

Washington County School District

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 2/20/2019 1:49:50 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 | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | |
| WG PEPPERONI PIZZA RIPPERS | SERVING | 1 | 290 | 25 | 550 | 3.00 | 3 | 16.0 | 27.0 | 17.0 |
| MARINARA SAUCE: SEC | 3/4 CUP | 1 | 104 | 447 | 924 | 2.98 | 4 | 2.98 | 17.89 | 2.24 |
| DINNER SALAD | 1 CUP | 1 | 62 | 0 | 87 | 5.17 | *0 | 3.55 | 11.53 | 0.02 |
| FRUIT BAR :SPRING (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| 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 SEC WEEKLY 1st CHO | 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:SEC | 1 CUP | 1 | 142 | 10 | 216 | 4.92 | 9 | 2.63 | 18.84 | 6.42 |
| CHIPS : VARIETY | BAG | 1 | 110 | 0 | 143 | 1.00 | 2 | 2.0 | 19.0 | 3.0 |
| FRUIT BAR :SPRING (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| FROZEN JUICE CUPS | 1 EACH | 1 | 70 | 0 | 7 | 3.00 | 16 | 0.0 | 19.0 | 0.0 |
| PICKLE:, CHIPS | 1 OZ. | 1 | 5 | 0 | 340 | 0.00 | 1 | 0.0 | 1.0 | 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 | | | 1098 | *286 | 2250 | 18.57 | *94 | 51.49 | 165.47 | 29.09 |
| % of Calories | | | | | | | *34.1% | 18.8% | 60.3% | 23.9% |
| Nutrient Guideline | | | 846 | | | | | 16.70 | | <=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
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Page 2

Generated on: 2/20/2019 1:49:50 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 | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | |
| MINI CORN DOG NUGGETS (SEC) | 6 EACH | 1 | 250 | 60 | 420 | 3.00 | 1 | 10.0 | 30.0 | 10.0 |
| TATER TOTS-3/4 CUP | 12 PIECES | 1 | 210 | 0 | 420 | 3.00 | 0 | 3.0 | 24.0 | 10.5 |
| FRUIT BAR :SPRING (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| SALAD BAR: MONDAYS:SEC | 1 CUP | 1 | 195 | 10 | 397 | 9.50 | *3 | 8.02 | 24.56 | 6.59 |
| 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 SEC WEEKLY 1st CHO | | | | | | | | | | |
| PIZZA HUT: PEPPERONI PIZZA | SLICE | 1 | 290 | 25 | 570 | 3.00 | 1 | 21.0 | 29.0 | 11.0 |
| MIXED FRESH VEGETABLES:SEC | 1 CUP | 1 | 107 | 10 | 151 | 2.95 | *2 | 3.06 | 9.82 | 6.29 |
| FRUIT BAR :SPRING (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| SALAD BAR: 3 THURSDAY'S:SEC | 1 CUP | 1 | 102 | 0 | 181 | 7.03 | *1 | 5.67 | 18.35 | 0.85 |
| 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 | | | 1079 | *68 | 1755 | 19.25 | *80 | 52.14 | 162.77 | 25.68 |
| % of Calories | | | | | | | *29.6% | 19.3% | 60.4% | 21.4% |
| Nutrient Guideline | | | 846 | | | | | 16.70 | | <=30.0 |

| | | | | | | | | | | |
|--------------------------------|---------|---|-----|----|------|-------|-------|-------|-------|-------|
| Tue - 03/05/2019 | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | |
| CHICKEN FAJITA WRAP: SEC | WRAP | 1 | 290 | 66 | 1286 | 4.00 | *0 | 22.02 | 24.04 | 11.8 |
| LETTUCE & TOMATO:3/4 CUP-TACOS | 3/4 CUP | 1 | 14 | 0 | 6 | 1.10 | 2 | 0.95 | 2.86 | 0.09 |
| CORNMEAL SUPER STAR, WG:FR017 | 1 EA | 1 | 148 | 11 | 91 | 1.50 | *N/A* | 2.8 | 23.0 | 5.0 |
| REFRIED BEANS | 1/2 CUP | 1 | 164 | 0 | 546 | 8.21 | 0 | 8.21 | 23.6 | 4.62 |
| FRUIT BAR :SPRING (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| SALAD BAR: 2 TUESDAY (SEC) | 1 CUP | 1 | 301 | 10 | 924 | 13.03 | *3 | 10.67 | 32.36 | 13.96 |
| 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
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Page 3

