

Washington County School District

Jan 3, 2019 thru Jan 31, 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)
Thu - 01/03/2019										
SECONDARY LUNCH 9-12	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, SEC.	1 CUP	6500	180	0	0	6.00	34	0.0	46.0	0.0
SYRUP	1 EA	1	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
ALT SEC WEEKLY 1st CHO										
TACO SALAD -TOP N GO :ALT LINE	2 CUP	1	443	37	742	13.52	*1	21.99	54.38	15.03
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
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			994	66	1255	9.56	*59	20.71	125.45	45.56
% of Calories							*23.8%	8.3%	50.5%	41.2%
Nutrient Guideline			846					16.70		<=30.0

Fri - 01/04/2019										
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 :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	0.0	19.0	0.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	1	1.0	2.0	6.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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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)
ALT SEC WEEKLY 1st CHO	Total	1								
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	711	3.00	*3	20.4	28.21	13.3
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
PICKLE:, CHIPS	1 OZ	1	5	0	340	0.00	1	0.0	1.0	0.0
CARROT STICKS:SEC	1 CUP	1	142	10	216	4.92	9	2.63	18.84	6.42
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	0.0	19.0	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	0.0
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0	0.22	0.33	0.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	0.0	4.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			1363	96	2286	16.49	*85	64.43	186.02	40.37
% of Calories							*24.9%	18.9%	54.6%	26.7%
Nutrient Guideline			846					16.70		<=30.0

Mon - 01/07/2019										
SECONDARY LUNCH 9-12	Total	1								
PULLED PORK SANDWICH:SEC	4oz serving	1	309	44	807	5.00	*3	23.0	39.0	7.5
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 :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	9.50	*3	8.02	24.56	6.59
BROWNIE CUP, WG:FR016	BROWNIE	1	146	1	72	2.00	14	1.5	26.0	4.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	0.0
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	*N/A*	0.0	13.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT SEC WEEKLY 1st CHO	Total	1								
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	1	21.0	29.0	11.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	*2	3.06	9.82	6.29
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	102	0	181	7.03	*1	5.67	18.35	0.85
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Weighted Daily Average			1188	60	2164	20.06	*67	58.71	187.61	24.83
% of Calories							*22.5%	19.8%	63.2%	18.8%
Nutrient Guideline			846					16.70		<=30.0

Tue - 01/08/2019										
SECONDARY LUNCH 9-12	Total	1								
CHILI	3/4 CUP	1	159	24	294	6.63	*N/A*	12.34	19.1	3.25
CARROT & CELERY STICKS:SEC	1 CUP	1	132	15	235	2.42	*2	2.28	8.67	9.18
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
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
ALT SEC WEEKLY 1st CHO	Total	1								
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3	21.12	38.1	12.59
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	7	2.23	14.63	6.32
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	9.50	*3	8.02	24.56	6.59
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	0.0	4.0
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	*N/A*	0.0	13.0	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			1323	67	2586	26.97	*70	58.86	195.26	34.94
% of Calories							*21.3%	17.8%	59.0%	23.8%
Nutrient Guideline			846					16.70		<=30.0

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Wed - 01/09/2019										
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 :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
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										
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	*4	2.24	18.57	3.41
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	*4	16.0	32.0	26.42
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
CARROT & CELERY STICKS:SEC	1 CUP	1	132	15	235	2.42	*2	2.28	8.67	9.18
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			1140	86	2102	15.71	*57	49.04	152.67	39.31
% of Calories							*20.0%	17.2%	53.6%	31.0%
Nutrient Guideline			846					16.70		<=30.0

Thu - 01/10/2019										
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 :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	102	0	181	7.03	*1	5.67	18.35	0.85
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

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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 :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
BEANS, CANNED, BLACK BEAN, LS	1/2 CUP	1	102	0	143	6.12	2	7.14	18.37	0.0
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
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			1453	98	2665	34.95	*62	74.63	219.88	32.27
% of Calories							*17.2%	20.5%	60.5%	20.0%
Nutrient Guideline			846					16.70		<=30.0

