	541	52	771	14.07	*1	26.82	61.21	18.62
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
TRI-COLOR TORTILLA STRIPS	1 OZ	1	57	0	24	0.00	*N/A*	0.0	6.48	2.43
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			1507	*109	2617	35.48	*65	75.96	218.27	35.55
% of Calories							*17.1%	20.2%	57.9%	21.2%
Nutrient Guideline			846					16.70		<=30.0

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# Washington County School District

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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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 12/14/2018										
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
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 SEC WEEKLY 1st CHO										
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
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	3.0	24.0	10.5
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
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			987	*50	1752	15.34	*85	50.42	148.27	22.39
% of Calories							*34.3%	20.4%	60.1%	20.4%
Nutrient Guideline			846					16.70		<=30.0

Mon - 12/17/2018										
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	57	0	719	5.44	*N/A*	3.44	12.88	0.29
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	9.50	*3	8.02	24.56	6.59
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

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Base Menu Spreadsheet

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

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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 SEC WEEKLY 1st CHO	Total	1								
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	1	21.0	29.0	11.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	*2	3.06	9.82	6.29
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	102	0	181	7.03	*1	5.67	18.35	0.85
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			981	*58	1813	20.10	*66	57.19	142.85	22.60
% of Calories							*26.8%	23.3%	58.3%	20.7%
Nutrient Guideline			846					16.70		<=30.0

Tue - 12/18/2018										
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
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 SEC WEEKLY 1st CHO	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
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	7	2.23	14.63	6.32
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	9.50	*3	8.02	24.56	6.59
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
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

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# Washington County School District

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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)
Weighted Daily Average			1348	*81	2934	27.96	*78	64.53	188.41	38.09
% of Calories							*23.2%	19.1%	55.9%	25.4%
Nutrient Guideline			846					16.70		<=30.0

Wed - 12/19/2018										
SECONDARY LUNCH 9-12	Total	8240								
HAM : SECONDARY	3 OZ	8240	105	38	888	0.00	*N/A*	13.55	0.0	5.27
SCALLOPED POTATOES:SEC	3/4 CUP	1	223	0	703	2.80	*4	4.2	33.59	4.98
ROLL: 2 OZ	ROLL	6000	138	11	376	4.70	*1	3.93	27.16	2.34
CALIFORNIA BLEND VEGETABLES:SE	1 CUP	4500	55	0	57	2.49	*2	1.24	6.22	1.98
CAKE, JELLO	SLICE	5000	275	0	495	0.97	*N/A*	3.37	48.68	7.85
FRUIT BAR :WINTER:SEC	1 CUP	5000	117	*0	3	4.13	*17	1.39	29.73	0.44
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
ALT SEC WEEKLY 1st CHO	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 :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
CARROT & CELERY STICKS:SEC	1 CUP	1	132	15	235	2.42	*2	2.28	8.67	9.18
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			600	*51	1677	7.87	*29	27.98	89.17	14.80
% of Calories							*19.6%	18.7%	59.5%	22.2%
Nutrient Guideline			846					16.70		<=30.0

Weighted Average			1202	*92	2353	22.08	*68	56.95	176.44	31.12
							*50.7%	19.0%	58.7%	23.3%

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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	1202		846	142%								
Cholesterol (mg)	92					Missing						
Sodium 1 (mg)	2353								2353			
Sodium 2 (mg)	2353								2353			
Fiber (g)	22.08											
Sugars (g)	68	22.51%				Missing						
Protein (g)	56.95	18.95%	16.70	341%								
Carbohydrate (g)	176.44	58.72%										
Total Fat (g)	31.12	23.30%	<=30.00%									

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