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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) |
|-----------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| ALT SEC WEEKLY 1st CHO | Total | 1 | | | | | | | | |
| SPICY CHICKEN SANDWICH | 1 EACH | 1 | 342 | 30 | 613 | 5.02 | 3 | 21.12 | 38.1 | 12.59 |
| LETTUCE & TOMATO: 1 leaf, 2 slice | 1 lf, 2 slc | 1 | 5 | 0 | 2 | 0.36 | 1 | 0.26 | 1.11 | 0.06 |
| TATER TOTS- 3/4 CUP | 12 PIECES | 1 | 210 | 0 | 420 | 3.00 | 0 | 3.0 | 24.0 | 10.5 |
| SALAD BAR: 2 TUESDAY (SEC) | 1 CUP | 1 | 301 | 10 | 924 | 13.03 | *3 | 10.67 | 32.36 | 13.96 |
| FRUIT BAR : SPRING (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| 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 | | | 1468 | *86 | 3622 | 31.17 | *76 | 67.88 | 201.96 | 45.07 |
| % of Calories | | | | | | | *20.6% | 18.5% | 55.0% | 27.6% |
| Nutrient Guideline | | | 846 | | | | | 16.70 | | <=30.0 |

| Wed - 03/06/2019 | | | | | | | | | | |
|--------------------------------|----------|---|-----|----|------|------|-------|------|-------|-------|
| SECONDARY LUNCH 9-12 | 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. 3/4 CUP | 4.5 OZ | 1 | 210 | 0 | 450 | 3.00 | 0 | 3.0 | 33.0 | 7.5 |
| BROCCOLI & CAULIFLOWER: PRE | 1/2 CUP | 1 | 112 | 20 | 263 | 0.96 | *0 | 0.98 | 2.42 | 9.14 |
| ROLL: 2 OZ | ROLL | 1 | 138 | 11 | 376 | 4.70 | *1 | 3.93 | 27.16 | 2.34 |
| FRUIT BAR : SPRING (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| 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 SEC WEEKLY 1st CHO | 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 (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| CARROT & CELERY STICKS: SEC | 1 CUP | 1 | 132 | 15 | 235 | 2.42 | *2 | 2.28 | 8.67 | 9.18 |
| 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 |

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Page 4

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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) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| Weighted Daily Average | | | 1144 | *92 | 1910 | 13.44 | *66 | 49.24 | 146.70 | 40.85 |
| % of Calories | | | | | | | *23.0% | 17.2% | 51.3% | 32.1% |
| Nutrient Guideline | | | 846 | | | | | 16.70 | | <=30.0 |

| Thu - 03/07/2019 | | | | | | | | | | |
|--------------------------------|----------|---|------|------|------|-------|--------|-------|--------|--------|
| SECONDARY LUNCH 9-12 | 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:SEC | 3/4 cup | 1 | 191 | 350 | 613 | 0.00 | *0 | 17.97 | 3.47 | 11.35 |
| PEACH CUP, FROZEN | SERVING | 1 | 118 | 0 | 8 | 2.20 | *N/A* | 0.79 | 29.98 | 0.16 |
| MIXED FRUIT CUP | PACKAGES | 1 | 70 | 0 | 10 | 0.00 | *N/A* | 0.0 | 18.0 | 0.0 |
| 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 SEC WEEKLY 1st CHO | 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 (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| ROLL: 2 OZ | ROLL | 1 | 138 | 11 | 376 | 4.70 | *1 | 3.93 | 27.16 | 2.34 |
| SALAD BAR: 2 TUESDAY (SEC) | 1 CUP | 1 | 301 | 10 | 924 | 13.03 | *3 | 10.67 | 32.36 | 13.96 |
| 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 | | | 1519 | *245 | 3092 | 30.75 | *61 | 74.54 | 209.76 | 43.70 |
| % of Calories | | | | | | | *16.2% | 19.6% | 55.2% | 25.9% |
| Nutrient Guideline | | | 846 | | | | | 16.70 | | <=30.0 |