Fri - 01/11/2019										
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 :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	0.0	19.0	0.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	1	1.0	2.0	6.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT SEC WEEKLY 1st CHO	Total	1								
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	711	3.00	*3	20.4	28.21	13.3
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	3.0	24.0	10.5
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	0.0	19.0	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	0.0
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0	0.22	0.33	0.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	0.0	4.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			1072	55	1821	15.03	*74	50.12	164.62	24.91
% of Calories							*27.7%	18.7%	61.4%	20.9%
Nutrient Guideline			846					16.70		<=30.0

Mon - 01/14/2019										
SECONDARY LUNCH 9-12	Total	1								
CHICKEN BREAST PATTIE SAND :SE	1 each	1	370	30	520	4.00	3	18.0	38.0	16.51
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
BAKED BEANS:ELE	3/4 CUP	1	150	0	613	3.97	*21	4.83	36.04	0.38
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	9.50	*3	8.02	24.56	6.59
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	0.0	4.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
ALT SEC WEEKLY 1st CHO	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 :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	102	0	181	7.03	*1	5.67	18.35	0.85
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			1158	55	1940	20.06	*69	57.83	176.30	27.31
% of Calories							*23.8%	20.0%	60.9%	21.2%
Nutrient Guideline			846					16.70		<=30.0

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Washington County School District

Jan 3, 2019 thru Jan 31, 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 - 01/15/2019										
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
SPANISH RICE-1/2 CUP	1/2 cup	1	132	0	639	3.67	*0	4.75	25.32	2.02
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
CREAMIES JR.: (CHOICE OF)	CREAMIE	1	93	16	39	0.00	*N/A*	2.0	14.0	3.5
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	0.89	1.77	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT SEC WEEKLY 1st CHO	Total	1								
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3	21.12	38.1	12.59
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	7	2.23	14.63	6.32
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	9.50	*3	8.02	24.56	6.59
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	0.0	4.0
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	*N/A*	0.0	13.0	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			1441	62	3214	28.90	*74	64.38	220.22	36.20
% of Calories							*20.5%	17.9%	61.1%	22.6%
Nutrient Guideline			846					16.70		<=30.0

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Washington County School District

Jan 3, 2019 thru Jan 31, 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 - 01/16/2019										
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 :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	*N/A*	0.0	0.0	4.0
ALT SEC WEEKLY 1st CHO										
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	*4	2.24	18.57	3.41
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	*4	16.0	32.0	26.42
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
CARROT & CELERY STICKS:SEC	1 CUP	1	132	15	235	2.42	*2	2.28	8.67	9.18
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			1089	86	2147	15.78	*59	48.09	148.78	33.75
% of Calories							*21.7%	17.7%	54.7%	27.9%
Nutrient Guideline			846					16.70		<=30.0

Thu - 01/17/2019										
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 :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	102	0	181	7.03	*1	5.67	18.35	0.85
BUG BITES	BAG	1	120	0	1151	1.00	8	2.0	21.0	3.5
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0

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Washington County School District

Jan 3, 2019 thru Jan 31, 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)
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 :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
BEANS, CANNED, BLACK BEAN, LS	1/2 CUP	1	102	0	143	6.12	2	7.14	18.37	0.0
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
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			1500	104	2959	37.57	*62	73.80	226.97	36.42
% of Calories							*16.6%	19.7%	60.5%	21.8%
Nutrient Guideline			846					16.70		<=30.0

Fri - 01/18/2019										
SECONDARY LUNCH 9-12	Total	1								
WG PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	3	16.0	27.0	17.0
MARINARA SAUCE: SEC	3/4 CUP	1	104	447	924	2.98	4	2.98	17.89	2.24
DINNER SALAD	1 CUP	1	62	0	87	5.17	*0	3.55	11.53	0.02
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	0.0	19.0	0.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	1	1.0	2.0	6.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT SEC WEEKLY 1st CHO	Total	1								
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	711	3.00	*3	20.4	28.21	13.3
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	3.0	24.0	10.5
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	0.0	19.0	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	0.0
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0	0.22	0.33	0.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	0.0	4.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0

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Washington County School District

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Base Menu Spreadsheet

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Portion Values - Detailed

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Weighted Daily Average			1110	281	2283	16.02	*78	50.11	167.56	29.53
% of Calories							*28.1%	18.1%	60.4%	24.0%
Nutrient Guideline			846					16.70		<=30.0

