

# Washington County School District

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 02/03/2020									
ELEMENTARY LUNCH	Total	1							
MACARONI & CHEESE-E.S.FOODS	6 OZ SERVIN	1	298	41	564	6	17.45	28.74	12.32
LIL SMOKIES	5 LINKS	1	140	30	350	1	8.0	1.0	11.0
TEXAS TOAST BC	SLICE	1	90	0	100	1	3.0	14.0	2.5
GREEN BEANS 3/4 CUP	3/4 CUP	1	24	0	210	2	1.5	4.5	0.0
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	12	0.0	16.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	136	20	338	*1	2.05	7.07	9.06
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			1017	*106	1873	*61	48.66	115.90	37.58
% of Calories						*24.2%	19.1%	45.6%	33.3%
Nutrient Guideline			645				8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 02/04/2020									
ELEMENTARY LUNCH	Total	1							
TACO SOUP	1 CUP	1	257	50	1050	*5	19.5	21.74	9.97
CHIPS-Baked! Tostitos Scoops	BAG	1	110	0	110	*N/A*	2.0	19.0	2.5
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	28	6	43	0	1.52	0.25	2.28
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	129	20	299	*1	1.42	6.31	9.21
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	13	0.0	14.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	173	20	389	*0	1.86	4.64	14.01
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			1026	*112	2201	*58	42.96	110.53	40.67
% of Calories						*22.7%	16.7%	43.1%	35.7%
Nutrient Guideline			645				8.87		<=30.0

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 02/05/2020									
ELEMENTARY LUNCH	Total	1							
WG BREADED 8 PIECE CHICKEN	PIECE	1	215	41	591	0	12.0	11.0	13.0
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1	2.0	17.03	1.0
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	24	0	135	*N/A*	0.95	4.76	0.48
CORN 1/2 CUP	1/2 CUP	1	65	0	15	3	2.0	15.0	1.0
WG DINNER ROLL	ROLL	1	90	0	160	2	4.0	17.0	1.0
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	*N/A*	0.0	0.0	4.0
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	12	0.0	15.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			838	*56	1566	*56	37.61	124.38	23.18
% of Calories						*27.0%	17.9%	59.3%	24.9%
Nutrient Guideline			645				8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 02/06/2020									
ELEMENTARY LUNCH	Total	1							
CHERRY BLOSSOM CHICKEN S ASIAN	3.9oz. SERVIN	1	200	45	350	14	13.0	27.0	4.0
VEGETABLE HARVEST RICE PILAF:E	3/4 CUP	1	130	0	581	*0	3.0	24.01	2.5
CASCADE BLEND VEGETABLE-3/4 CU	3/4 CUP	1	30	0	35	2	1.0	6.99	0.0
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVIN	1	80	0	10	18	0.0	19.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
SALAD BAR: 3 THURSDAY'S:ELE	1 CUP	1	266	40	613	*1	4.09	12.67	18.33
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	11	*N/A*	0.0	6.97	0.2
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			1007	*100	1905	*74	37.75	141.23	27.74
% of Calories						*29.2%	15.0%	56.1%	24.8%
Nutrient Guideline			645				8.87		<=30.0

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 02/07/2020									
ELEMENTARY LUNCH	Total	1							
MAX STUFFED CRUST PEPPERONI PI	SLICE	1	330	20	870	4	17.0	35.0	14.0
DINNER SALAD	1 CUP	1	43	0	28	*1	2.85	8.65	0.02
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	60	0	0	13	1.0	16.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
FROZEN JUICE CUP	1 EACH	1	72	0	8	17	0.0	19.65	0.0
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0	0.0	0.0	9.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			875	*55	1462	*74	37.51	123.89	25.72
% of Calories						*33.6%	17.1%	56.6%	26.5%
Nutrient Guideline			645				8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 02/10/2020									
ELEMENTARY LUNCH	Total	1							
HAMBURGER 100% BEEF :ELE	PATTY	1	257	39	390	2	21.08	21.1	10.15
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	2	0.91	2.67	0.08
PICKLE:, CHIPS	1 OZ.	1	5	0	340	1	0.0	1.0	0.0
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	280	0	2.0	16.0	7.0
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	12	0.0	16.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	136	20	338	*1	2.05	7.07	9.06
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34	0.0
MUSTARD:, P/C	1 Each	1	3	0	63	0	0.22	0.33	0.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0	0.0	0.0	4.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			955	*79	2208	*65	42.92	117.10	33.00
% of Calories						*27.1%	18.0%	49.1%	31.1%
Nutrient Guideline			645				8.87		<=30.0

