

# Washington County School District

Feb 1, 2019 thru Feb 28, 2019

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 - 02/01/2019										
SECONDARY LUNCH 9-12	Total	1								
FOUR MEAT PRIMO PIZZA	SLICE	1	370	40	650	3.00	9	20.0	36.0	17.0
DINNER SALAD	1 CUP	1	62	0	87	5.17	*0	3.55	11.53	0.02
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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
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
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	0.0	19.0	0.0
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	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			1076	*70	1822	16.47	*93	51.80	158.92	27.92
% of Calories							*34.7%	19.2%	59.1%	23.3%
Nutrient Guideline			846					16.70		<=30.0

\*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)
Mon - 02/04/2019										
SECONDARY LUNCH 9-12	Total	1								
CHICKEN CHUNKS-SEC	6 PIECES	1	257	43	585	2.00	1	20.0	18.0	13.0
FRENCH FRIES- S.S. 3/4 CUP	4.5 OZ	1	210	0	450	3.00	0	3.0	33.0	7.5
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	9.50	*3	8.02	24.56	6.59
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
PUDDING,CHOICE	SERVING	1	115	0	133	0.50	15	1.0	20.5	3.0
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
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 :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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			1182	*64	2268	21.24	*77	59.49	178.94	28.35
% of Calories							*26.0%	20.1%	60.6%	21.6%
Nutrient Guideline			846					16.70		<=30.0

Tue - 02/05/2019										
SECONDARY LUNCH 9-12	Total	1								
TACO SOUP	1 CUP	1	256	50	1112	5.73	*5	19.79	21.68	10.11
CHEDDAR/ JACK FANCY SHRED-.5OZ	.5 OZ	1	56	13	86	0.00	0	3.04	0.51	4.56
CHIPS-Baked! Tostitos Scoops	BAG	1	110	0	110	2.00	*N/A*	2.0	19.0	2.5
CORNMEAL SUPER STAR, WG:FR017	1 EA	1	148	11	91	1.50	*N/A*	2.8	23.0	5.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	*2	3.06	9.82	6.29
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
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
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	280	2.00	0	2.0	16.0	7.0
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	9.50	*3	8.02	24.56	6.59
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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			1331	*85	2944	26.28	*74	63.35	183.08	39.40
% of Calories							*22.3%	19.0%	55.0%	26.6%
Nutrient Guideline			846					16.70		<=30.0

Wed - 02/06/2019										
SECONDARY LUNCH 9-12	Total	1								
ROASTED TURKEY: VIP	2.9 OZ	1	107	47	748	0.00	*N/A*	24.04	1.34	1.34
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	9.00	0	2.0	18.0	5.0
GRAVY, TURKEY: (Custom)	1/4 Cup	1	25	0	290	0.00	*N/A*	1.0	4.0	1.0
GREEN BEANS:SEC	1 CUP	1	57	0	719	5.44	*N/A*	3.44	12.88	0.29
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
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
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 :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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			1016	*85	2642	17.36	*66	54.11	139.39	29.55
% of Calories							*26.2%	21.3%	54.9%	26.2%
Nutrient Guideline			846					16.70		<=30.0

Thu - 02/07/2019										
SECONDARY LUNCH 9-12	Total	1								
TERIYAKI CHICKEN:SEC	4.2 oz	1	180	80	640	0.00	*N/A*	24.0	12.0	4.0
VEGETABLE BROWN RICE : SEC	8 OZ	1	219	0	977	3.37	*N/A*	5.05	40.42	4.21
NORMANDY-3/4 CUP	3/4 CUP	1	23	0	23	1.50	2	0.75	3.75	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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 -TOP N GO :ALT LINE	2 CUP	1	443	37	742	13.52	*1	21.99	54.38	15.03
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
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
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	385	43	759	12.24	*1	27.04	42.23	13.0
Weighted Daily Average			1475	*110	3439	36.16	*71	81.27	214.08	34.51
% of Calories							*19.1%	22.0%	58.1%	21.1%
Nutrient Guideline			846					16.70		<=30.0

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Fri - 02/08/2019										
SECONDARY LUNCH 9-12	Total	1								
WG PEPPERONI PIZZA RIPPERS	SERVING		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 :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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
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
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	0.0	19.0	0.0
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	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			1071	*212	2080	17.46	*92	50.79	160.39	28.67
% of Calories							*34.3%	19.0%	59.9%	24.1%
Nutrient Guideline			846					16.70		<=30.0

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Mon - 02/11/2019										
SECONDARY LUNCH 9-12	Total	1								
HAMBURGER 100 % BEEF: SEC	PATTY	1	287	39	440	3.03	3	22.08	26.1	10.15
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 :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	9.50	*3	8.02	24.56	6.59
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0	0.22	0.33	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
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 :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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			1056	*57	1916	19.79	*71	58.63	150.15	25.79
% of Calories							*26.9%	22.2%	56.9%	22.0%
Nutrient Guideline			846					16.70		<=30.0

