

Washington County School District

Jan 5, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 01/05/2023			
SECONDARY LUNCH 9-12	Total	1	
CHERRY BLOSSOM CHICKEN FRO30:S	3.92 OZ	1	24.06
VEGETABLE BROWN RICE : SEC	8 OZ	1	40.42
NORMANDY VEGETABLES 1 CUP	1 CUP	1	5.0
MUFFIN TOP, CHOC CHIP	MUFFINS	1	29.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	16.42
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
CALZONE, MINI, WG	SERVINGS	1	40.01
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	33.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MARINARA SAUCE	1/2 CUP	1	11.93
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			160.59
% of Calories			65.1%
Nutrient Guideline			

Fri - 01/06/2023			
SECONDARY LUNCH 9-12	Total	1	
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	1	34.0
DINNER SALAD	1 CUP	1	7.49
FRUIT BAR : SECONDARY	1 CUP	1	22.62
JELL-O	GEL CUP	1	25.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
DELI SANDWICH	SANDWICH	1	23.65
APPLE OR ORANGE	1 EACH	1	18.21
BROCCOLI & CAULIFLOWER - BAG	1 CUP	1	5.41
CHIPS: DORITOS	BAG	1	19.62
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MUSTARD:, P/C	1 Each	1	0.33
LIGHT MAYONNAISE	POUCH	1	0.0
DESSERT FRIDAY - CHOOSE ONE	SERVING	1	21.88
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			124.10
% of Calories			50.3%
Nutrient Guideline			

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	Carb (g)
Mon - 01/09/2023			
SECONDARY LUNCH 9-12	Total	1	
CHICKEN BITES-SEC	5 PIECES	1	23.01
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	33.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
DINNER SALAD	1 CUP	1	7.49
TWIN BAR, WG	SERVINGS	1	43.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
BARBAQUE SAUCE: P/C	1 Each	1	13.0
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
BREADSTICK, CHEESE WG	SERVING	1	15.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MARINARA SAUCE	1/2 CUP	1	11.93
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			153.43
% of Calories			55.5%
Nutrient Guideline			

Tue - 01/10/2023			
SECONDARY LUNCH 9-12	Total	1	
SOFT FLOUR TACO:SEC	serving	1	23.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	2.86
CHEDDAR/ JACK FANCY SHRED-.5OZ	.5 OZ	1	0.51
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
GRAHAM, TIGER BITES ORIGINAL	SERVINGS	1	21.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	19.51
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
NACHOS	SERVINGS	1	48.5
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	2.86
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			128.14
% of Calories			50.1%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 01/11/2023			
SECONDARY LUNCH 9-12	Total	1	
ROASTED TURKEY: VIP	2.9 OZ	1	1.34
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
GRAVY, TURKEY	1/4 Cup	1	3.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
ROLLS - NO EGGS	SERVINGS	1	23.19
MARGARINE REDDIES: (1)	1 Patty	1	0.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
HAMBURGER - OPTION LINE	SERVINGS	1	27.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
CARROTS 1 CUP	1 CUP	1	15.86
CHIPS: DORITOS	bag	1	19.62
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PICKLE:, CHIPS	1 OZ.	1	1.0
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			118.19
% of Calories			54.7%
Nutrient Guideline			

Thu - 01/12/2023			
SECONDARY LUNCH 9-12	Total	1	
ORANGE CHICKEN	3.92 OZ	1	17.04
RICE: COOKED BROWN (SEC)	1 CUP	1	32.96
NORMANDY VEGETABLES 1 CUP	1 CUP	1	5.0
COOKIES, WINTER	SERVINGS	1	27.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	16.42
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
CALZONE, MINI, WG	SERVINGS	1	40.01
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	33.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MARINARA SAUCE	1/2 CUP	1	11.93
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			152.36
% of Calories			64.5%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 01/13/2023			
SECONDARY LUNCH 9-12	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
GRAHAMS, TIGER BITES CINNAMON	SERVINGS	1	21.0
DINNER SALAD	1 CUP	1	7.49
FRUIT BAR : SECONDARY	1 CUP	1	22.62
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MARINARA SAUCE	1/2 CUP	1	11.93
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
DELI SANDWICH	SANDWICH	1	23.65
APPLE OR ORANGE	1 EACH	1	18.21
BROCCOLI & CAULIFLOWER - BAG	1 CUP	1	5.41
CHIPS: DORITOS	BAG	1	19.62
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MUSTARD:, P/C	1 Each	1	0.33
LIGHT MAYONNAISE	POUCH	1	0.0
DESSERT FRIDAY - CHOOSE ONE	SERVING	1	21.88
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			124.56
% of Calories			49.5%
Nutrient Guideline			