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|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| Fri - 03/08/2019 | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | 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 (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| 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 SEC WEEKLY 1st CHO | 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:SEC | 1 CUP | 1 | 142 | 10 | 216 | 4.92 | 9 | 2.63 | 18.84 | 6.42 |
| CHIPS : VARIETY | BAG | 1 | 110 | 0 | 143 | 1.00 | 2 | 2.0 | 19.0 | 3.0 |
| FRUIT BAR :SPRING (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| FROZEN JUICE CUPS | 1 EACH | 1 | 70 | 0 | 7 | 3.00 | 16 | 0.0 | 19.0 | 0.0 |
| PICKLE:, CHIPS | 1 OZ. | 1 | 5 | 0 | 340 | 0.00 | 1 | 0.0 | 1.0 | 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 | | | 1025 | *55 | 1723 | 17.58 | *92 | 51.50 | 159.53 | 21.98 |
| % of Calories | | | | | | | *35.9% | 20.1% | 62.2% | 19.3% |
| Nutrient Guideline | | | 846 | | | | | 16.70 | | <=30.0 |

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Page 6

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|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| Mon - 03/18/2019 | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | |
| CHICKEN CHUNKS-SEC | 6 PIECES | 1 | 257 | 43 | 585 | 2.00 | 1 | 20.0 | 18.0 | 13.0 |
| FRENCH FRIES- S.S. 3/4 CUP | 4.5 OZ | 1 | 210 | 0 | 450 | 3.00 | 0 | 3.0 | 33.0 | 7.5 |
| FRUIT BAR :SPRING (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| SALAD BAR: MONDAYS:SEC | 1 CUP | 1 | 195 | 10 | 397 | 9.50 | *3 | 8.02 | 24.56 | 6.59 |
| ROLL: 2 OZ | ROLL | 1 | 138 | 11 | 376 | 4.70 | *1 | 3.93 | 27.16 | 2.34 |
| 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 |
| ALT SEC WEEKLY 1st CHO | | | | | | | | | | |
| PIZZA HUT: PEPPERONI PIZZA | SLICE | 1 | 290 | 25 | 570 | 3.00 | 1 | 21.0 | 29.0 | 11.0 |
| MIXED FRESH VEGETABLES:SEC | 1 CUP | 1 | 107 | 10 | 151 | 2.95 | *2 | 3.06 | 9.82 | 6.29 |
| FRUIT BAR :SPRING (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| SALAD BAR: 3 THURSDAY'S:SEC | 1 CUP | 1 | 102 | 0 | 181 | 7.03 | *1 | 5.67 | 18.35 | 0.85 |
| 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 | | | 1182 | *64 | 2268 | 21.24 | *77 | 59.49 | 178.94 | 28.35 |
| % of Calories | | | | | | | *26.0% | 20.1% | 60.6% | 21.6% |
| Nutrient Guideline | | | 846 | | | | | 16.70 | | <=30.0 |

| | | | | | | | | | | |
|--------------------------------|----------|---|-----|----|-----|-------|-------|-------|-------|-------|
| Tue - 03/19/2019 | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | |
| WHITE CHICKEN CHILI: SEC new | 1.25 CUP | 1 | 465 | 86 | 796 | 8.39 | *0 | 37.29 | 36.45 | 19.16 |
| 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 | 2 EACH | 1 | 296 | 22 | 182 | 3.00 | *N/A* | 5.6 | 46.0 | 10.0 |
| MIXED FRESH VEGETABLES:SEC | 1 CUP | 1 | 107 | 10 | 151 | 2.95 | *2 | 3.06 | 9.82 | 6.29 |
| FRUIT BAR :SPRING (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| SALAD BAR: 2 TUESDAY (SEC) | 1 CUP | 1 | 301 | 10 | 924 | 13.03 | *3 | 10.67 | 32.36 | 13.96 |
| 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
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Washington County School District

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 7

Generated on: 2/20/2019 1:49:50 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| ALT SEC WEEKLY 1st CHO | 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-3/4 CUP | 12 PIECES | 1 | 210 | 0 | 420 | 3.00 | 0 | 3.0 | 24.0 | 10.5 |
| SALAD BAR: 2 TUESDAY (SEC) | 1 CUP | 1 | 301 | 10 | 924 | 13.03 | *3 | 10.67 | 32.36 | 13.96 |
| FRUIT BAR :SPRING (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| 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 | | | 1538 | *108 | 3108 | 29.29 | *71 | 74.01 | 199.59 | 50.60 |
| % of Calories | | | | | | | *18.4% | 19.2% | 51.9% | 29.6% |
| Nutrient Guideline | | | 846 | | | | | 16.70 | | <=30.0 |

| Wed - 03/20/2019 | | | | | | | | | | |
|--------------------------------|---------|---|-----|----|------|------|-------|-------|-------|-------|
| SECONDARY LUNCH 9-12 | 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:SEC | 1 CUP | 1 | 57 | 0 | 719 | 5.44 | *N/A* | 3.44 | 12.88 | 0.29 |
| FRUIT BAR :SPRING (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| ROLL: 2 OZ | ROLL | 1 | 138 | 11 | 376 | 4.70 | *1 | 3.93 | 27.16 | 2.34 |
| 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 SEC WEEKLY 1st CHO | 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 (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| CARROT & CELERY STICKS:SEC | 1 CUP | 1 | 132 | 15 | 235 | 2.42 | *2 | 2.28 | 8.67 | 9.18 |
| 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 |

