

Washington County School District

Feb 3, 2020 thru Feb 28, 2020

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 02/03/2020									
SECONDARY LUNCH 9-12	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 1 CUP	1 CUP	1	32	0	280	2	2.0	6.0	0.0
PEARS, DICED, CANNED	1 CUP	1	120	0	10	24	0.0	32.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	*2	6.87	20.63	6.13
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
ALT SEC WEEKLY 1st CHO	Total	1							
DOMINOS PIZZA	SLICE	1	280	25	450	2	20.0	29.0	9.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	*2	3.06	9.82	6.29
PEARS, DICED, CANNED	1 CUP	1	120	0	10	24	0.0	32.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	*2	6.87	20.63	6.13
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			1083	*78	1629	*80	50.94	154.09	29.59
% of Calories						*29.7%	18.8%	56.9%	24.6%
Nutrient Guideline			846				16.70		<=30.0

Tue - 02/04/2020									
SECONDARY LUNCH 9-12	Total	1							
TACO SOUP	1 CUP	1	257	50	1050	*5	19.5	21.74	9.97
CHEDDAR/ JACK FANCY SHRED-.5OZ	.5 OZ	1	56	13	86	0	3.04	0.51	4.56
CORNMEAL SUPER STAR	1 EA	1	148	11	91	12	2.8	23.0	5.0
CHIPS-Baked! Tostitos Scoops	BAG	1	110	0	110	*N/A*	2.0	19.0	2.5
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	*2	3.06	9.82	6.29
PEACH, DICED, CANNED	1 CUP	1	120	0	10	26	0.0	28.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	156	10	242	*2	3.73	9.27	11.01
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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT SEC WEEKLY 1st CHO	Total	1							
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	3	21.12	38.1	12.59
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	2	0.91	2.67	0.08
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	0	3.0	24.0	10.5
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	156	10	242	*2	3.73	9.27	11.01
PEACH, DICED, CANNED	1 CUP	1	120	0	10	26	0.0	28.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
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
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	*N/A*	0.0	13.0	0.0
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34	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			1279	*85	2448	*92	48.76	175.04	41.67
% of Calories						*28.7%	15.2%	54.7%	29.3%
Nutrient Guideline			846				16.70		<=30.0

Wed - 02/05/2020									
SECONDARY LUNCH 9-12	Total	1							
WG BREADED 8 PIECE CHICKEN	PIECE	1	215	41	591	0	12.0	11.0	13.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	0	2.0	18.0	5.0
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	24	0	135	*N/A*	0.95	4.76	0.48
CORN 1 CUP	1 CUP	1	130	0	30	6	4.0	30.0	2.0
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 CUP	1	120	0	10	24	0.0	30.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
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
ALT SEC WEEKLY 1st CHO	Total	1							
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	*4	16.0	32.0	26.42
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62	5.03
MIXED FRUIT, CANNED	1 CUP	1	120	0	10	24	0.0	30.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
CARROT & CELERY STICKS:SEC	1 CUP	1	130	15	235	*2	2.28	8.67	9.18
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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			1095	*71	1775	*78	38.94	157.71	35.96
% of Calories						*28.7%	14.2%	57.6%	29.6%
Nutrient Guideline			846				16.70		<=30.0

Thu - 02/06/2020									
SECONDARY LUNCH 9-12	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:S	1.25 CUP	1	219	0	977	*0	5.05	40.42	4.21
CASCADE BLEND VEGETABLE-1 CUP	1 CUP	1	41	0	47	3	1.35	9.46	0.0
MANDARIN ORANGE, FESTIVAL, CAN	1 C SERVING	1	160	0	20	36	0.0	38.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	*0	4.51	14.42	0.39
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
ALT SEC WEEKLY 1st CHO	Total	1							
TACO SALAD -TOP N GO :ALT LINE	2 CUP	1	406	37	624	*4	20.61	48.62	15.03
MANDARIN ORANGE, FESTIVAL, CAN	1 C SERVING	1	160	0	20	36	0.0	38.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
WG DINNER ROLL	ROLL	1	90	0	160	2	4.0	17.0	1.0
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	133	20	306	*1	2.04	6.33	9.17
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	1	1.0	2.0	6.0
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			1130	*71	1707	*95	43.10	181.29	24.91
% of Calories						*33.6%	15.3%	64.1%	19.8%
Nutrient Guideline			846				16.70		<=30.0

