

Washington County School District

Jan 3, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

ELEMENTARY LUNCH

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)
Thu - 01/03/2019										
ELEMENTARY LUNCH	Total	8240								
DUTCH WAFFLE	1 EACH	8240	300	20	350	3.00	12	4.0	43.0	13.0
SAUSAGE, PATTY L/S CN 2oz	1 EACH	8000	233	40	172	0.00	0	7.09	1.01	22.27
SCRAMBLED EGGS: SUNNY FRESH	1/4 CUP	1	90	220	250	0.00	*N/A*	6.0	2.0	6.0
HASHBROWN PATTY:1/2 CUP	2 EACH	7500	220	0	450	2.00	1	2.0	27.0	11.0
STRAWBERRIES, SLICED, FZ, ELEM	.5 CUP	5000	90	0	0	3.00	17	0.0	23.0	0.0
SYRUP	1 EA	5000	11	0	81	0.00	*N/A*	0.0	4.34	0.0
KETCHUP : P/C	PC	3500	31	0	396	0.00	8	0.0	8.34	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	5200	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	3030	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
Weighted Daily Average			913	66	1304	6.64	*43	20.70	105.74	45.56
% of Calories							*18.6%	9.1%	46.3%	44.9%
Nutrient Guideline			645					8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 01/04/2019										
ELEMENTARY LUNCH	Total	1								
5" ROUND PEPPERONI PIZZA	PIZZA	1	339	40	669	3.00	4	18.97	30.94	15.97
5" ROUND CHEESE PIZZA	PIZZA	1	330	35	590	3.00	4	18.99	30.98	13.99
DINNER SALAD	1 CUP	1	62	0	87	5.17	*0	3.55	11.53	0.02
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	*12	0.37	18.17	0.16
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	0.0	19.0	0.0
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0.00	0	0.0	0.0	9.0
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			1275	110	2041	15.78	*78	66.87	154.62	41.64
% of Calories							*24.6%	21.0%	48.5%	29.4%
Nutrient Guideline			645					8.87		<=30.0

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ELEMENTARY LUNCH

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 - 01/07/2019										
ELEMENTARY LUNCH	Total	1								
HOT DOG W/ BUN	1 EACH	1	220	55	450	2.00	2	13.0	22.0	10.5
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	2.00	0	2.0	22.0	5.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	*12	0.37	18.17	0.16
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	157	20	383	4.21	*1	2.98	10.48	9.29
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	0.0
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0	0.22	0.33	0.0
RELISH- DILL PICKLE	SERVING	1	0	0	45	0.00	0	0.0	0.0	0.0
BROWNIE CUP, WG:FR016	BROWNIE	1	146	1	72	2.00	14	1.5	26.0	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			1072	91	2147	12.05	*80	45.07	151.31	31.45
% of Calories							*29.7%	16.8%	56.5%	26.4%
Nutrient Guideline			645					8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 01/08/2019										
ELEMENTARY LUNCH	Total	1								
CHILI	3/4 CUP	1	159	24	294	6.63	*N/A*	12.34	19.1	3.25
CARROT & CELERY STICKS:ELE	3/4 CUP	1	153	22	369	3.05	*1	1.04	8.53	10.67
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	*12	0.37	18.17	0.16
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	245	20	729	7.51	*1	5.33	16.18	15.48
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
Weighted Daily Average			1142	82	2080	22.80	*64	50.08	140.92	37.05
% of Calories							*22.4%	17.5%	49.4%	29.2%
Nutrient Guideline			645					8.87		<=30.0

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Washington County School District

