

# Washington County School District

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 1

Generated on: 12/16/2019 11:55:08 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 01/06/2020									
ELEMENTARY LUNCH	Total	1							
HOT DOG W/ BUN	1 EACH	1	220	55	450	2	13.0	22.0	10.5
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	0	2.0	22.0	5.0
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	12	0.0	16.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	68	10	169	*1	1.03	3.54	4.53
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
RELISH- DILL PICKLE	SERVING	1	0	0	45	0	0.0	0.0	0.0
CHOCOLATE CHIP COOKIES	1 EACH	1	136	14	173	*8	2.19	18.48	6.34
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			927	*94	1907	*70	35.09	135.27	29.07
% of Calories						*30.0%	15.1%	58.3%	28.2%
Nutrient Guideline			645				8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 01/07/2020									
ELEMENTARY LUNCH	Total	1							
SOFT FLOUR TACO: ELE	servings	1	225	49	411	0	17.01	19.0	9.5
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	2	0.91	2.67	0.08
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	28	6	43	0	1.52	0.25	2.28
REFRIED BEANS	1/2 CUP	1	164	0	546	0	8.21	23.6	4.62
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	13	0.0	14.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	87	10	194	*0	0.93	2.32	7.0
BUG BITES	BAG	1	120	0	1151	8	2.0	21.0	3.5
SALSA PICANTE	1 OZ	1	9	0	133	0	0.89	1.77	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			975	*80	2795	*61	48.12	129.20	29.69
% of Calories						*25.2%	19.7%	53.0%	27.4%
Nutrient Guideline			645				8.87		<=30.0

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Portion Values - Detailed

Page 2

Generated on: 12/16/2019 11:55:08 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 01/08/2020									
ELEMENTARY LUNCH	Total	1							
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	59	321	0	17.0	15.0	14.0
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	0	2.0	22.0	5.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	21	0	266	*N/A*	1.27	4.77	0.11
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34	0.0
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	*N/A*	0.0	13.0	0.0
RANCH LITE-BASIC-Summer	1 EACH	1	70	14	141	1	0.0	3.0	6.0
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	12	0.0	15.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			896	*88	2165	*60	36.93	125.70	27.81
% of Calories						*26.7%	16.5%	56.1%	27.9%
Nutrient Guideline			645				8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 01/09/2020									
ELEMENTARY LUNCH	Total	1							
LEMON CHICKEN - ASIAN FOOD	3.9oz SERVIN	1	190	45	350	10	11.0	21.0	6.0
VEGETABLE HARVEST RICE PILAF:E	3/4 CUP	1	130	0	581	*0	3.0	24.01	2.5
CASCADE BLEND VEGETABLE-3/4 CU	3/4 CUP	1	30	0	35	2	1.0	6.99	0.0
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVIN	1	80	0	10	18	0.0	19.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	67	10	153	*0	1.02	3.17	4.58
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	11	*N/A*	0.0	6.97	0.2
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			798	*70	1445	*69	32.68	125.73	15.99
% of Calories						*34.5%	16.4%	63.0%	18.0%
Nutrient Guideline			645				8.87		<=30.0

