

# Washington County School District

Jul 1, 2019 thru Jul 18, 2019

Base Menu Spreadsheet

Summer Feeding Program Lunch

Portion Values - Detailed

Page 1

Generated on: 5/29/2019 8:57:43 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 07/01/2019										
Summer Feeding Program L	Total	1000								
WG PEPPERONI PIZZA RIPPERS	SERVING	1000	290	25	550	3.00	3	16.0	27.0	17.0
MARINARA SAUCE: ELE	1/2 CUP	500	70	298	616	1.99	3	1.99	11.93	1.49
PEAR CUPS-DICED	1 CUP	600	70	0	10	2.00	14	0.0	16.0	0.0
CELERY STICKS:ELE	1/2 CUP	400	112	20	309	1.19	1	0.51	2.21	9.13
MILK : CHOCOLATE MILK FAT FREE	CARTON	1000	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
Weighted Daily Average			532	187	1168	5.67	31	25.21	63.46	21.40
% of Calories							23.6%	19.0%	47.7%	36.2%
Nutrient Guideline			600-650		1230					

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 07/02/2019										
Summer Feeding Program L	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
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	19	0.0	22.0	0.0
CARROT STICKS: PRE	1/2 CUP	1	136	20	311	2.46	4	0.82	8.42	9.21
RANCH LITE-BASIC-Summer	1 EACH	1	70	14	141	0.00	1	0.0	3.0	6.0
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
Weighted Daily Average			1034	101	2082	17.41	55	45.98	122.66	35.15
% of Calories							21.3%	17.8%	47.4%	30.6%
Nutrient Guideline			600-650		1230					

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 07/03/2019										
Summer Feeding Program L	Total	1								
CHICKEN BREAST PATTIE SAND: EL	1 each	1	340	30	470	3.00	2	17.0	33.0	16.51
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	0.0	4.0
LETTUCE & TOMATO:1leaf,2 slice	1 lf,2 slc	1	5	0	2	0.36	1	0.26	1.11	0.06
CUCUMBER & CARROTS: ELE	3/4 CUP	1	122	20	284	1.65	*1	0.62	4.75	9.15
RANCH LITE-BASIC-Summer	1 EACH	1	70	14	141	0.00	1	0.0	3.0	6.0
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	19	0.0	22.0	0.0
PUDDING,CHOICE	SERVING	1	115	0	133	0.50	15	1.0	20.5	3.0
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

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# Washington County School District

Jul 1, 2019 thru Jul 18, 2019

Base Menu Spreadsheet

Summer Feeding Program Lunch

Portion Values - Detailed

Page 2

Generated on: 5/29/2019 8:57:43 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			1002	84	1435	7.50	*69	34.88	116.36	41.21
% of Calories							*27.4%	13.9%	46.4%	37.0%
Nutrient Guideline			600-650		1230					

Mon - 07/08/2019										
Summer Feeding Program L	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
CELERY STICKS:ELE	1/2 CUP	1	112	20	309	1.19	1	0.51	2.21	9.13
RANCH LITE-BASIC-Summer	1 EACH	1	70	14	141	0.00	1	0.0	3.0	6.0
APPLE SLICES	1 BAG	1	30	0	0	1.00	6	0.0	7.0	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
Weighted Daily Average			791	372	1922	7.18	44	34.50	83.13	36.12
% of Calories							22.2%	17.4%	42.0%	41.1%
Nutrient Guideline			600-650		1230					

Tue - 07/09/2019										
Summer Feeding Program L	Total	1								
HAMBURGER 100% BEEF :ELE	PATTY	1	257	39	390	2.03	2	21.08	21.1	10.15
LETTUCE &TOMATO:1leaf,2 slice	1 lf,2 slc	1	5	0	2	0.36	1	0.26	1.11	0.06
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	0.0	4.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	0.0
FRENCH FRIES- S.S. 3/4 CUP	4.5 OZ	1	210	0	450	3.00	0	3.0	33.0	7.5
APPLES, FRESH	1 EACH	1	95	0	2	4.37	19	0.47	25.13	0.31
MARSHMALLOW RICE TREAT	1 EACH	1	80	0	30	0.00	8	1.0	15.0	2.0
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
Weighted Daily Average			938	59	1660	9.75	68	41.81	135.68	26.52
% of Calories							29.0%	17.8%	57.8%	25.4%
Nutrient Guideline			600-650		1230					

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Washington County School District

Jul 1, 2019 thru Jul 18, 2019

Base Menu Spreadsheet

Summer Feeding Program Lunch

Portion Values - Detailed

Page 3

Generated on: 5/29/2019 8:57:43 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 07/10/2019										
Summer Feeding Program L	Total	1								
POPCORN CHICKEN SMACKERS	4.3 OZ SERVING	1	269	60	590	3.00	0	18.0	20.0	13.0
FRENCH FRIES-3/4 CUP	3/4 CUP	1	167	0	349	3.03	0	3.03	25.79	5.31
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
RANCH LITE-BASIC-Summer	1 EACH	1	70	14	141	0.00	1	0.0	3.0	6.0
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
Weighted Daily Average			877	89	2218	9.04	*55	37.03	121.13	26.81
% of Calories							*25.2%	16.9%	55.2%	27.5%
Nutrient Guideline			600-650		1230					