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Base Menu Spreadsheet

ELEMENTARY LUNCH

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 - 01/09/2019										
ELEMENTARY LUNCH	Total	1								
BREADED PORK STEAK	1 EACH	1	293	51	424	2.02	1	16.17	17.18	17.18
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	1	2.0	17.03	1.0
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	45	0	222	0.00	*N/A*	1.0	5.0	2.0
BROCCOLI ; FROZEN (ELE)	3/4 CUP	1	26	0	17	1.73	0	1.73	3.45	2.36
WG DINNER ROLL	ROLL	1	90	0	160	2.00	2	4.0	17.0	1.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	*12	0.37	18.17	0.16
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
CHICKEN SANDWICH: SUNSET ONLY	1 each	1	340	30	470	3.00	2	17.0	33.0	16.51
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	*N/A*	0.0	0.0	4.0
Weighted Daily Average			1283	96	2086	11.36	*60	67.27	154.82	46.71
% of Calories							*18.8%	21.0%	48.3%	32.8%
Nutrient Guideline			645					8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 01/10/2019										
ELEMENTARY LUNCH	Total	1								
LEMON CHICKEN- 2.94 OZ	2.94 OZ	1	120	41	173	0.75	9	10.53	15.04	2.26
VEGETABLE HARVEST RICE PILAF:E	3/4 CUP	1	130	0	581	2.00	*0	3.0	24.01	2.5
NORTHWEST BLEND VEGETABLE:ELE	3/4 CUP	1	19	0	17	1.11	2	0.55	3.32	0.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	*12	0.37	18.17	0.16
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	151	20	340	3.52	*0	2.83	9.16	9.4
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
SMACKERS: SUNSET ONLY	4.3 OZ SERVI NG	1	278	62	610	3.10	0	18.6	20.67	13.44
Weighted Daily Average			1105	138	2169	12.24	*65	60.89	141.34	30.45
% of Calories							*23.7%	22.0%	51.2%	24.8%
Nutrient Guideline			645					8.87		<=30.0

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ELEMENTARY LUNCH

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 - 01/11/2019										
ELEMENTARY LUNCH	Total	1								
MAX STUFFED CRUST PEPPERONI PI	SLICE	1	319	35	759	3.00	5	16.97	36.93	11.98
DINNER SALAD	1 CUP	1	62	0	87	5.17	*0	3.55	11.53	0.02
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	*12	0.37	18.17	0.16
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	0.0	19.0	0.0
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0.00	0	0.0	0.0	9.0
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			925	70	1541	12.78	*75	45.89	129.63	23.66
% of Calories							*32.6%	19.8%	56.0%	23.0%
Nutrient Guideline			645					8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 01/14/2019										
ELEMENTARY LUNCH	Total	1								
CHICKEN BREAST PATTIE SAND: EL	1 each	1	340	30	470	3.00	2	17.0	33.0	16.51
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
BAKED BEANS:ELE	3/4 CUP	1	150	0	613	3.97	*21	4.83	36.04	0.38
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	*12	0.37	18.17	0.16
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	157	20	383	4.21	*1	2.98	10.48	9.29
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	0.0	4.0
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
Weighted Daily Average			1189	70	2479	14.84	*83	53.09	164.36	35.92
% of Calories							*28.1%	17.9%	55.3%	27.2%
Nutrient Guideline			645					8.87		<=30.0

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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 - 01/15/2019										
ELEMENTARY LUNCH	Total	8345								
NACHO BITES-ELE	8 BITES	8345	270	15	440	3.00	1	11.0	32.0	10.0
SPANISH RICE-1/2 CUP	1/2 cup	5282	132	0	639	3.67	*0	4.75	25.32	2.02
CORN :ELE	3/4 CUP	1	79	0	13	2.65	9	2.65	11.91	1.98
SALSA PICANTE	1 OZ	3821	9	0	133	0.89	0	0.89	1.77	0.0
CREAMIES JR.: (CHOICE OF)	CREAMIE	8249	93	16	39	0.00	*N/A*	2.0	14.0	3.5
FRUIT BAR :WINTER:ELE	1/2 CUP	6000	63	*0	2	2.14	*8	0.71	16.0	0.23
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	3730	245	20	729	7.51	*1	5.33	16.18	15.48
MILK : CHOCOLATE MILK FAT FREE	CARTON	7438	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	897	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
Weighted Daily Average			722	*45	1445	10.63	*25	27.29	100.54	22.09
% of Calories							*13.8%	15.1%	55.7%	27.5%
Nutrient Guideline			645					8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 01/16/2019										
ELEMENTARY LUNCH	Total	1								
TERIYAKI BEEF NUGGETS: (Elem.)	4 Nugget	1	160	40	440	1.00	4	14.0	6.0	8.0
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	1	2.0	17.03	1.0
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	25	0	326	0.00	*N/A*	0.98	3.93	0.98
SUNSHINE CARROTS;ELE	3/4 CUP	1	30	0	51	2.46	*N/A*	0.0	5.75	0.14
WG DINNER ROLL	ROLL	1	90	0	160	2.00	2	4.0	17.0	1.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	*12	0.37	18.17	0.16
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
CHICKEN SANDWICH: SUNSET ONLY	1 each	1	340	30	470	3.00	2	17.0	33.0	16.51
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	*N/A*	0.0	0.0	4.0
Weighted Daily Average			1134	85	2239	11.08	*63	63.36	144.88	34.29
% of Calories							*22.3%	22.3%	51.1%	27.2%
Nutrient Guideline			645					8.87		<=30.0