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Washington County School District

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 8

Generated on: 2/20/2019 1:49:50 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 | | | 1015 | *79 | 2481 | 17.18 | *66 | 53.99 | 139.60 | 29.35 |
| % of Calories | | | | | | | *25.8% | 21.3% | 55.0% | 26.0% |
| Nutrient Guideline | | | 846 | | | | | 16.70 | | <=30.0 |

| Thu - 03/21/2019 | | | | | | | | | | |
|--------------------------------|---------|---|------|------|------|-------|--------|-------|--------|--------|
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | |
| TERIYAKI CHICKEN:SEC | 4.2 oz | 1 | 180 | 80 | 640 | 0.00 | *N/A* | 24.0 | 12.0 | 4.0 |
| VEGETABLE BROWN RICE : SEC | 8 OZ | 1 | 219 | 0 | 977 | 3.37 | *N/A* | 5.05 | 40.42 | 4.21 |
| NORMANDY-3/4 CUP | 3/4 CUP | 1 | 23 | 0 | 23 | 1.50 | 2 | 0.75 | 3.75 | 0.0 |
| FRUIT BAR :SPRING (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| SALAD BAR: 3 THURSDAY'S:SEC | 1 CUP | 1 | 102 | 0 | 181 | 7.03 | *1 | 5.67 | 18.35 | 0.85 |
| 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 |
| ALT SEC WEEKLY 1st CHO | 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 (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| ROLL: 2 OZ | ROLL | 1 | 138 | 11 | 376 | 4.70 | *1 | 3.93 | 27.16 | 2.34 |
| SALAD BAR: 2 TUESDAY (SEC) | 1 CUP | 1 | 301 | 10 | 924 | 13.03 | *3 | 10.67 | 32.36 | 13.96 |
| 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 | | | 1475 | *110 | 3439 | 36.16 | *71 | 81.27 | 214.08 | 34.51 |
| % of Calories | | | | | | | *19.1% | 22.0% | 58.1% | 21.1% |
| Nutrient Guideline | | | 846 | | | | | 16.70 | | <=30.0 |

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Washington County School District

Mar 1, 2019 thru Mar 29, 2019

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Portion Values - Detailed

Page 9

Generated on: 2/20/2019 1:49:50 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| Fri - 03/22/2019 | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | 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 (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| 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 SEC WEEKLY 1st CHO | 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:SEC | 1 CUP | 1 | 142 | 10 | 216 | 4.92 | 9 | 2.63 | 18.84 | 6.42 |
| CHIPS : VARIETY | BAG | 1 | 110 | 0 | 143 | 1.00 | 2 | 2.0 | 19.0 | 3.0 |
| FRUIT BAR :SPRING (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| FROZEN JUICE CUPS | 1 EACH | 1 | 70 | 0 | 7 | 3.00 | 16 | 0.0 | 19.0 | 0.0 |
| PICKLE:, CHIPS | 1 OZ. | 1 | 5 | 0 | 340 | 0.00 | 1 | 0.0 | 1.0 | 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 | | | 1080 | *212 | 2096 | 18.07 | *93 | 51.00 | 162.49 | 28.72 |
| % of Calories | | | | | | | *34.4% | 18.9% | 60.2% | 23.9% |
| Nutrient Guideline | | | 846 | | | | | 16.70 | | <=30.0 |