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 02/11/2020									
ELEMENTARY LUNCH	Total	1							
CHILI	3/4 CUP	1	159	24	294	*N/A*	12.34	19.1	3.25
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	28	6	43	0	1.52	0.25	2.28
CARROT & CELERY STICKS:ELE	3/4 CUP	1	153	22	369	*1	1.04	8.53	10.67
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	13	0.0	14.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	173	20	389	*0	1.86	4.64	14.01
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	210	0	250	8	5.99	34.94	4.99
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			1052	*88	1655	*61	39.42	126.05	37.90
% of Calories						*23.1%	15.0%	47.9%	32.4%
Nutrient Guideline			645				8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 02/12/2020									
ELEMENTARY LUNCH	Total	1							
ROASTED TURKEY: VIP	2.9 OZ	1	107	47	748	*N/A*	24.04	1.34	1.34
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1	2.0	17.03	1.0
GRAVY, TURKEY	1/4 Cup	1	25	0	290	*N/A*	1.0	4.0	1.0
GREEN BEANS:ELE	3/4 CUP	1	32	0	399	*N/A*	1.91	7.16	0.16
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	12	0.0	15.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
ROLL: 2 OZ SCHOOL MADE	ROLL	1	138	11	376	*1	3.93	27.16	2.34
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	*N/A*	0.0	0.0	4.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			746	*72	2478	*53	49.54	116.27	12.54
% of Calories						*28.2%	26.6%	62.4%	15.1%
Nutrient Guideline			645				8.87		<=30.0

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 02/13/2020									
ELEMENTARY LUNCH	Total	1							
NEW ORLEANS/MANDARIN CHICKEN E	2.85 oz	1	189	76	581	18	18.95	18.95	3.79
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	0	580	*N/A*	3.0	24.01	2.5
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	23	0	23	2	0.75	3.75	0.0
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVIN	1	80	0	10	18	0.0	19.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
SALAD BAR: 3 THURSDAY'S:ELE	1 CUP	1	266	40	613	*1	4.09	12.67	18.33
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	120	0	115	*N/A*	2.0	21.0	3.5
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			1078	*131	2227	*78	45.44	143.97	30.83
% of Calories						*28.8%	16.9%	53.4%	25.7%
Nutrient Guideline			645				8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 02/14/2020									
ELEMENTARY LUNCH	Total	1							
5" ROUND PEPPERONI PIZZA	PIZZA	1	339	40	669	4	18.97	30.94	15.97
DINNER SALAD	1 CUP	1	43	0	28	*1	2.85	8.65	0.02
PINEAPPLE, TIDBITS, CAN	1/2 C SERVIN	1	60	0	0	13	1.0	16.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
MIXED BERRIES, CUPS, FZ	SERVING	1	90	0	0	16	0.0	20.0	0.0
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0	0.0	0.0	9.0
COOKIE: VALENTINES	COOKIE	1	172	6	78	15	1.7	26.9	6.7
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			1074	*81	1331	*88	41.18	147.08	34.39
% of Calories						*32.8%	15.3%	54.8%	28.8%
Nutrient Guideline			645				8.87		<=30.0

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Tue - 02/18/2020									
ELEMENTARY LUNCH	Total	1							
SOFT FLOUR TACO: ELE	servings	1	225	49	411	0	17.01	19.0	9.5
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	2	0.91	2.67	0.08
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	28	6	43	0	1.52	0.25	2.28
REFRIED BEANS	1/2 CUP	1	164	0	546	0	8.21	23.6	4.62
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	13	0.0	14.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	173	20	389	*0	1.86	4.64	14.01
EMPANADA, CHERRY & WHITE CHOCO	EMPANADA	1	320	5	330	13	7.0	49.0	12.0
SALSA PICANTE	1 OZ	1	9	0	133	0	0.89	1.77	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			1261	*95	2169	*67	54.05	159.52	45.19
% of Calories						*21.1%	17.1%	50.6%	32.2%
Nutrient Guideline			645				8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 02/19/2020									
ELEMENTARY LUNCH	Total	1							
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	59	321	0	17.0	15.0	14.0
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	0	2.0	22.0	5.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	21	0	266	*N/A*	1.27	4.77	0.11
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34	0.0
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	*N/A*	0.0	13.0	0.0
RANCH LITE-BASIC-Summer	1 EACH	1	70	14	141	1	0.0	3.0	6.0
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	12	0.0	15.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			896	*88	2165	*60	36.93	125.70	27.81
% of Calories						*26.7%	16.5%	56.1%	27.9%
Nutrient Guideline			645				8.87		<=30.0

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Thu - 02/20/2020									
ELEMENTARY LUNCH	Total	1							
EMPANADA, CHICKEN	EMPANADA	1	260	25	530	2	12.0	31.0	10.0
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1	2.0	17.03	1.0
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	45	0	222	*N/A*	1.0	5.0	2.0
CASCADE BLEND VEGETABLE-3/4 CU	3/4 CUP	1	30	0	35	2	1.0	6.99	0.0
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVIN	1	80	0	10	18	0.0	19.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
SALAD BAR: 3 THURSDAY'S:ELE	1 CUP	1	266	40	613	*1	4.09	12.67	18.33
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			1031	*80	2029	*63	36.75	136.27	34.04
% of Calories						*24.3%	14.3%	52.9%	29.7%
Nutrient Guideline			645				8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 02/21/2020									
ELEMENTARY LUNCH	Total	1							
MAX STUFFED CRUST PEPPERONI PI	SLICE	1	330	20	870	4	17.0	35.0	14.0
DINNER SALAD	1 CUP	1	43	0	28	*1	2.85	8.65	0.02
PINEAPPLE, TIDBITS, CAN	1/2 C SERVIN	1	60	0	0	13	1.0	16.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
FROZEN JUICE CUP	1 EACH	1	72	0	8	17	0.0	19.65	0.0
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0	0.0	0.0	9.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			875	*55	1462	*74	37.51	123.89	25.72
% of Calories						*33.6%	17.1%	56.6%	26.5%
Nutrient Guideline			645				8.87		<=30.0

