

# Washington County School District

Mar 1, 2019 thru Mar 29, 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)
Fri - 03/01/2019										
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 :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
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			963	*358	1943	15.75	*74	47.40	131.74	30.30
% of Calories							*30.7%	19.7%	54.7%	28.3%
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 - 03/04/2019										
ELEMENTARY LUNCH	Total	1								
MINI CORN DOG NUGGETS ( ELEM)	4 EACH	1	167	40	280	2.00	1	6.67	20.0	6.67
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	280	2.00	0	2.0	16.0	7.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
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
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
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			970	*75	1879	11.03	*84	37.73	142.43	25.76
% of Calories							*34.5%	15.6%	58.7%	23.9%
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 - 03/05/2019										
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 :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
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			1279	*90	2551	23.61	*65	60.19	151.11	48.34
% of Calories							*20.3%	18.8%	47.3%	34.0%
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)
Wed - 03/06/2019										
ELEMENTARY LUNCH	Total	1								
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	59	321	3.00	0	17.0	15.0	14.0
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	2.00	0	2.0	22.0	5.0
BROCCOLI & CAULIFLOWER: PRE	1/2 CUP	1	112	20	263	0.96	*0	0.98	2.42	9.14
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
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			878	*94	1316	8.55	*52	45.85	101.71	30.93
% of Calories							*23.7%	20.9%	46.3%	31.7%
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)
Thu - 03/07/2019										
ELEMENTARY LUNCH	Total	1								
WHOLE GRAIN BISCUIT: RICH'S	BISCUIT	1	190	0	670	1.89	2	4.0	23.0	9.0
SCRAMBLED EGGS W/HAM:ELE	1/2 CUP SERVING	1	143	263	461	0.00	*0	13.51	2.61	8.53
PEACH CUP, FROZEN	SERVING	1	118	0	8	2.20	*N/A*	0.79	29.98	0.16
HASHBROWN PATTY:1/2 CUP	2 EACH	1	220	0	450	2.00	1	2.0	27.0	11.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	0.0
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
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	0.0
Weighted Daily Average			1049	278	2548	6.98	*53	46.18	146.09	31.19
% of Calories							*20.3%	17.6%	55.7%	26.8%
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)
Fri - 03/08/2019										
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 :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
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			954	*75	1467	14.76	*75	51.41	122.82	27.81
% of Calories							*31.4%	21.6%	51.5%	26.2%
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)
Mon - 03/18/2019										
ELEMENTARY LUNCH	Total	1								
POPCORN CHICKEN SMACKERS	4.3 OZ SERVING	1	278	62	610	3.10	0	18.6	20.67	13.44
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	2.00	0	2.0	22.0	5.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	157	20	383	4.21	*1	2.98	10.48	9.29
PUDDING,CHOICE	SERVING	1	115	0	133	0.50	15	1.0	20.5	3.0
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			1143	*97	2684	12.41	*76	50.45	157.28	33.53
% of Calories							*26.6%	17.6%	55.0%	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 - 03/19/2019										
ELEMENTARY LUNCH	Total	1								
WHITE CHICKEN CHILI: ELE new	1 CUP	1	372	69	637	6.71	*0	29.83	29.16	15.32
CHEDDAR/ JACK FANCY SHRED-.5OZ	.5 OZ	1	56	13	86	0.00	0	3.04	0.51	4.56
CORNMEAL SUPER STAR, WG:FR017	1 EA	1	148	11	91	1.50	*N/A*	2.8	23.0	5.0
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	129	20	299	2.36	*1	1.42	6.31	9.21
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	245	20	729	7.51	*1	5.33	16.18	15.48
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
MINI CORN DOGS : SUNSET ONLY	4 EACH	1	166	40	279	1.99	1	6.63	19.89	6.63
Weighted Daily Average			1488	*187	2552	22.67	*54	74.93	157.33	59.00
% of Calories							*14.5%	20.1%	42.3%	35.7%
Nutrient Guideline			645					8.87		<=30.0