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Portion Values - Detailed

Page 3

Generated on: 12/16/2019 11:55:08 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 01/10/2020									
ELEMENTARY LUNCH	Total	8240							
DUTCH WAFFLE	1 EACH	8240	300	20	350	12	4.0	43.0	13.0
SAUSAGE LINK - CLOVERDALE	SERVING	8000	230	40	340	0	8.0	2.0	21.0
SCRAMBLED EGGS: SUNNY FRESH	1/4 CUP	1	90	220	250	*N/A*	6.0	2.0	6.0
HASHBROWN PATTY:1/2 CUP	2 EACH	7500	220	0	450	1	2.0	27.0	11.0
SLUSH: TROPICAL TRIO	SERVING	1	80	0	5	17	0.0	20.0	0.0
STRAWBERRIES, SLICED, FZ, ELEM	.5 CUP	5000	90	0	0	17	0.0	23.0	0.0
SYRUP	1 EA	5000	11	0	81	*N/A*	0.0	4.34	0.0
KETCHUP : P/C	PC	3500	31	0	396	8	0.0	8.34	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	5200	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	3030	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			911	66	1467	*43	21.58	106.68	44.32
% of Calories						*18.7%	9.5%	46.9%	43.8%
Nutrient Guideline			645				8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 01/13/2020									
ELEMENTARY LUNCH	Total	1							
CHICKEN BREAST PATTIE SAND: EL	1 each	1	340	30	470	2	17.0	33.0	16.51
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	2	0.91	2.67	0.08
BAKED BEANS - 2019 - 3/4	3/4 SERVING	1	255	0	750	21	12.0	49.5	1.5
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	12	0.0	16.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	68	10	169	*1	1.03	3.54	4.53
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62	5.03
PICKLE:, CHIPS	1 OZ.	1	5	0	340	1	0.0	1.0	0.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0	0.0	0.0	4.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			1181	*60	2312	*77	49.61	169.92	34.35
% of Calories						*26.2%	16.8%	57.6%	26.2%
Nutrient Guideline			645				8.87		<=30.0

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Page 4

Generated on: 12/16/2019 11:55:08 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 01/14/2020									
ELEMENTARY LUNCH	Total	1							
BEAN & CHEESE BURRITO-ELE.	BURRITO	1	270	0	410	2	15.0	43.0	5.0
CORN 1/2 CUP	1/2 CUP	1	65	0	15	3	2.0	15.0	1.0
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	13	0.0	14.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	87	10	194	*0	0.93	2.32	7.0
CREAMIES JR.	CREAMIE	1	93	16	39	*N/A*	2.0	14.0	3.5
SALSA PICANTE	1 OZ	1	9	0	133	0	0.89	1.77	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			853	*41	1102	*57	37.47	134.68	19.21
% of Calories						*26.6%	17.6%	63.2%	20.3%
Nutrient Guideline			645				8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 01/15/2020									
ELEMENTARY LUNCH	Total	1							
TERIYAKI BEEF NUGGETS	5 NUGGETS	1	200	50	550	5	17.5	7.5	10.0
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1	2.0	17.03	1.0
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	25	0	326	*N/A*	0.98	3.93	0.98
SUNSHINE CARROTS 1/2 CUP	1/2 C SERVIN	1	47	0	80	*N/A*	0.0	9.34	0.0
WG DINNER ROLL	ROLL	1	90	0	160	2	4.0	17.0	1.0
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	*N/A*	0.0	0.0	4.0
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	12	0.0	15.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			806	*65	1781	*58	41.14	114.38	19.69
% of Calories						*29.0%	20.4%	56.8%	22.0%
Nutrient Guideline			645				8.87		<=30.0

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Page 5

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Thu - 01/16/2020									
ELEMENTARY LUNCH	Total	1							
ORANGE CHICKEN	3.6 OZ SERVI	1	150	40	280	10	11.0	19.0	3.0
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	80	0	70	*0	2.0	16.48	0.75
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	23	0	23	2	0.75	3.75	0.0
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVIN	1	80	0	10	18	0.0	19.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	67	10	153	*0	1.02	3.17	4.58
COOKIE, COWBOY	1 oz.	1	202	15	164	*15	3.31	29.34	8.48
SOY SAUCE: PC	PC	1	10	0	500	*N/A*	0.0	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			880	*80	1506	*84	34.74	135.33	19.51
% of Calories						*38.2%	15.8%	61.5%	19.9%
Nutrient Guideline			645				8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 01/17/2020									
ELEMENTARY LUNCH	Total	1							
PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3	16.0	27.0	17.0
MARINARA SAUCE	1/2 CUP	1	70	298	616	3	1.99	11.93	1.49
GARLIC TWIST	2 OZ	1	141	11	384	*1	4.18	27.29	2.59
DINNER SALAD	1 CUP	1	43	0	28	*1	2.85	8.65	0.02
PINEAPPLE, TIDBITS, CAN	1/4 C SERVIN	1	30	0	0	7	0.5	8.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
FROZEN JUICE CUP	1 EACH	1	72	0	8	17	0.0	19.65	0.0
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0	0.0	0.0	9.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			1015	*369	2142	*70	42.18	147.11	32.80
% of Calories						*27.7%	16.6%	58.0%	29.1%
Nutrient Guideline			645				8.87		<=30.0