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Fri - 02/07/2020									
SECONDARY LUNCH 9-12	Total	1							
FOUR MEAT PRIMO PIZZA	SLICE	1	370	40	650	9	20.0	36.0	17.0
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:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
FROZEN JUICE CUP	1 EACH	1	72	0	8	17	0.0	19.65	0.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	1	1.0	2.0	6.0
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
ALT SEC WEEKLY 1st CHO	Total	1							
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	711	*3	20.4	28.21	13.3
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	2	0.91	2.67	0.08
BAKED BEANS - 2019 -1/2	1/2 SERVING	1	170	0	500	14	8.0	33.0	1.0
CARROT STICKS 1 CUP	1 CUP	1	142	10	216	9	2.63	18.84	6.42
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62	5.03
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	60	0	0	13	1.0	16.0	0.0
FROZEN JUICE CUP	1 EACH	1	72	0	8	17	0.0	19.65	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
PICKLE:, CHIPS	1 OZ.	1	5	0	340	1	0.0	1.0	0.0
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			1118	*70	1950	*101	47.33	172.16	29.34
% of Calories						*36.2%	16.9%	61.6%	23.6%
Nutrient Guideline			846				16.70		<=30.0

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Mon - 02/10/2020									
SECONDARY LUNCH 9-12	Total	1							
HAMBURGER 100 % BEEF: SEC	PATTY	1	287	39	440	3	22.08	26.1	10.15
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	2	0.91	2.67	0.08
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	0	3.0	24.0	10.5
PEARS, DICED, CANNED	1 CUP	1	120	0	10	24	0.0	32.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	*2	6.87	20.63	6.13
PICKLE:, CHIPS	1 OZ.	1	5	0	340	1	0.0	1.0	0.0
MUSTARD:, P/C	1 Each	1	3	0	63	0	0.22	0.33	0.0
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34	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
ALT SEC WEEKLY 1st CHO	Total	1							
DOMINOS PIZZA	SLICE	1	280	25	450	2	20.0	29.0	9.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	*2	3.06	9.82	6.29
PEARS, DICED, CANNED	1 CUP	1	120	0	10	24	0.0	32.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	*2	6.87	20.63	6.13
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			1098	*65	1856	*82	48.82	160.43	29.05
% of Calories						*30.0%	17.8%	58.5%	23.8%
Nutrient Guideline			846				16.70		<=30.0

Tue - 02/11/2020									
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	130	15	235	*2	2.28	8.67	9.18
PEACH, DICED, CANNED	1 CUP	1	120	0	10	26	0.0	28.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	156	10	242	*2	3.73	9.27	11.01
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

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ALT SEC WEEKLY 1st CHO	Total	1							
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	3	21.12	38.1	12.59
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	2	0.91	2.67	0.08
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	0	3.0	24.0	10.5
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	156	10	242	*2	3.73	9.27	11.01
PEACH, DICED, CANNED	1 CUP	1	120	0	10	26	0.0	28.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
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
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	*N/A*	0.0	13.0	0.0
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34	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			1204	*65	2114	*87	44.62	169.48	37.35
% of Calories						*29.0%	14.8%	56.3%	27.9%
Nutrient Guideline			846				16.70		<=30.0

Wed - 02/12/2020									
SECONDARY LUNCH 9-12	Total	1							
ROASTED TURKEY: VIP	2.9 OZ	1	107	47	748	*N/A*	24.04	1.34	1.34
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	0	2.0	18.0	5.0
GRAVY, TURKEY	1/4 Cup	1	25	0	290	*N/A*	1.0	4.0	1.0
GREEN BEANS 1 CUP	1 CUP	1	32	0	280	2	2.0	6.0	0.0
MIXED FRUIT, CANNED	1 CUP	1	120	0	10	24	0.0	30.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
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
ALT SEC WEEKLY 1st CHO	Total	1							
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	*4	16.0	32.0	26.42
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62	5.03
MIXED FRUIT, CANNED	1 CUP	1	120	0	10	24	0.0	30.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
CARROT & CELERY STICKS:SEC	1 CUP	1	130	15	235	*2	2.28	8.67	9.18
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

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Washington County School District

Feb 3, 2020 thru Feb 28, 2020

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			1016	*79	2164	*76	43.95	145.58	30.06
% of Calories						*29.9%	17.3%	57.3%	26.6%
Nutrient Guideline			846				16.70		<=30.0