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# Washington County School District

Feb 1, 2019 thru Feb 28, 2019

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)
Tue - 02/12/2019										
SECONDARY LUNCH 9-12	Total	1								
SOFT FLOUR TACO:SEC	1 serving	1	255	49	436	2.00	1	17.01	23.0	10.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	14	0	6	1.10	2	0.95	2.86	0.09
CHEDDAR/ JACK FANCY SHRED-.5OZ	.5 OZ	1	56	13	86	0.00	0	3.04	0.51	4.56
CORNMEAL SUPER STAR, WG:FR017	1 EA	1	148	11	91	1.50	*N/A*	2.8	23.0	5.0
REFRIED BEANS	1/2 CUP	1	164	0	546	8.21	0	8.21	23.6	4.62
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
SWEET POTATO CAKE: NEUFCHATEL	SERVING	1	217	11	162	1.41	*26	1.56	35.9	7.97
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
BROWNIE CUP, WG:FR016	BROWNIE	1	146	1	72	2.00	14	1.5	26.0	4.0
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
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	280	2.00	0	2.0	16.0	7.0
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	9.50	*3	8.02	24.56	6.59
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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			1497	*85	2935	28.74	*92	65.99	214.41	43.29
% of Calories							*24.5%	17.6%	57.3%	26.0%
Nutrient Guideline			846					16.70		<=30.0

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# Washington County School District

Feb 1, 2019 thru Feb 28, 2019

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)
Wed - 02/13/2019										
SECONDARY LUNCH 9-12	Total	1								
WG BREADED 8 PIECE CHICKEN	PIECE	1	215	41	591	1.00	0	12.0	11.0	13.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	9.00	0	2.0	18.0	5.0
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	24	0	135	0.00	*N/A*	0.95	4.76	0.48
CORN :SEC	1 CUP	1	119	0	20	3.97	14	3.97	17.86	2.98
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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										
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 :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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			1100	*82	2137	17.13	*73	48.34	147.09	36.47
% of Calories							*26.7%	17.6%	53.5%	29.8%
Nutrient Guideline			846					16.70		<=30.0

Thu - 02/14/2019										
SECONDARY LUNCH 9-12	Total	1								
THAI CHILI CHICKEN-3.75 OZ	3.75 OZ	1	172	72	461	0.00	15	14.75	16.09	4.02
VEGETABLE BROWN RICE : SEC	8 OZ	1	219	0	977	3.37	*N/A*	5.05	40.42	4.21
NORTHWEST BLEND VEGETABLE:ELE	3/4 CUP	1	19	0	17	1.11	2	0.55	3.32	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	102	0	181	7.03	*1	5.67	18.35	0.85
COOKIE: VALENTINES	COOKIE	1	172	6	78	1.00	15	1.7	26.9	6.7
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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Base Menu Spreadsheet

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ALT SEC WEEKLY 1st CHO	Total	1								
TACO SALAD -TOP N GO :ALT LINE	2 CUP	1	443	37	742	13.52	*1	21.99	54.38	15.03
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
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
COOKIE: VALENTINES	COOKIE	1	172	6	78	1.00	15	1.7	26.9	6.7
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	385	43	759	12.24	*1	27.04	42.23	13.0
Weighted Daily Average			1581	*113	2850	36.47	*89	77.25	232.31	39.47
% of Calories							*22.4%	19.5%	58.8%	22.5%
Nutrient Guideline			846					16.70		<=30.0

Fri - 02/15/2019										
SECONDARY LUNCH 9-12	Total	1								
PEPPERONI PIZZA -BELLA ROSE 8	SLICES	1	440	50	819	2.00	5	22.98	33.97	20.98
CHEESE PIZZA -BELLA ROSE 8	SLICE	1	420	42	720	2.00	5	23.0	34.0	21.0
DINNER SALAD	1 CUP	1	62	0	87	5.17	*0	3.55	11.53	0.02
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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

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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
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
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	0.0	19.0	0.0
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	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			1321	*96	2267	16.97	*94	64.79	174.91	40.41
% of Calories							*28.4%	19.6%	53.0%	27.5%
Nutrient Guideline			846					16.70		<=30.0

Tue - 02/19/2019										
SECONDARY LUNCH 9-12	Total	1								
CHILI	3/4 CUP	1	159	24	294	6.63	*N/A*	12.34	19.1	3.25
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	28	6	43	0.00	0	1.52	0.25	2.28
CARROT & CELERY STICKS:SEC	1 CUP	1	132	15	235	2.42	*2	2.28	8.67	9.18
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	210	0	250	3.99	8	5.99	34.94	4.99
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
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	280	2.00	0	2.0	16.0	7.0
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	9.50	*3	8.02	24.56	6.59
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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			1257	*65	2579	26.71	*76	59.08	177.56	35.02
% of Calories							*24.0%	18.8%	56.5%	25.1%
Nutrient Guideline			846					16.70		<=30.0