Tue - 01/22/2019										
SECONDARY LUNCH 9-12	Total	1								
CHICKEN FAJITA WRAP: SEC	WRAP	1	290	66	1286	4.00	*0	22.02	24.04	11.8
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	14	0	6	1.10	2	0.95	2.86	0.09
REFRIED BEANS	1/2 CUP	1	164	0	546	8.21	0	8.21	23.6	4.62
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	158	10	180	2.40	*10	1.89	22.26	7.44
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	0.89	1.77	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT SEC WEEKLY 1st CHO	Total	1								
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3	21.12	38.1	12.59
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	7	2.23	14.63	6.32
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	9.50	*3	8.02	24.56	6.59
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	0.0	4.0
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	*N/A*	0.0	13.0	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			1390	85	3273	28.75	*71	65.53	201.17	38.20
% of Calories							*20.5%	18.9%	57.9%	24.7%
Nutrient Guideline			846					16.70		<=30.0

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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 - 01/23/2019										
SECONDARY LUNCH 9-12	Total	1								
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	59	321	3.00	0	17.0	15.0	14.0
SCALLOPED POTATOES:SEC	3/4 CUP	1	223	0	703	2.80	*4	4.2	33.59	4.98
CASCADE BLEND VEGETABLE-1 CUP	1 CUP	1	41	0	47	2.70	3	1.35	9.46	0.0
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	*N/A*	0.0	0.0	4.0
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 :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	1.09	43.08	0.46
CARROT & CELERY STICKS:SEC	1 CUP	1	132	15	235	2.42	*2	2.28	8.67	9.18
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			1148	88	2093	13.30	*60	49.58	159.31	35.14
% of Calories							*20.9%	17.3%	55.5%	27.5%
Nutrient Guideline			846					16.70		<=30.0

Thu - 01/24/2019										
SECONDARY LUNCH 9-12	Total	1								
ORANGE CHICKEN :SEC	3.92 OZ	1	162	45	312	0.00	*N/A*	12.13	21.22	3.03
RICE: COOKED BROWN (SEC)	1 CUP	1	160	0	139	2.00	*0	4.0	32.96	1.5
NORMANDY-3/4 CUP	3/4 CUP	1	23	0	23	1.50	2	0.75	3.75	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	102	0	181	7.03	*1	5.67	18.35	0.85
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	120	0	115	1.00	*N/A*	2.0	21.0	3.5
SOY SAUCE: PC	PC	1	10	0	500	0.00	*N/A*	0.0	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0

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Washington County School District

Jan 3, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

	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								
TACO SALAD -TOP N GO :ALT LINE	2 CUP	1	443	37	742	13.52	*1	21.99	54.38	15.03
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
BEANS, CANNED, BLACK BEAN, LS	1/2 CUP	1	102	0	143	6.12	2	7.14	18.37	0.0
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
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			1424	*93	2588	34.70	*65	74.54	210.62	32.54
% of Calories							*18.3%	20.9%	59.2%	20.6%
Nutrient Guideline			846					16.70		<=30.0

Fri - 01/25/2019										
SECONDARY LUNCH 9-12	Total	1								
CALZONE CHEESE	1 EACH	1	250	10	420	4.00	4	19.0	33.01	5.0
DINNER SALAD	1 CUP	1	62	0	87	5.17	*0	3.55	11.53	0.02
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	0.0	19.0	0.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	1	1.0	2.0	6.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT SEC WEEKLY 1st CHO	Total	1								
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	711	3.00	*3	20.4	28.21	13.3
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	3.0	24.0	10.5
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	0.0	19.0	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	0.0
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0	0.22	0.33	0.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	0.0	4.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0

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Washington County School District

Jan 3, 2019 thru Jan 31, 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)
Weighted Daily Average			987	*50	1752	15.34	*85	50.42	148.27	22.39
% of Calories							*34.3%	20.4%	60.1%	20.4%
Nutrient Guideline			846					16.70		<=30.0