Thu - 02/13/2020									
SECONDARY LUNCH 9-12	Total	1							
NEW ORLEANS/MANDARIN CHICKEN E	2.85 oz	1	189	76	581	18	18.95	18.95	3.79
VEGETABLE BROWN RICE : SEC	8 OZ	1	219	0	977	*N/A*	5.05	40.42	4.21
NORMANDY VEGETABLES 1 CUP	1 CUP	1	30	0	30	3	1.0	5.0	0.0
MANDARIN ORANGE, FESTIVAL, CAN	1 C SERVING	1	160	0	20	36	0.0	38.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	*0	4.51	14.42	0.39
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
ALT SEC WEEKLY 1st CHO	Total	1							
TACO SALAD -TOP N GO :ALT LINE	2 CUP	1	406	37	624	*4	20.61	48.62	15.03
MANDARIN ORANGE, FESTIVAL, CAN	1 C SERVING	1	160	0	20	36	0.0	38.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
WG DINNER ROLL	ROLL	1	90	0	160	2	4.0	17.0	1.0
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	133	20	306	*1	2.04	6.33	9.17
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	1	1.0	2.0	6.0
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			1164	*86	1865	*97	46.90	182.05	26.45
% of Calories						*33.3%	16.1%	62.6%	20.5%
Nutrient Guideline			846				16.70		<=30.0

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Washington County School District

Feb 3, 2020 thru Feb 28, 2020

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 02/14/2020									
SECONDARY LUNCH 9-12	Total	1							
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	1	340	35	580	4	20.0	34.0	18.0
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:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
MIXED BERRIES, CUPS, FZ	SERVING	1	90	0	0	16	0.0	20.0	0.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	1	1.0	2.0	6.0
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
ALT SEC WEEKLY 1st CHO	Total	1							
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	711	*3	20.4	28.21	13.3
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	2	0.91	2.67	0.08
BAKED BEANS - 2019 -1/2	1/2 SERVING	1	170	0	500	14	8.0	33.0	1.0
CARROT STICKS 1 CUP	1 CUP	1	142	10	216	9	2.63	18.84	6.42
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62	5.03
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	60	0	0	13	1.0	16.0	0.0
FROZEN JUICE CUP	1 EACH	1	72	0	8	17	0.0	19.65	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
PICKLE:, CHIPS	1 OZ.	1	5	0	340	1	0.0	1.0	0.0
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
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			1284	*74	1989	*113	49.03	198.23	36.54
% of Calories						*35.3%	15.3%	61.8%	25.6%
Nutrient Guideline			846				16.70		<=30.0

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Washington County School District

Feb 3, 2020 thru Feb 28, 2020

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 02/18/2020									
SECONDARY LUNCH 9-12	Total	1							
SOFT FLOUR TACO:SEC	1 serving	1	255	49	436	1	17.01	23.0	10.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	14	0	6	2	0.95	2.86	0.09
CHEDDAR/ JACK FANCY SHRED-.5OZ	.5 OZ	1	56	13	86	0	3.04	0.51	4.56
REFRIED BEANS	1/2 CUP	1	164	0	546	0	8.21	23.6	4.62
PEACH, DICED, CANNED	1 CUP	1	120	0	10	26	0.0	28.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	156	10	242	*2	3.73	9.27	11.01
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
ALT SEC WEEKLY 1st CHO									
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	3	21.12	38.1	12.59
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	2	0.91	2.67	0.08
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	0	3.0	24.0	10.5
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	156	10	242	*2	3.73	9.27	11.01
PEACH, DICED, CANNED	1 CUP	1	120	0	10	26	0.0	28.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
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
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	*N/A*	0.0	13.0	0.0
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34	0.0
EMPANADA, CHERRY & WHITE CHOCO	EMPANADA	1	320	5	330	13	7.0	49.0	12.0
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			1509	*78	2637	*96	55.60	212.87	49.14
% of Calories						*25.5%	14.7%	56.4%	29.3%
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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 02/19/2020									
SECONDARY LUNCH 9-12	Total	1							
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	59	321	0	17.0	15.0	14.0
FRENCH FRIES- S.S. 3/4 CUP	4.5 OZ	1	210	0	450	0	3.0	33.0	7.5
GREEN BEANS: 1/2 C.	1/2 CUP	1	21	0	266	*N/A*	1.27	4.77	0.11
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
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: (WILD COYOTE LITE)	PC CUP	1	70	10	95	1	1.0	2.0	6.0
MIXED FRUIT, CANNED	1 CUP	1	120	0	10	24	0.0	30.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
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
ALT SEC WEEKLY 1st CHO									
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	*4	16.0	32.0	26.42
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62	5.03
MIXED FRUIT, CANNED	1 CUP	1	120	0	10	24	0.0	30.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
CARROT & CELERY STICKS:SEC	1 CUP	1	130	15	235	*2	2.28	8.67	9.18
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			1188	*87	2274	*80	40.56	168.97	40.20
% of Calories						*26.9%	13.7%	56.9%	30.5%
Nutrient Guideline			846				16.70		<=30.0

