

Washington County School District

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

Page 1

Generated on: 2/20/2019 1:46:56 PM

	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										
INTERMEDIATE LUNCH 6-8	Total	1								
WG PEPPERONI PIZZA RIPPERS	SERVING		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
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 INT WEEKLY 1st CHOI	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
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	7	2.23	14.63	6.32
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
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
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			1009	*212	2079	15.14	*83	50.01	144.60	28.40
% of Calories							*32.9%	19.8%	57.3%	25.3%
Nutrient Guideline			783					15.00		<=30.0

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

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

Page 2

Generated on: 2/20/2019 1:46:56 PM

	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										
INTERMEDIATE LUNCH 6-8	Total	1								
MINI CORN DOG NUGGETS (SEC)	6 EACH	1	250	60	420	3.00	1	10.0	30.0	10.0
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:INTERM.	1/2 CUP	1	127	10	228	4.21	*2	3.98	12.48	6.29
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
ALT INT WEEKLY 1st CHOI										
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	1	21.0	29.0	11.0
MIXED FRESH VEGETABLES:INTER	3/4 CUP	1	99	10	144	2.36	*2	2.42	8.31	6.21
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
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			971	*78	1697	12.09	*70	47.16	132.25	27.69
% of Calories							*28.9%	19.4%	54.5%	25.7%
Nutrient Guideline			783					15.00		<=30.0

Tue - 03/05/2019										
INTERMEDIATE LUNCH 6-8	Total	1								
CHICKEN FAJITA WRAP:ELE	WRAP	1	205	49	974	3.00	*0	16.26	17.78	7.6
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 :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
SALAD BAR: 2 TUESDAY- INTERM.	1/2 CUP	1	215	10	574	7.51	*2	6.33	18.18	12.48
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

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

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

Page 3

Generated on: 2/20/2019 1:46:56 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT INT WEEKLY 1st CHOI	Total	1								
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3	21.12	38.1	12.59
LETTUCE & TOMATO: 1leaf, 2 slice	1 lf, 2 slc	1	5	0	2	0.36	1	0.26	1.11	0.06
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	280	2.00	0	2.0	16.0	7.0
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	245	20	729	7.51	*1	5.33	16.18	15.48
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
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			1184	*77	3077	21.59	*66	57.49	152.37	38.47
% of Calories							*22.1%	19.4%	51.5%	29.2%
Nutrient Guideline			783					15.00		<=30.0

Wed - 03/06/2019										
INTERMEDIATE LUNCH 6-8	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
ALT INT WEEKLY 1st CHOI	Total	1								
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	*4	16.0	32.0	26.42
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	214	3.05	*2	2.04	10.53	7.67
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			956	*86	1615	8.60	*56	45.88	112.76	35.41
% of Calories							*23.4%	19.2%	47.2%	33.3%
Nutrient Guideline			783					15.00		<=30.0

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

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

Page 4

Generated on: 2/20/2019 1:46:56 PM

	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										
INTERMEDIATE LUNCH 6-8	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
ALT INT WEEKLY 1st CHOI	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 :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
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			1285	*202	2530	22.49	*55	66.03	167.26	38.70
% of Calories							*17.2%	20.5%	52.1%	27.1%
Nutrient Guideline			783					15.00		<=30.0

Fri - 03/08/2019										
INTERMEDIATE LUNCH 6-8	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 :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
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
 * - 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

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

Page 5

Generated on: 2/20/2019 1:46:56 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT INT WEEKLY 1st CHOI	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
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	7	2.23	14.63	6.32
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
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
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			954	*55	1706	14.65	*82	50.52	141.64	21.66
% of Calories							*34.4%	21.2%	59.4%	20.4%
Nutrient Guideline			783					15.00		<=30.0

Mon - 03/18/2019										
INTERMEDIATE LUNCH 6-8	Total	1								
CHICKEN CHUNKS-SEC	6 PIECES	1	257	43	585	2.00	1	20.0	18.0	13.0
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:INTERM.	1/2 CUP	1	127	10	228	4.21	*2	3.98	12.48	6.29
PUDDING,CHOICE	SERVING	1	115	0	133	0.50	15	1.0	20.5	3.0
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 INT WEEKLY 1st CHOI	Total	1								
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	1	21.0	29.0	11.0
MIXED FRESH VEGETABLES:INTER	3/4 CUP	1	99	10	144	2.36	*2	2.42	8.31	6.21
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
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
 * - 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

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

Page 6

Generated on: 2/20/2019 1:46:56 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			1005	*69	2017	11.73	*67	52.55	133.34	29.69
% of Calories							*26.5%	20.9%	53.0%	26.6%
Nutrient Guideline			783					15.00		<=30.0

Tue - 03/19/2019										
INTERMEDIATE LUNCH 6-8	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:INTER	3/4 CUP	1	99	10	144	2.36	*2	2.42	8.31	6.21
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
SALAD BAR: 2 TUESDAY- INTERM.	1/2 CUP	1	215	10	574	7.51	*2	6.33	18.18	12.48
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
ALT INT WEEKLY 1st CHOI	Total	1								
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3	21.12	38.1	12.59
LETTUCE & TOMATO:1leaf,2 slice	1 lf,2 slc	1	5	0	2	0.36	1	0.26	1.11	0.06
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	280	2.00	0	2.0	16.0	7.0
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	245	20	729	7.51	*1	5.33	16.18	15.48
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
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			1246	*99	2635	19.08	*60	62.44	148.72	44.14
% of Calories							*19.4%	20.0%	47.7%	31.9%
Nutrient Guideline			783					15.00		<=30.0