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# Washington County School District

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 02/24/2020									
ELEMENTARY LUNCH	Total	1							
CHICKEN BREAST PATTIE SAND: EL	1 each	1	340	30	470	2	17.0	33.0	16.51
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	2	0.91	2.67	0.08
BAKED BEANS - 2019 - 3/4	3/4 SERVING	1	255	0	750	21	12.0	49.5	1.5
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	12	0.0	16.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	136	20	338	*1	2.05	7.07	9.06
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62	5.03
PICKLE:, CHIPS	1 OZ.	1	5	0	340	1	0.0	1.0	0.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0	0.0	0.0	4.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			1249	*70	2481	*78	50.64	173.46	38.88
% of Calories						*24.9%	16.2%	55.6%	28.0%
Nutrient Guideline			645				8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 02/25/2020									
ELEMENTARY LUNCH	Total	1							
BEAN & CHEESE BURRITO-ELE.	BURRITO	1	270	0	410	2	15.0	43.0	5.0
CORN 1/2 CUP	1/2 CUP	1	65	0	15	3	2.0	15.0	1.0
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	13	0.0	14.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	173	20	389	*0	1.86	4.64	14.01
CREAMIES JR.	CREAMIE	1	93	16	39	*N/A*	2.0	14.0	3.5
SALSA PICANTE	1 OZ	1	9	0	133	0	0.89	1.77	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			939	*51	1296	*57	38.41	137.00	26.21
% of Calories						*24.3%	16.4%	58.3%	25.1%
Nutrient Guideline			645				8.87		<=30.0

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# Washington County School District

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 02/26/2020									
ELEMENTARY LUNCH	Total	1							
THERYAKI BEEF NUGGETS	4 Nugget	1	160	40	440	4	14.0	6.0	8.0
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1	2.0	17.03	1.0
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	25	0	326	*N/A*	0.98	3.93	0.98
SUNSHINE CARROTS 1/2 CUP	1/2 C SERVIN	1	47	0	80	*N/A*	0.0	9.34	0.0
ROLL: 2 OZ SCHOOL MADE	ROLL	1	138	11	376	*1	3.93	27.16	2.34
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	*N/A*	0.0	0.0	4.0
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	12	0.0	15.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			813	*66	1887	*57	37.58	123.05	19.03
% of Calories						*27.9%	18.5%	60.5%	21.1%
Nutrient Guideline			645				8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 02/27/2020									
ELEMENTARY LUNCH	Total	1							
ORANGE CHICKEN	3.6 OZ SERVI	1	150	40	280	10	11.0	19.0	3.0
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	80	0	70	*0	2.0	16.48	0.75
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	23	0	23	2	0.75	3.75	0.0
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVIN	1	80	0	10	18	0.0	19.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
SALAD BAR: 3 THURSDAY'S:ELE	1 CUP	1	266	40	613	*1	4.09	12.67	18.33
COOKIE, COWBOY	1 oz.	1	202	15	164	*15	3.31	29.34	8.48
SOY SAUCE: PC	PC	1	10	0	500	*N/A*	0.0	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			1080	*110	1965	*85	37.80	144.83	33.26
% of Calories						*31.4%	14.0%	53.6%	27.7%
Nutrient Guideline			645				8.87		<=30.0

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# Washington County School District

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 02/28/2020									
ELEMENTARY LUNCH	Total	1							
PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3	16.0	27.0	17.0
MARINARA SAUCE	1/2 CUP	1	70	298	616	3	1.99	11.93	1.49
GARLIC TWIST	2 OZ	1	141	11	384	*1	4.18	27.29	2.59
DINNER SALAD	1 CUP	1	43	0	28	*1	2.85	8.65	0.02
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	60	0	0	13	1.0	16.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
FROZEN JUICE CUP	1 EACH	1	72	0	8	17	0.0	19.65	0.0
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0	0.0	0.0	9.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			1045	*369	2142	*77	42.68	155.11	32.80
% of Calories						*29.4%	16.3%	59.4%	28.2%
Nutrient Guideline			645				8.87		<=30.0

Weighted Average			992	*98	1921	*67	41.86	133.96	30.87
						*61.2%	16.9%	54.0%	28.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	992		645	154%				
Cholesterol (mg)	98				Missing			
Sodium 1 (mg)	1921						1921	
Sodium 2 (mg)	1921						1921	
Sugars (g)	67	27.20%			Missing			
Protein (g)	41.86	16.87%	8.87	472%				
Carbohydrate (g)	133.96	53.99%						
Total Fat (g)	30.87	27.99%	<=30.00%					

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