Thu - 02/20/2020									
SECONDARY LUNCH 9-12	Total	1							
EMPANADA, CHICKEN	EMPANADA	1	260	25	530	2	12.0	31.0	10.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	0	2.0	18.0	5.0
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	45	0	222	*N/A*	1.0	5.0	2.0
STRING CHEESE: 1oz M	1 EA	1	80	15	200	*N/A*	6.0	0.0	6.0
CASCADE BLEND VEGETABLE-1 CUP	1 CUP	1	41	0	47	3	1.35	9.46	0.0
MANDARIN ORANGE, FESTIVAL, CAN	1 C SERVING	1	160	0	20	36	0.0	38.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	*0	4.51	14.42	0.39
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

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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)
ALT SEC WEEKLY 1st CHO	Total	1							
TACO SALAD -TOP N GO :ALT LINE	2 CUP	1	406	37	624	*4	20.61	48.62	15.03
MANDARIN ORANGE, FESTIVAL, CAN	1 C SERVING	1	160	0	20	36	0.0	38.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
WG DINNER ROLL	ROLL	1	90	0	160	2	4.0	17.0	1.0
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	133	20	306	*1	2.04	6.33	9.17
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	1	1.0	2.0	6.0
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			1163	*71	1723	*89	44.57	171.09	32.20
% of Calories						*30.6%	15.3%	58.9%	24.9%
Nutrient Guideline			846				16.70		<=30.0

Fri - 02/21/2020									
SECONDARY LUNCH 9-12	Total	1							
PIZZA, BIG DADDY'S (SCHWAN'S)	1 SLICE	1	320	20	550	*N/A*	19.0	39.0	10.0
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:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
FROZEN JUICE CUP	1 EACH	1	72	0	8	17	0.0	19.65	0.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	1	1.0	2.0	6.0
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
ALT SEC WEEKLY 1st CHO	Total	1							
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	711	*3	20.4	28.21	13.3
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	2	0.91	2.67	0.08
BAKED BEANS - 2019 -1/2	1/2 SERVING	1	170	0	500	14	8.0	33.0	1.0
CARROT STICKS 1 CUP	1 CUP	1	142	10	216	9	2.63	18.84	6.42
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62	5.03
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	60	0	0	13	1.0	16.0	0.0
FROZEN JUICE CUP	1 EACH	1	72	0	8	17	0.0	19.65	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
PICKLE:, CHIPS	1 OZ.	1	5	0	340	1	0.0	1.0	0.0
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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			1093	*60	1900	*97	46.83	173.66	25.84
% of Calories						*35.4%	17.1%	63.5%	21.3%
Nutrient Guideline			846				16.70		<=30.0

Mon - 02/24/2020									
SECONDARY LUNCH 9-12	Total	1							
CHICKEN BREAST PATTIE SAND :SE	1 each	1	370	30	520	3	18.0	38.0	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
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62	5.03
PEARS, DICED, CANNED	1 CUP	1	120	0	10	24	0.0	32.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	*2	6.87	20.63	6.13
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
ALT SEC WEEKLY 1st CHO	Total	1							
DOMINOS PIZZA	SLICE	1	280	25	450	2	20.0	29.0	9.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	*2	3.06	9.82	6.29
PEARS, DICED, CANNED	1 CUP	1	120	0	10	24	0.0	32.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	*2	6.87	20.63	6.13
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			1210	*60	1922	*89	52.18	184.62	30.24
% of Calories						*29.4%	17.3%	61.1%	22.5%
Nutrient Guideline			846				16.70		<=30.0

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Washington County School District