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

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

Page 7

Generated on: 2/20/2019 1:46:56 PM

	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										
INTERMEDIATE LUNCH 6-8	Total	1								
ROASTED TURKEY: VIP	2.9 OZ	1	107	47	748	0.00	*N/A*	24.04	1.34	1.34
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	9.00	0	2.0	18.0	5.0
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
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	*N/A*	0.0	0.0	4.0
ALT INT WEEKLY 1st CHOI										
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	*4	16.0	32.0	26.42
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	214	3.05	*2	2.04	10.53	7.67
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			912	*72	2202	12.63	*57	52.36	116.80	27.59
% of Calories							*24.9%	23.0%	51.2%	27.2%
Nutrient Guideline			783					15.00		<=30.0

Thu - 03/21/2019										
INTERMEDIATE LUNCH 6-8	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:INTERM	1/2 CUP	1	121	10	185	3.52	*1	3.83	11.16	6.4
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

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

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

Page 8

Generated on: 2/20/2019 1:46:56 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT INT WEEKLY 1st CHOI	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 :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
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			1189	*95	2601	24.30	*60	66.66	158.32	31.71
% of Calories							*20.3%	22.4%	53.3%	24.0%
Nutrient Guideline			783					15.00		<=30.0

Fri - 03/22/2019										
INTERMEDIATE LUNCH 6-8	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
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 INT WEEKLY 1st CHOI	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
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	7	2.23	14.63	6.32
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
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
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

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

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

Page 9

Generated on: 2/20/2019 1:46:56 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			1009	*212	2079	15.14	*83	50.01	144.60	28.40
% of Calories							*32.9%	19.8%	57.3%	25.3%
Nutrient Guideline			783					15.00		<=30.0

Mon - 03/25/2019										
INTERMEDIATE LUNCH 6-8	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:INTERM.	1/2 CUP	1	127	10	228	4.21	*2	3.98	12.48	6.29
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0	0.22	0.33	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
ALT INT WEEKLY 1st CHOI	Total	1								
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	1	21.0	29.0	11.0
MIXED FRESH VEGETABLES:INTER	3/4 CUP	1	99	10	144	2.36	*2	2.42	8.31	6.21
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
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			934	*67	1832	12.13	*61	53.16	117.14	27.81
% of Calories							*26.1%	22.8%	50.2%	26.8%
Nutrient Guideline			783					15.00		<=30.0

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

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

Page 10

Generated on: 2/20/2019 1:46:57 PM

	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										
INTERMEDIATE LUNCH 6-8	Total	1								
SOFT FLOUR TACO:SEC	1 serving	1	255	49	436	2.00	1	17.01	23.0	10.0
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- INTERM.	1/2 CUP	1	215	10	574	7.51	*2	6.33	18.18	12.48
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
ALT INT WEEKLY 1st CHOI										
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3	21.12	38.1	12.59
LETTUCE & TOMATO:1leaf,2 slice	1 lf,2 slc	1	5	0	2	0.36	1	0.26	1.11	0.06
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	280	2.00	0	2.0	16.0	7.0
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	245	20	729	7.51	*1	5.33	16.18	15.48
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
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			1252	*81	2820	20.59	*74	58.46	161.93	41.08
% of Calories							*23.7%	18.7%	51.7%	29.5%
Nutrient Guideline			783					15.00		<=30.0

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

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

Page 11

Generated on: 2/20/2019 1:46:57 PM

	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										
INTERMEDIATE LUNCH 6-8	Total	1								
WG BREADED 8 PIECE CHICKEN	PIECE	1	215	41	591	1.00	0	12.0	11.0	13.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	9.00	0	2.0	18.0	5.0
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
ALT INT WEEKLY 1st CHOI										
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	*4	16.0	32.0	26.42
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	214	3.05	*2	2.04	10.53	7.67
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			989	*69	1853	12.94	*61	46.69	124.39	34.07
% of Calories							*24.8%	18.9%	50.3%	31.0%
Nutrient Guideline			783					15.00		<=30.0

Thu - 03/28/2019										
INTERMEDIATE LUNCH 6-8	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:INTERM	1/2 CUP	1	121	10	185	3.52	*1	3.83	11.16	6.4
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
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
 * - 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

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

Page 12

Generated on: 2/20/2019 1:46:57 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT INT WEEKLY 1st CHOI	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 :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
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			1206	*102	2092	24.11	*61	66.06	161.10	32.21
% of Calories							*20.4%	21.9%	53.4%	24.0%
Nutrient Guideline			783					15.00		<=30.0

Fri - 03/29/2019										
INTERMEDIATE LUNCH 6-8	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 :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
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 INT WEEKLY 1st CHOI	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
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	7	2.23	14.63	6.32
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
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
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

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

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

Page 13

Generated on: 2/20/2019 1:46:57 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			1259	*96	2265	14.65	*85	64.01	159.12	40.15
% of Calories							*27.0%	20.3%	50.6%	28.7%
Nutrient Guideline			783					15.00		<=30.0

Weighted Average			1085	*104	2194	16.37	*68	55.59	142.27	32.95
							*56.1%	20.5%	52.4%	27.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1085		783	139%				
Cholesterol (mg)	104				Missing			
Sodium 1 (mg)	2194						2194	
Sodium 2 (mg)	2194						2194	
Fiber (g)	16.37							
Sugars (g)	68	24.93%			Missing			
Protein (g)	55.59	20.49%	15.00	371%				
Carbohydrate (g)	142.27	52.45%						
Total Fat (g)	32.95	27.33%	<=30.00%					

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.