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Page 10

Generated on: 2/20/2019 1:49:50 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| Mon - 03/25/2019 | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | |
| HAMBURGER 100 % BEEF: SEC | PATTY | 1 | 287 | 39 | 440 | 3.03 | 3 | 22.08 | 26.1 | 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-3/4 CUP | 12 PIECES | 1 | 210 | 0 | 420 | 3.00 | 0 | 3.0 | 24.0 | 10.5 |
| FRUIT BAR :SPRING (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| SALAD BAR: MONDAYS:SEC | 1 CUP | 1 | 195 | 10 | 397 | 9.50 | *3 | 8.02 | 24.56 | 6.59 |
| 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 SEC WEEKLY 1st CHO | | | | | | | | | | |
| PIZZA HUT: PEPPERONI PIZZA | SLICE | 1 | 290 | 25 | 570 | 3.00 | 1 | 21.0 | 29.0 | 11.0 |
| MIXED FRESH VEGETABLES:SEC | 1 CUP | 1 | 107 | 10 | 151 | 2.95 | *2 | 3.06 | 9.82 | 6.29 |
| FRUIT BAR :SPRING (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| SALAD BAR: 3 THURSDAY'S:SEC | 1 CUP | 1 | 102 | 0 | 181 | 7.03 | *1 | 5.67 | 18.35 | 0.85 |
| 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 | | | 1056 | *57 | 1916 | 19.79 | *71 | 58.63 | 150.15 | 25.79 |
| % of Calories | | | | | | | *26.9% | 22.2% | 56.9% | 22.0% |
| Nutrient Guideline | | | 846 | | | | | 16.70 | | <=30.0 |

| | | | | | | | | | | |
|--------------------------------|---------|---|-----|----|-----|-------|-------|-------|-------|-------|
| Tue - 03/26/2019 | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | |
| SOFT FLOUR TACO:SEC | 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-.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 |
| REFRIED BEANS | 1/2 CUP | 1 | 164 | 0 | 546 | 8.21 | 0 | 8.21 | 23.6 | 4.62 |
| FRUIT BAR :SPRING (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| SALAD BAR: 2 TUESDAY (SEC) | 1 CUP | 1 | 301 | 10 | 924 | 13.03 | *3 | 10.67 | 32.36 | 13.96 |
| 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 |

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Portion Values - Detailed

Page 11

Generated on: 2/20/2019 1:49:50 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) |
|-----------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|------------|-----------|----------|-----------|
| ALT SEC WEEKLY 1st CHO | Total | 1 | | | | | | | | |
| SPICY CHICKEN SANDWICH | 1 EACH | 1 | 342 | 30 | 613 | 5.02 | 3 | 21.12 | 38.1 | 12.59 |
| LETTUCE & TOMATO: 1 leaf, 2 slice | 1 lf, 2 slc | 1 | 5 | 0 | 2 | 0.36 | 1 | 0.26 | 1.11 | 0.06 |
| TATER TOTS-3/4 CUP | 12 PIECES | 1 | 210 | 0 | 420 | 3.00 | 0 | 3.0 | 24.0 | 10.5 |
| SALAD BAR: 2 TUESDAY (SEC) | 1 CUP | 1 | 301 | 10 | 924 | 13.03 | *3 | 10.67 | 32.36 | 13.96 |
| FRUIT BAR :SPRING (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| 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 | | | 1508 | *84 | 3231 | 29.67 | *84 | 66.73 | 208.52 | 46.72 |
| % of Calories | | | | | | | *22.4% | 17.7% | 55.3% | 27.9% |
| Nutrient Guideline | | | 846 | | | | | 16.70 | | <=30.0 |

| Wed - 03/27/2019 | | | | | | | | | | |
|--------------------------------|---------|---|-----|----|------|------|-------|------|-------|-------|
| SECONDARY LUNCH 9-12 | 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 :SEC | 1 CUP | 1 | 119 | 0 | 20 | 3.97 | 14 | 3.97 | 17.86 | 2.98 |
| ROLL: 2 OZ | ROLL | 1 | 138 | 11 | 376 | 4.70 | *1 | 3.93 | 27.16 | 2.34 |
| FRUIT BAR :SPRING (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| 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 SEC WEEKLY 1st CHO | 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 (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| CARROT & CELERY STICKS:SEC | 1 CUP | 1 | 132 | 15 | 235 | 2.42 | *2 | 2.28 | 8.67 | 9.18 |
| 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 |

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Washington County School District