Feb 3, 2020 thru Feb 28, 2020

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 02/25/2020									
SECONDARY LUNCH 9-12	Total	1							
ENCHILADA	BURRITO	1	384	13	1202	*4	20.05	53.68	11.45
CORN 1 CUP	1 CUP	1	130	0	30	6	4.0	30.0	2.0
PEACH, DICED, CANNED	1 CUP	1	120	0	10	26	0.0	28.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	156	10	242	*2	3.73	9.27	11.01
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
ALT SEC WEEKLY 1st CHO	Total	1							
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	3	21.12	38.1	12.59
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	2	0.91	2.67	0.08
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	0	3.0	24.0	10.5
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	156	10	242	*2	3.73	9.27	11.01
PEACH, DICED, CANNED	1 CUP	1	120	0	10	26	0.0	28.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
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
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	*N/A*	0.0	13.0	0.0
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34	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			1248	*57	2406	*87	47.02	187.73	35.98
% of Calories						*27.8%	15.1%	60.2%	25.9%
Nutrient Guideline			846				16.70		<=30.0

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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									
SECONDARY LUNCH 9-12	Total	1							
TERIYAKI BEEF NUGGETS	4 Nugget	1	160	40	440	4	14.0	6.0	8.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	0	2.0	18.0	5.0
GRAVY, BROWN LOW SODIUM	1/4 CUP	1	30	0	142	*0	0.0	4.0	1.0
SUNSHINE CARROTS 1/2 CUP	1/2 C SERVING	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 CUP	1	120	0	10	24	0.0	30.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
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
ALT SEC WEEKLY 1st CHO									
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	*4	16.0	32.0	26.42
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62	5.03
MIXED FRUIT, CANNED	1 CUP	1	120	0	10	24	0.0	30.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
CARROT & CELERY STICKS:SEC	1 CUP	1	130	15	235	*2	2.28	8.67	9.18
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			1053	*75	1836	*77	37.43	149.58	33.40
% of Calories						*29.3%	14.2%	56.8%	28.5%
Nutrient Guideline			846				16.70		<=30.0

Thu - 02/27/2020									
SECONDARY LUNCH 9-12	Total	1							
ORANGE CHICKEN	3.6 OZ SERVI	1	150	40	280	10	11.0	19.0	3.0
RICE: COOKED BROWN (SEC)	1 CUP	1	160	0	139	*0	4.0	32.96	1.5
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	23	0	23	2	0.75	3.75	0.0
MANDARIN ORANGE, FESTIVAL, CAN	1 C SERVING	1	160	0	20	36	0.0	38.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	*0	4.51	14.42	0.39
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

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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)
ALT SEC WEEKLY 1st CHO	Total	1							
TACO SALAD -TOP N GO :ALT LINE	2 CUP	1	406	37	624	*4	20.61	48.62	15.03
MANDARIN ORANGE, FESTIVAL, CAN	1 C SERVING	1	160	0	20	36	0.0	38.0	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
WG DINNER ROLL	ROLL	1	90	0	160	2	4.0	17.0	1.0
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	133	20	306	*1	2.04	6.33	9.17
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	1	1.0	2.0	6.0
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			1157	*76	1567	*100	42.93	181.89	27.19
% of Calories						*34.7%	14.8%	62.9%	21.1%
Nutrient Guideline			846				16.70		<=30.0

Fri - 02/28/2020									
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
FROZEN JUICE CUP	1 EACH	1	72	0	8	17	0.0	19.65	0.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	1	1.0	2.0	6.0
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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT SEC WEEKLY 1st CHO	Total	1							
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	711	*3	20.4	28.21	13.3
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	2	0.91	2.67	0.08
BAKED BEANS - 2019 -1/2	1/2 SERVING	1	170	0	500	14	8.0	33.0	1.0
CARROT STICKS 1 CUP	1 CUP	1	142	10	216	9	2.63	18.84	6.42
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62	5.03
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	60	0	0	13	1.0	16.0	0.0
FROZEN JUICE CUP	1 EACH	1	72	0	8	17	0.0	19.65	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	17	1.32	25.18	0.41
PICKLE:, CHIPS	1 OZ.	1	5	0	340	1	0.0	1.0	0.0
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			1183	*217	2400	*100	48.41	187.27	31.38
% of Calories						*33.9%	16.4%	63.3%	23.9%
Nutrient Guideline			846				16.70		<=30.0

Weighted Average			1172	*80	2009	*90	46.21	174.41	32.97
						*69.4%	15.8%	59.5%	25.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1172		846	139%				
Cholesterol (mg)	80				Missing			
Sodium 1 (mg)	2009						2009	
Sodium 2 (mg)	2009						2009	
Sugars (g)	90	30.85%			Missing			
Protein (g)	46.21	15.76%	16.70	277%				
Carbohydrate (g)	174.41	59.50%						
Total Fat (g)	32.97	25.31%	<=30.00%					

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