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Page 6

Generated on: 12/16/2019 11:55:09 AM

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Tue - 01/21/2020									
ELEMENTARY LUNCH	Total	8345							
NACHO BITES-ELE	8 BITES	8345	270	15	440	1	11.0	32.0	10.0
REFRIED BEANS	1/2 CUP	1	164	0	546	0	8.21	23.6	4.62
SALSA PICANTE	1 OZ	3821	9	0	133	0	0.89	1.77	0.0
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	13	0.0	14.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	6000	49	*0	1	8	0.66	12.59	0.2
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	3730	87	10	194	*0	0.93	2.32	7.0
SWEET CAKE	SERVINGS	1	280	20	242	*31	2.2	44.77	10.95
MILK : CHOCOLATE MILK FAT FREE	CARTON	7438	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	897	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			466	*25	762	*25	20.29	62.03	13.55
% of Calories						*21.1%	17.4%	53.2%	26.2%
Nutrient Guideline			645				8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 01/22/2020									
ELEMENTARY LUNCH	Total	1							
BREADED PORK STEAK	1 EACH	1	293	51	424	1	16.17	17.18	17.18
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1	2.0	17.03	1.0
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	45	0	222	*N/A*	1.0	5.0	2.0
CORN 1/2 CUP	1/2 CUP	1	65	0	15	3	2.0	15.0	1.0
WG DINNER ROLL	ROLL	1	90	0	160	2	4.0	17.0	1.0
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	*N/A*	0.0	0.0	4.0
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	12	0.0	15.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			938	*66	1486	*58	41.83	130.79	28.88
% of Calories						*24.5%	17.8%	55.8%	27.7%
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Page 7

Generated on: 12/16/2019 11:55:09 AM

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Thu - 01/23/2020									
ELEMENTARY LUNCH	Total	1							
CHICKEN NOODLE SOUP:ELE	3/4 CUP	1	134	36	325	*2	8.75	19.73	2.49
CORNMEAL SUPER STAR	1 EA	1	148	11	91	12	2.8	23.0	5.0
TOMATOES, CUCUMBER, CARROTS:EL	3/4 CUP	1	125	20	285	*1	0.77	9.38	9.17
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVIN	1	80	0	10	18	0.0	19.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	67	10	153	*0	1.02	3.17	4.58
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			823	*92	1170	*72	29.99	118.87	23.95
% of Calories						*35.0%	14.6%	57.8%	26.2%
Nutrient Guideline			645				8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 01/24/2020									
ELEMENTARY LUNCH	Total	1							
5" ROUND PEPPERONI PIZZA	PIZZA	1	339	40	669	4	18.97	30.94	15.97
DINNER SALAD	1 CUP	1	43	0	28	*1	2.85	8.65	0.02
PINEAPPLE, TIDBITS, CAN	1/4 C SERVIN	1	30	0	0	7	0.5	8.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
FROZEN JUICE CUP	1 EACH	1	72	0	8	17	0.0	19.65	0.0
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0	0.0	0.0	9.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			854	*75	1260	*67	38.98	111.83	27.69
% of Calories						*31.4%	18.2%	52.4%	29.2%
Nutrient Guideline			645				8.87		<=30.0

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# Washington County School District