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 12

Generated on: 2/20/2019 1:49:50 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 | | | 1099 | *76 | 1976 | 16.95 | *72 | 48.22 | 147.30 | 36.26 |
| % of Calories | | | | | | | *26.4% | 17.5% | 53.6% | 29.7% |
| Nutrient Guideline | | | 846 | | | | | 16.70 | | <=30.0 |

| Thu - 03/28/2019 | | | | | | | | | | |
|--------------------------------|---------|---|------|------|------|-------|--------|-------|--------|--------|
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | |
| THAI CHILI CHICKEN-3.75 OZ | 3.75 OZ | 1 | 172 | 72 | 461 | 0.00 | 15 | 14.75 | 16.09 | 4.02 |
| VEGETABLE BROWN RICE : SEC | 8 OZ | 1 | 219 | 0 | 977 | 3.37 | *N/A* | 5.05 | 40.42 | 4.21 |
| NORTHWEST BLEND VEGETABLE:ELE | 3/4 CUP | 1 | 19 | 0 | 17 | 1.11 | 2 | 0.55 | 3.32 | 0.0 |
| FRUIT BAR :SPRING (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| SALAD BAR: 3 THURSDAY'S:SEC | 1 CUP | 1 | 102 | 0 | 181 | 7.03 | *1 | 5.67 | 18.35 | 0.85 |
| 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 |
| ALT SEC WEEKLY 1st CHO | 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 (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| ROLL: 2 OZ | ROLL | 1 | 138 | 11 | 376 | 4.70 | *1 | 3.93 | 27.16 | 2.34 |
| SALAD BAR: 2 TUESDAY (SEC) | 1 CUP | 1 | 301 | 10 | 924 | 13.03 | *3 | 10.67 | 32.36 | 13.96 |
| 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 | | | 1469 | *107 | 2829 | 35.97 | *74 | 76.55 | 215.91 | 34.52 |
| % of Calories | | | | | | | *20.1% | 20.8% | 58.8% | 21.1% |
| Nutrient Guideline | | | 846 | | | | | 16.70 | | <=30.0 |

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Washington County School District

Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 13

Generated on: 2/20/2019 1:49:50 PM

| | 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 | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | 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 (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| 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 SEC WEEKLY 1st CHO | 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:SEC | 1 CUP | 1 | 142 | 10 | 216 | 4.92 | 9 | 2.63 | 18.84 | 6.42 |
| CHIPS : VARIETY | BAG | 1 | 110 | 0 | 143 | 1.00 | 2 | 2.0 | 19.0 | 3.0 |
| FRUIT BAR :SPRING (SEC) | 1 CUP | 1 | 135 | *0 | 4 | 4.91 | *19 | 1.65 | 34.07 | 0.56 |
| FROZEN JUICE CUPS | 1 EACH | 1 | 70 | 0 | 7 | 3.00 | 16 | 0.0 | 19.0 | 0.0 |
| PICKLE:, CHIPS | 1 OZ. | 1 | 5 | 0 | 340 | 0.00 | 1 | 0.0 | 1.0 | 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 | | | 1330 | *96 | 2282 | 17.58 | *95 | 64.99 | 177.02 | 40.47 |
| % of Calories | | | | | | | *28.5% | 19.5% | 53.2% | 27.4% |
| Nutrient Guideline | | | 846 | | | | | 16.70 | | <=30.0 |

| | | | | | | | | | | |
|------------------|--|--|------|------|------|-------|--------|-------|--------|-------|
| Weighted Average | | | 1255 | *114 | 2498 | 23.29 | *78 | 61.36 | 177.49 | 35.10 |
| | | | | | | | *55.6% | 19.5% | 56.6% | 25.2% |

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Portion Values - Detailed

Page 14

Generated on: 2/20/2019 1:49:50 PM

| 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) Overage | Sugars (g) Overage | Protn (g) Error Messages (if any) | Carb (g) Error Messages (if any) | T-Fat (g) Error Messages (if any) |
|------------------|----------|-----------|-------------------------------|--------------------------|--------------------------|--------------------------|----------------------|----------------------|-----------------------|--------------------------------------|-------------------------------------|--------------------------------------|
| Calories | 1255 | | 846 | 148% | | | | | | | | |
| Cholesterol (mg) | 114 | | | | Missing | | | | | | | |
| Sodium 1 (mg) | 2498 | | | | | | | | 2498 | | | |
| Sodium 2 (mg) | 2498 | | | | | | | | 2498 | | | |
| Fiber (g) | 23.29 | | | | | | | | | | | |
| Sugars (g) | 78 | 24.73% | | | Missing | | | | | | | |
| Protein (g) | 61.36 | 19.55% | 16.70 | 367% | | | | | | | | |
| Carbohydrate (g) | 177.49 | 56.55% | | | | | | | | | | |
| Total Fat (g) | 35.10 | 25.17% | <=30.00% | | | | | | | | | |

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