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ELEMENTARY LUNCH

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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 - 03/20/2019										
ELEMENTARY LUNCH	Total	1								
ROASTED TURKEY: VIP	2.9 OZ	1	107	47	748	0.00	*N/A*	24.04	1.34	1.34
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	1	2.0	17.03	1.0
GRAVY, TURKEY: (Custom)	1/4 Cup	1	25	0	290	0.00	*N/A*	1.0	4.0	1.0
GREEN BEANS:ELE	3/4 CUP	1	32	0	399	3.02	*N/A*	1.91	7.16	0.16
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
WG DINNER ROLL	ROLL	1	90	0	160	2.00	2	4.0	17.0	1.0
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
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			1081	*92	2853	11.62	*57	75.82	141.81	27.80
% of Calories							*21.0%	28.1%	52.5%	23.1%
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 - 03/21/2019										
ELEMENTARY LUNCH	Total	1								
TERIYAKI CHICKEN:ELE	2.8 OZ	1	90	40	320	0.00	*N/A*	12.0	6.0	2.0
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	0	580	2.00	*N/A*	3.0	24.01	2.5
NORMANDY-3/4 CUP	3/4 CUP	1	23	0	23	1.50	2	0.75	3.75	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
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
SMACKERS: SUNSET ONLY	4.3 OZ SERVI NG	1	278	62	610	3.10	0	18.6	20.67	13.44
Weighted Daily Average			1163	*137	3456	13.71	*62	65.05	146.89	33.63
% of Calories							*21.4%	22.4%	50.5%	26.0%
Nutrient Guideline			645					8.87		<=30.0

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Fri - 03/22/2019										
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 :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
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			963	*358	1943	15.75	*74	47.40	131.74	30.30
% of Calories							*30.7%	19.7%	54.7%	28.3%
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Mon - 03/25/2019										
ELEMENTARY LUNCH	Total	1								
HAMBURGER 100% BEEF :ELE	PATTY	1	257	39	390	2.03	2	21.08	21.1	10.15
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: 1/2 CUP	8 PIECES	1	140	0	280	2.00	0	2.0	16.0	7.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
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
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			979	*74	2290	12.09	*66	53.05	122.20	29.32
% of Calories							*26.8%	21.7%	49.9%	27.0%
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 - 03/26/2019										
ELEMENTARY LUNCH	Total	1								
SOFT FLOUR TACO: ELE	servings	1	225	49	411	2.00	0	17.01	19.0	9.5
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	14	0	6	1.10	2	0.95	2.86	0.09
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	28	6	43	0.00	0	1.52	0.25	2.28
REFRIED BEANS	1/2 CUP	1	164	0	546	8.21	0	8.21	23.6	4.62
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	245	20	729	7.51	*1	5.33	16.18	15.48
SWEET POTATO CAKE: NEUFCHATEL	SERVING	1	217	11	162	1.41	*26	1.56	35.9	7.97
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
Weighted Daily Average			1274	*101	2463	23.71	*81	61.33	161.86	42.74
% of Calories							*25.3%	19.3%	50.8%	30.2%
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 - 03/27/2019										
ELEMENTARY LUNCH	Total	1								
WG BREADED 8 PIECE CHICKEN	PIECE	1	215	41	591	1.00	0	12.0	11.0	13.0
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	1	2.0	17.03	1.0
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	24	0	135	0.00	*N/A*	0.95	4.76	0.48
CORN :ELE	3/4 CUP	1	79	0	13	2.65	9	2.65	11.91	1.98
WG DINNER ROLL	ROLL	1	90	0	160	2.00	2	4.0	17.0	1.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
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			895	*56	1685	9.24	*64	47.47	123.98	24.26
% of Calories							*28.5%	21.2%	55.4%	24.4%
Nutrient Guideline			645					8.87		<=30.0

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# Washington County School District

Mar 1, 2019 thru Mar 29, 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 - 03/28/2019										
ELEMENTARY LUNCH	Total	1								
THAI CHILI CHICKEN-2.80 OZ	2.8 OZ	1	128	54	344	0.00	11	11.0	12.0	3.0
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	0	580	2.00	*N/A*	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 :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	151	20	340	3.52	*0	2.83	9.16	9.4
SCOOPY-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
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			1198	*151	2438	13.31	*65	63.85	152.45	34.63
% of Calories							*21.6%	21.3%	50.9%	26.0%
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)
Fri - 03/29/2019										
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 :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
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			1273	*110	2035	16.76	*76	67.36	154.74	41.78
% of Calories							*23.8%	21.2%	48.6%	29.5%
Nutrient Guideline			645					8.87		<=30.0

Weighted Average			1097	*146	2257	14.50	*67 *55.2%	55.97 20.4%	140.39 51.2%	34.46 28.3%
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# Washington County School District

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Cholst (mg) Shortfall	Sodm (mg) Overage	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Error Messages (if any)
Calories	1097		645	170%									
Cholesterol (mg)	146				Missing								
Sodium 1 (mg)	2257								2257				
Sodium 2 (mg)	2257								2257				
Fiber (g)	14.50												
Sugars (g)	67	24.52%			Missing								
Protein (g)	55.97	20.41%	8.87	631%									
Carbohydrate (g)	140.39	51.19%											
Total Fat (g)	34.46	28.27%	<=30.00%										

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