Tue - 01/17/2023			
SECONDARY LUNCH 9-12	Total	1	
CHICKEN BURRITO	SERVINGS	1	23.43
LIME CILANTRO RICE:SEC	1/2 CUP	1	18.71
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	8.42
BROWNIE CUP, WG	BROWNIE	1	26.5
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	19.51
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
NACHOS	SERVINGS	1	48.5
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	2.86
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			142.98
% of Calories			51.3%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 01/18/2023			
SECONDARY LUNCH 9-12	Total	1	
CHICKEN NOODLE SOUP: USDA 1C.	1 CUP	1	28.35
BREADSTICK, CHEESE WG	SERVING	1	15.0
TOMATOES, CUCUMBER, CARROTS:SE	1 CUP	1	12.03
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
HAMBURGER - OPTION LINE	SERVINGS	1	27.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
CARROTS 1 CUP	1 CUP	1	15.86
CHIPS: DORITOS	bag	1	19.62
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PICKLE:, CHIPS	1 OZ.	1	1.0
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			121.61
% of Calories			54.8%
Nutrient Guideline			

Thu - 01/19/2023			
SECONDARY LUNCH 9-12	Total	1	
GENERAL TSO'S CHICKEN	3.9oz SERVING	1	24.0
RICE: COOKED BROWN (SEC)	1 CUP	1	32.96
NORMANDY VEGETABLES 1 CUP	1 CUP	1	5.0
MARSHMALLOW RICE TREAT	1 EACH	1	15.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	16.42
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
CALZONE, MINI, WG	SERVINGS	1	40.01
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	33.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MARINARA SAUCE	1/2 CUP	1	11.93
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			149.84
% of Calories			64.9%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Fri - 01/20/2023			
SECONDARY LUNCH 9-12	Total	1	
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	1	34.0
DINNER SALAD	1 CUP	1	7.49
PUDDING,CHOICE	SERVING	1	20.5
FRUIT BAR : SECONDARY	1 CUP	1	22.62
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
DELI SANDWICH	SANDWICH	1	23.65
APPLE OR ORANGE	1 EACH	1	18.21
BROCCOLI & CAULIFLOWER - BAG	1 CUP	1	5.41
CHIPS: DORITOS	BAG	1	19.62
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MUSTARD:, P/C	1 Each	1	0.33
LIGHT MAYONNAISE	POUCH	1	0.0
DESSERT FRIDAY - CHOOSE ONE	SERVING	1	21.88
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			121.85
% of Calories			49.1%
Nutrient Guideline			

Mon - 01/23/2023			
SECONDARY LUNCH 9-12	Total	1	
CHICKEN CORDON BLEU	SANDWICHES	1	46.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	33.0
CREAMIES JR.	CREAMIE	1	14.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PICKLE:, CHIPS	1 OZ.	1	1.0
MUSTARD:, P/C	1 Each	1	0.33
KETCHUP : P/C	PC	1	10.12
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
BREADSTICK, CHEESE WG	SERVING	1	15.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MARINARA SAUCE	1/2 CUP	1	11.93
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			141.17
% of Calories			52.5%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 01/24/2023			
SECONDARY LUNCH 9-12	Total	1	
BEEF TACO STICK	1 EACH	1	31.87
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	8.42
APPLE FILLED DONUT	SERVINGS	1	33.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	19.51
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO			
NACHOS	SERVINGS	1	48.5
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	2.86
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			141.10
% of Calories			47.9%
Nutrient Guideline			