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 07/11/2019										
Summer Feeding Program L	Total	1								
HOT DOG W/ BUN	1 EACH	1	220	55	450	2.00	2	13.0	22.0	10.5
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	3.0	24.0	10.5
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	14	0.0	16.0	0.0
BUG BITES	BAG	1	120	0	1151	1.00	8	2.0	21.0	3.5
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
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
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
Weighted Daily Average			955	70	2920	8.22	74	43.22	135.67	27.00
% of Calories							31.2%	18.1%	56.8%	25.5%
Nutrient Guideline			600-650		1230					

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Washington County School District

Jul 1, 2019 thru Jul 18, 2019

Base Menu Spreadsheet

Summer Feeding Program Lunch

Portion Values - Detailed

Page 4

Generated on: 5/29/2019 8:57:43 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 07/15/2019										
Summer Feeding Program L	Total	1000								
WG PEPPERONI PIZZA RIPPERS	SERVING	1000	290	25	550	3.00	3	16.0	27.0	17.0
MARINARA SAUCE: ELE	1/2 CUP	500	70	298	616	1.99	3	1.99	11.93	1.49
APPLESAUCE,W/CINNAMON	1 CUP	600	104	0	5	3.03	*0	0.44	28.02	0.25
RANCH LITE-BASIC-Summer	1 EACH	1	70	14	141	0.00	1	0.0	3.0	6.0
CELERY STICKS:ELE	1/2 CUP	400	112	20	309	1.19	1	0.51	2.21	9.13
MILK : CHOCOLATE MILK FAT FREE	CARTON	1000	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
Weighted Daily Average			552	187	1165	6.29	*23	25.47	70.67	21.55
% of Calories							*16.6%	18.5%	51.2%	35.1%
Nutrient Guideline			600-650		1230					

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 07/16/2019										
Summer Feeding Program L	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
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	19	0.0	22.0	0.0
CARROT STICKS: PRE	1/2 CUP	1	136	20	311	2.46	4	0.82	8.42	9.21
RANCH LITE-BASIC-Summer	1 EACH	1	70	14	141	0.00	1	0.0	3.0	6.0
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
Weighted Daily Average			1034	101	2082	17.41	55	45.98	122.66	35.15
% of Calories							21.3%	17.8%	47.4%	30.6%
Nutrient Guideline			600-650		1230					

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# Washington County School District

Jul 1, 2019 thru Jul 18, 2019

Base Menu Spreadsheet

Summer Feeding Program Lunch

Portion Values - Detailed

Page 5

Generated on: 5/29/2019 8:57:43 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 07/17/2019										
Summer Feeding Program L	Total	1								
CHICKEN BREAST PATTIE SAND: EL	1 each	1	340	30	470	3.00	2	17.0	33.0	16.51
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	0.0	4.0
LETTUCE & TOMATO:1leaf,2 slice	1 lf,2 slc	1	5	0	2	0.36	1	0.26	1.11	0.06
CUCUMBER & CARROTS: ELE	3/4 CUP	1	122	20	284	1.65	*1	0.62	4.75	9.15
RANCH LITE-BASIC-Summer	1 EACH	1	70	14	141	0.00	1	0.0	3.0	6.0
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	19	0.0	22.0	0.0
JELL-O	GEL CUP	1	100	0	45	0.00	22	0.0	25.0	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
Weighted Daily Average			987	84	1347	7.00	*76	33.88	120.86	38.21
% of Calories							*30.6%	13.7%	49.0%	34.8%
Nutrient Guideline			600-650		1230					

Thu - 07/18/2019										
Summer Feeding Program L	Total	1								
HOT DOG W/ BUN	1 EACH	1	220	55	450	2.00	2	13.0	22.0	10.5
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	3.0	24.0	10.5
ORANGES 1/2 CUP SERVING	1/2 cup	1	45	0	0	2.30	9	0.9	11.28	0.12
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
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	120	0	115	1.00	*N/A*	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
Weighted Daily Average			850	70	1749	8.52	*49	35.12	118.95	27.11
% of Calories							*23.2%	16.5%	56.0%	28.7%
Nutrient Guideline			600-650		1230					

Weighted Average			868	128	1795	9.45	*54	36.64	110.11	30.57
							*56.5%	16.9%	50.7%	31.7%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Washington County School District

Jul 1, 2019 thru Jul 18, 2019

Base Menu Spreadsheet

Summer Feeding Program Lunch

Portion Values - Detailed

Page 6

Generated on: 5/29/2019 8:57:43 AM

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)	Carb (g)	T-Fat (g)	Error Messages (if any)
Calories	868		600 - 650	134%					218				Correction Required - Calories too High
Cholesterol (mg)	128												
Sodium 1 (mg)	1795		1230						565				Correction Required - Sodium too High
Sodium 2 (mg)	1795		935						860				Correction Required - Sodium too High
Fiber (g)	9.45												
Sugars (g)	54	25.10%											
Protein (g)	36.64	16.88%											
Carbohydrate (g)	110.11	50.72%											
Total Fat (g)	30.57	31.68%											

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.