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Thu - 01/17/2019										
ELEMENTARY LUNCH	Total	1								
CHICKEN NOODLE SOUP:ELE	3/4 CUP	1	135	38	146	2.44	*1	7.96	19.94	2.79
GARLIC TWIST	2 OZ	1	141	11	384	4.71	*1	4.18	27.29	2.59
TOMATOES, CUCUMBER, CARROTS:EL	3/4 CUP	1	125	20	285	1.89	*1	0.77	9.38	9.17
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	*12	0.37	18.17	0.16
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	151	20	340	3.52	*0	2.83	9.16	9.4
BUG BITES	BAG	1	120	0	1151	1.00	8	2.0	21.0	3.5
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			1046	104	2745	15.17	*67	43.11	148.95	30.12
% of Calories							*25.5%	16.5%	57.0%	25.9%
Nutrient Guideline			645					8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 01/18/2019										
ELEMENTARY LUNCH	Total	1								
WG PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	3	16.0	27.0	17.0
MARINARA SAUCE: ELE	1/2 CUP	1	70	298	616	1.99	3	1.99	11.93	1.49
DINNER SALAD	1 CUP	1	62	0	87	5.17	*0	3.55	11.53	0.02
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	*12	0.37	18.17	0.16
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	0.0	19.0	0.0
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0.00	0	0.0	0.0	9.0
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			965	358	1949	14.77	*76	46.91	131.62	30.17
% of Calories							*31.7%	19.4%	54.5%	28.1%
Nutrient Guideline			645					8.87		<=30.0

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Jan 3, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

ELEMENTARY LUNCH

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 - 01/22/2019										
ELEMENTARY LUNCH	Total	1								
CHEESE QUESADILLA	1 EACH	1	330	45	530	2.00	2	18.01	25.01	18.01
REFRIED BEANS	1/2 CUP	1	164	0	546	8.21	0	8.21	23.6	4.62
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	*12	0.37	18.17	0.16
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	245	20	729	7.51	*1	5.33	16.18	15.48
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	0.89	1.77	0.0
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	158	10	180	2.40	*10	1.89	22.26	7.44
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			1281	90	2557	22.63	*67	59.70	150.99	48.20
% of Calories							*21.1%	18.6%	47.1%	33.9%
Nutrient Guideline			645					8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 01/23/2019										
ELEMENTARY LUNCH	Total	1								
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	502	2.00	*3	3.0	23.99	3.56
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	59	321	3.00	0	17.0	15.0	14.0
CASCADE BLEND VEGETABLE-3/4 CU	3/4 CUP	1	30	0	35	2.00	2	1.0	6.99	0.0
WG DINNER ROLL	ROLL	1	90	0	160	2.00	2	4.0	17.0	1.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	*12	0.37	18.17	0.16
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	*N/A*	0.0	0.0	4.0
Weighted Daily Average			943	74	1496	10.61	*61	50.37	125.15	25.22
% of Calories							*26.0%	21.4%	53.1%	24.1%
Nutrient Guideline			645					8.87		<=30.0

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Washington County School District

Jan 3, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

ELEMENTARY LUNCH

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)
Thu - 01/24/2019										
ELEMENTARY LUNCH	Total	1								
ORANGE CHICKEN :ELE	2.94 OZ	1	120	34	232	0.00	*N/A*	9.0	15.75	2.25
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	80	0	70	1.00	*0	2.0	16.48	0.75
NORMANDY-3/4 CUP	3/4 CUP	1	23	0	23	1.50	2	0.75	3.75	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	151	20	340	3.52	*0	2.83	9.16	9.4
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	120	0	115	1.00	*N/A*	2.0	21.0	3.5
SOY SAUCE: PC	PC	1	10	0	500	0.00	*N/A*	0.0	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
SMACKERS: SUNSET ONLY	4.3 OZ SERVI NG	1	278	62	610	3.10	0	18.6	20.67	13.44
Weighted Daily Average			1144	*131	2321	12.26	*53	60.89	146.82	32.06
% of Calories							*18.6%	21.3%	51.3%	25.2%
Nutrient Guideline			645					8.87		<=30.0