Wed - 01/25/2023			
SECONDARY LUNCH 9-12	Total	1	
TERIYAKI BEEF NUGGETS	4 Nugget	1	6.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
GRAVY, BROWN LOW SODIUM	1/4 CUP	1	0.37
CORN 1/2 CUP	1/2 CUP	1	15.0
WHOLE GRAIN BISCUIT: RICH'S	BISCUIT	1	23.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO			
HAMBURGER - OPTION LINE	SERVINGS	1	27.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
CARROTS 1 CUP	1 CUP	1	15.86
CHIPS: DORITOS	bag	1	19.62
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PICKLE:, CHIPS	1 OZ.	1	1.0
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			125.11
% of Calories			53.0%
Nutrient Guideline			

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Thu - 01/26/2023			
SECONDARY LUNCH 9-12	Total	1	
DUTCH WAFFLE	1 EACH	1	43.0
SAUSAGE LINK - CLOVERDALE	2 LINKS	1	2.02
SCRAMBLED EGGS: SUNNY FRESH	1/4 CUP	1	2.0
STRAWBERRIES, SLICED, FZ,	.5 CUP	1	23.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
HASHBROWN PATTY:1/2 CUP	2 EACH	1	27.0
JUICE, PARADISE PUNCH	CARTON	1	13.9
SYRUP	1 EA	1	4.0
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO			
CALZONE, MINI, WG	SERVINGS	1	40.01
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	33.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MARINARA SAUCE	1/2 CUP	1	11.93
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			161.60
% of Calories			56.3%
Nutrient Guideline			

Fri - 01/27/2023			
SECONDARY LUNCH 9-12	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
DINNER SALAD	1 CUP	1	7.49
FRUIT BAR : SECONDARY	1 CUP	1	22.62
GRAHAM, TIGER BITES, CHOCOLATE	SERVINGS	1	21.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MARINARA SAUCE	1/2 CUP	1	11.93
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO			
DELI SANDWICH	SANDWICH	1	23.65
APPLE OR ORANGE	1 EACH	1	18.21
BROCCOLI & CAULIFLOWER - BAG	1 CUP	1	5.41
CHIPS: DORITOS	BAG	1	19.62
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MUSTARD:, P/C	1 Each	1	0.33
LIGHT MAYONNAISE	POUCH	1	0.0
DESSERT FRIDAY - CHOOSE ONE	SERVING	1	21.88
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			124.56
% of Calories			49.5%
Nutrient Guideline			

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Washington County School District

Jan 5, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 01/30/2023			
SECONDARY LUNCH 9-12	Total	1	
CHEESEBURGER 100 % BEEF: SEC	PATTY	1	26.1
CHEESE: PROCESS SLICE	1 oz.	1	1.98
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
TATER GEMS	SERVING	1	24.0
CHOCOLATE CHIP COOKIES	1 EACH	1	13.49
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PICKLE:, CHIPS	1 OZ.	1	1.0
MUSTARD:, P/C	1 Each	1	0.33
KETCHUP : P/C	PC	1	10.12
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
BREADSTICK, CHEESE WG	SERVING	1	15.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MARINARA SAUCE	1/2 CUP	1	11.93
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			127.46
% of Calories			50.5%
Nutrient Guideline			

Tue - 01/31/2023			
SECONDARY LUNCH 9-12	Total	1	
TACO SOUP	1 CUP	1	21.65
CHEDDAR/ JACK FANCY SHRED-.5OZ	.5 OZ	1	0.51
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	35.0
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	19.51
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
NACHOS	SERVINGS	1	48.5
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	2.86
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			123.48
% of Calories			46.9%
Nutrient Guideline			

Weighted Average			135.67
			53.5%

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Washington County School District

Jan 5, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

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				Portion Size	Reimb Qty	Carb (g)		
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	135.67	53.53%						

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