Mon - 01/28/2019										
SECONDARY LUNCH 9-12	Total	1								
MACARONI & CHEESE-E.S.FOODS	6 OZ SERVING	1	298	41	564	2.05	6	17.45	28.74	12.32
GARLIC TOAST-WG	SLICES	1	79	0	179	1.99	0	2.98	14.89	1.99
GREEN BEANS:SEC	1 CUP	1	57	0	719	5.44	*N/A*	3.44	12.88	0.29
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	9.50	*3	8.02	24.56	6.59
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT SEC WEEKLY 1st CHO	Total	1								
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	1	21.0	29.0	11.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	*2	3.06	9.82	6.29
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	102	0	181	7.03	*1	5.67	18.35	0.85
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			981	*58	1813	20.10	*66	57.19	142.85	22.60
% of Calories							*26.8%	23.3%	58.3%	20.7%
Nutrient Guideline			846					16.70		<=30.0

Tue - 01/29/2019										
SECONDARY LUNCH 9-12	Total	1								
BEEF TACO STICK	1 EACH	1	345	52	631	3.85	1	20.07	31.87	12.82
REFRIED BEANS	1/2 CUP	1	164	0	546	8.21	0	8.21	23.6	4.62
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	0.89	1.77	0.0
CHOCOLATE CHIP COOKIES	1 EACH	1	136	14	173	1.44	*8	2.19	18.48	6.34
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0

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Washington County School District

Jan 3, 2019 thru Jan 31, 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)
ALT SEC WEEKLY 1st CHO	Total	1								
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3	21.12	38.1	12.59
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	7	2.23	14.63	6.32
SALAD BAR: MONDAYS:SEC	1 CUP	1	195	10	397	9.50	*3	8.02	24.56	6.59
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	0.0	4.0
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	*N/A*	0.0	13.0	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			1348	*81	2934	27.96	*78	64.53	188.41	38.09
% of Calories							*23.2%	19.1%	55.9%	25.4%
Nutrient Guideline			846					16.70		<=30.0

Wed - 01/30/2019										
SECONDARY LUNCH 9-12	Total	1								
HAM - COBBLE STREET	SLICE	1	140	45	840	0.00	1	13.0	2.0	9.0
SCALLOPED POTATOES:SEC	3/4 CUP	1	223	0	703	2.80	*4	4.2	33.59	4.98
CASCADE BLEND VEGETABLE-1 CUP	1 CUP	1	41	0	47	2.70	3	1.35	9.46	0.0
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
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
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 :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
CARROT & CELERY STICKS:SEC	1 CUP	1	132	15	235	2.42	*2	2.28	8.67	9.18
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0

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Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			1040	*81	2348	12.11	*69	47.88	139.46	32.61
% of Calories							*26.5%	18.4%	53.6%	28.2%
Nutrient Guideline			846					16.70		<=30.0

Thu - 01/31/2019										
SECONDARY LUNCH 9-12	Total	1								
CHERRY BLOSSOM CHICKEN-3.92 OZ	3.92 OZ	1	178	55	128	1.00	16	14.04	24.06	3.01
VEGETABLE HARVEST RICE PILAF:S	1.25 CUP	1	219	0	977	3.37	*0	5.05	40.42	4.21
BROCCOLI ; FROZEN (ELE)	3/4 CUP	1	26	0	17	1.73	0	1.73	3.45	2.36
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	102	0	181	7.03	*1	5.67	18.35	0.85
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 :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	301	10	924	13.03	*3	10.67	32.36	13.96
BEANS, CANNED, BLACK BEAN, LS	1/2 CUP	1	102	0	143	6.12	2	7.14	18.37	0.0
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
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			1414	*98	2610	35.57	*72	75.51	208.60	33.42
% of Calories							*20.4%	21.4%	59.0%	21.3%
Nutrient Guideline			846					16.70		<=30.0

Weighted Average			1228	*88	2342	22.25	*69	57.80	178.50	33.02
							*50.6%	18.8%	58.1%	24.2%

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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)	Cholst (mg) Miss Data	Sodm (mg) Shortfall	Fiber (g) Overage	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g) Error Messages (if any)
Calories	1228		846	145%								
Cholesterol (mg)	88					Missing						
Sodium 1 (mg)	2342								2342			
Sodium 2 (mg)	2342								2342			
Fiber (g)	22.25											
Sugars (g)	69	22.50%				Missing						
Protein (g)	57.80	18.82%	16.70	346%								
Carbohydrate (g)	178.50	58.14%										
Total Fat (g)	33.02	24.20%	<=30.00%									

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