Fri - 01/25/2019										
ELEMENTARY LUNCH	Total	1								
6" WW PEPPERONI PIZZA	SERVING	1	350	40	690	4.00	7	22.0	30.0	16.0
DINNER SALAD	1 CUP	1	62	0	87	5.17	*0	3.55	11.53	0.02
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	0.0	19.0	0.0
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0.00	0	0.0	0.0	9.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			944	*75	1466	14.31	*74	51.25	120.53	27.74
% of Calories							*31.2%	21.7%	51.1%	26.4%
Nutrient Guideline			645					8.87		<=30.0

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Washington County School District

Jan 3, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

ELEMENTARY LUNCH

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 - 01/28/2019										
ELEMENTARY LUNCH	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:ELE	3/4 CUP	1	32	0	399	3.02	*N/A*	1.91	7.16	0.16
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	157	20	383	4.21	*1	2.98	10.48	9.29
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			929	*76	1957	13.42	*58	51.02	121.26	26.48
% of Calories							*24.8%	22.0%	52.2%	25.7%
Nutrient Guideline			645					8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 01/29/2019										
ELEMENTARY LUNCH	Total	1								
BEEF TACO STICK	1 EACH	1	345	52	631	3.85	1	20.07	31.87	12.82
REFRIED BEANS	1/2 CUP	1	164	0	546	8.21	0	8.21	23.6	4.62
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	245	20	729	7.51	*1	5.33	16.18	15.48
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	0.89	1.77	0.0
CHOCOLATE CHIP COOKIES	1 EACH	1	136	14	173	1.44	*8	2.19	18.48	6.34
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			1262	*101	2644	24.05	*60	62.39	151.90	41.98
% of Calories							*19.1%	19.8%	48.2%	29.9%
Nutrient Guideline			645					8.87		<=30.0

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Washington County School District

Jan 3, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 01/30/2019										
ELEMENTARY LUNCH	Total	1								
HAM - COBBLE STREET	SLICE	1	140	45	840	0.00	1	13.0	2.0	9.0
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	502	2.00	*3	3.0	23.99	3.56
CASCADE BLEND VEGETABLE-3/4 CU	3/4 CUP	1	30	0	35	2.00	2	1.0	6.99	0.0
WG DINNER ROLL	ROLL	1	90	0	160	2.00	2	4.0	17.0	1.0
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	*N/A*	0.0	0.0	4.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
CHICKEN SANDWICH: SUNSET ONLY	1 each	1	340	30	470	3.00	2	17.0	33.0	16.51
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	*N/A*	0.0	0.0	4.0
Weighted Daily Average			1192	*90	2519	11.14	*60	63.71	142.99	40.79
% of Calories							*20.3%	21.4%	48.0%	30.8%
Nutrient Guideline			645					8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 01/31/2019										
ELEMENTARY LUNCH	Total	1								
CHERRY BLOSSOM CHICKEN-2.94 OZ	2.94 OZ	1	134	41	96	0.75	12	10.53	18.04	2.26
VEGETABLE HARVEST RICE PILAF:E	3/4 CUP	1	130	0	581	2.00	*0	3.0	24.01	2.5
BROCCOLI ; FROZEN (ELE)	3/4 CUP	1	26	0	17	1.73	0	1.73	3.45	2.36
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	151	20	340	3.52	*0	2.83	9.16	9.4
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
SMACKERS: SUNSET ONLY	4.3 OZ SERVI NG	1	278	62	610	3.10	0	18.6	20.67	13.44
Weighted Daily Average			1113	*138	2086	13.39	*63	62.39	142.32	32.88
% of Calories							*22.6%	22.4%	51.1%	26.6%
Nutrient Guideline			645					8.87		<=30.0

Weighted Average			1079	*105	2064	14.10	*64	52.61	138.53	34.22
							*53.3%	19.5%	51.4%	28.5%

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Washington County School District

Jan 3, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

ELEMENTARY LUNCH

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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)		
Calories	1079		645	167%						
Cholesterol (mg)	105				Missing					
Sodium 1 (mg)	2064						2064			
Sodium 2 (mg)	2064						2064			
Fiber (g)	14.10									
Sugars (g)	64	23.68%			Missing					
Protein (g)	52.61	19.50%	8.87	593%						
Carbohydrate (g)	138.53	51.36%								
Total Fat (g)	34.22	28.55%	<=30.00%							

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