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 8

Generated on: 12/16/2019 11:55:09 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 01/27/2020									
ELEMENTARY LUNCH	Total	1							
POPCORN CHICKEN SMACKERS	4.3 OZ SERVI	1	269	60	590	0	18.0	20.0	13.0
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	0	2.0	22.0	5.0
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	12	0.0	16.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	68	10	169	*1	1.03	3.54	4.53
PUDDING,CHOICE	SERVING	1	115	0	133	15	1.0	20.5	3.0
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			1003	*85	2328	*74	38.68	147.96	28.23
% of Calories						*29.7%	15.4%	59.0%	25.3%
Nutrient Guideline			645				8.87		<=30.0

Tue - 01/28/2020									
ELEMENTARY LUNCH	Total	1							
BEEF TACO STICK	1 EACH	1	345	52	631	1	20.07	31.87	12.82
REFRIED BEANS	1/2 CUP	1	164	0	546	0	8.21	23.6	4.62
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	13	0.0	14.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	87	10	194	*0	0.93	2.32	7.0
SALSA PICANTE	1 OZ	1	9	0	133	0	0.89	1.77	0.0
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	187	10	184	*10	3.31	28.69	7.79
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			1121	*87	1999	*63	50.07	146.84	34.94
% of Calories						*22.5%	17.9%	52.4%	28.1%
Nutrient Guideline			645				8.87		<=30.0

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# Washington County School District

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 9

Generated on: 12/16/2019 11:55:09 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 01/29/2020									
ELEMENTARY LUNCH	Total	1							
HAM - COBBLE STREET	SLICE	1	140	45	840	1	13.0	2.0	9.0
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	502	*3	3.0	23.99	3.56
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	1/2 CUP	1	60	0	5	12	0.0	15.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			848	*71	2149	*56	36.59	122.09	21.61
% of Calories						*26.2%	17.3%	57.6%	22.9%
Nutrient Guideline			645				8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 01/30/2020									
ELEMENTARY LUNCH	Total	1							
TERIYAKI CHICKEN	2.8 OZ	1	134	82	385	7	17.5	7.0	4.08
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	0	580	*N/A*	3.0	24.01	2.5
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	23	0	23	2	0.75	3.75	0.0
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVING	1	80	0	10	18	0.0	19.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	67	10	153	*0	1.02	3.17	4.58
BROWNIE CUP, WG	BROWNIE	1	146	1	72	14	1.5	26.0	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			849	*108	1529	*80	40.43	127.52	17.87
% of Calories						*37.7%	19.1%	60.1%	19.0%
Nutrient Guideline			645				8.87		<=30.0

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# Washington County School District

Jan 6, 2020 thru Jan 31, 2020

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 01/31/2020									
ELEMENTARY LUNCH	Total	1							
PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3	16.0	27.0	17.0
MARINARA SAUCE	1/2 CUP	1	70	298	616	3	1.99	11.93	1.49
DINNER SALAD	1 CUP	1	43	0	28	*1	2.85	8.65	0.02
PINEAPPLE, TIDBITS, CAN	1/4 C SERVING	1	30	0	0	7	0.5	8.0	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59	0.2
FROZEN JUICE CUP	1 EACH	1	72	0	8	17	0.0	19.65	0.0
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0	0.0	0.0	9.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0	2.5
Weighted Daily Average			875	*358	1758	*69	38.00	119.81	30.21
% of Calories						*31.6%	17.4%	54.8%	31.1%
Nutrient Guideline			645				8.87		<=30.0

Weighted Average			896	*104	1740	*64	37.60	126.93	26.28
						*64.1%	16.8%	56.7%	26.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	896		645	139%				
Cholesterol (mg)	104				Missing			
Sodium 1 (mg)	1740						1740	
Sodium 2 (mg)	1740						1740	
Sugars (g)	64	28.49%			Missing			
Protein (g)	37.60	16.79%	8.87	424%				
Carbohydrate (g)	126.93	56.69%						
Total Fat (g)	26.28	26.41%	<=30.00%					

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