Wed - 02/20/2019										
SECONDARY LUNCH 9-12	Total	1								
BREADED PORK STEAK	1 EACH	1	293	51	424	2.02	1	16.17	17.18	17.18
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	9.00	0	2.0	18.0	5.0
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	45	0	222	0.00	*N/A*	1.0	5.0	2.0
BROCCOLI : FROZEN (SEC)	1 CUP	1	34	0	23	2.30	0	2.3	4.6	3.15
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
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
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 :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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			1107	*86	2098	16.80	*67	49.61	143.66	39.41
% of Calories							*24.2%	17.9%	51.9%	32.0%
Nutrient Guideline			846					16.70		<=30.0

Thu - 02/21/2019										
SECONDARY LUNCH 9-12	Total	1								
LEMON CHICKEN- 3.92 OZ	3.92 OZ	1	160	55	231	1.00	12	14.04	20.05	3.01
VEGETABLE HARVEST RICE PILAF:S	1.25 CUP	1	219	0	977	3.37	*0	5.05	40.42	4.21
NORTHWEST BLEND VEGETABLE:ELE	3/4 CUP	1	19	0	17	1.11	2	0.55	3.32	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	102	0	181	7.03	*1	5.67	18.35	0.85
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	11	0.15	*N/A*	0.0	6.97	0.2
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 -TOP N GO :ALT LINE	2 CUP	1	443	37	742	13.52	*1	21.99	54.38	15.03
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
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
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	385	43	759	12.24	*1	27.04	42.23	13.0
Weighted Daily Average			1420	*98	2662	36.04	*72	75.19	210.88	32.36
% of Calories							*20.4%	21.2%	59.4%	20.5%
Nutrient Guideline			846					16.70		<=30.0

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# Washington County School District

Feb 1, 2019 thru Feb 28, 2019

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 - 02/22/2019										
SECONDARY LUNCH 9-12	Total	1								
PIZZA, BIG DADDY'S (SCHWAN'S)	1 SLICE	1	320	20	550	4.00	*N/A*	19.0	39.0	10.0
DINNER SALAD	1 CUP	1	62	0	87	5.17	*0	3.55	11.53	0.02
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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
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
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	0.0	19.0	0.0
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	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			1051	*60	1772	16.97	*89	51.30	160.42	24.42
% of Calories							*33.8%	19.5%	61.0%	20.9%
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)
Mon - 02/25/2019										
SECONDARY LUNCH 9-12	Total	1								
CHICKEN BREAST PATTIE SAND :SE	1 each		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 :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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	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 :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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			1125	*55	1937	21.15	*79	58.40	167.29	27.41
% of Calories							*28.0%	20.8%	59.5%	21.9%
Nutrient Guideline			846					16.70		<=30.0

Tue - 02/26/2019										
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
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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

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# Washington County School District

Feb 1, 2019 thru Feb 28, 2019

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								
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: 1/2 CUP	8 PIECES	1	140	0	280	2.00	0	2.0	16.0	7.0
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	9.50	*3	8.02	24.56	6.59
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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			1295	*57	2866	26.80	*79	61.46	189.74	34.13
% of Calories							*24.5%	19.0%	58.6%	23.7%
Nutrient Guideline			846					16.70		<=30.0

Wed - 02/27/2019										
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 :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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 :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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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# Washington County School District

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Portion Values - Detailed

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Weighted Daily Average			1056	*86	2144	16.87	*69	48.66	139.78	33.85
% of Calories							*26.1%	18.4%	53.0%	28.9%
Nutrient Guideline			846					16.70		<=30.0

Thu - 02/28/2019										
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 :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
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 -TOP N GO :ALT LINE	2 CUP	1	443	37	742	13.52	*1	21.99	54.38	15.03
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	4	4.91	*19	1.65	34.07	0.56
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
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
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	385	43	759	12.24	*1	27.04	42.23	13.0
Weighted Daily Average			1467	*104	2956	38.66	*72	74.37	217.96	36.52
% of Calories							*19.7%	20.3%	59.4%	22.4%
Nutrient Guideline			846					16.70		<=30.0

Weighted Average			1236	*88	2438	23.90	*79	60.73	176.89	33.52
							*57.3%	19.7%	57.2%	24.4%

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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) Miss Data	Cholst (mg) Shortfall	Sodm (mg) Shortfall	Fiber (g) Overage	Sugars (g) Overage	Protn (g) Error Messages (if any)	Carb (g) Error Messages (if any)	T-Fat (g) Error Messages (if any)
Calories	1236		846	146%								
Cholesterol (mg)	88				Missing							
Sodium 1 (mg)	2438								2438			
Sodium 2 (mg)	2438								2438			
Fiber (g)	23.90											
Sugars (g)	79	25.46%			Missing							
Protein (g)	60.73	19.65%	16.70	364%								
Carbohydrate (g)	176.89	57.25%										
Total Fat (g)	33.52	24.41%	<=30.00%									

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