

Washington County School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

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

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)
Mon - 03/02/2020										
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
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	12	0.0	16.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
SALAD BAR: MONDAYS:INTERM.	1 CUP	1	106	10	183	2.49	*2	3.05	9.07	6.06
JELL-O	GEL CUP	1	100	0	45	0.00	22	0.0	25.0	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
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
ALT INT WEEKLY 1st CHOI	Total	1								
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	2	20.0	29.0	9.0
MIXED FRESH VEGETABLES:INTER	3/4 CUP	1	99	10	144	2.36	*2	2.42	8.31	6.21
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	12	0.0	16.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	136	20	338	2.49	*1	2.05	7.07	9.06
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
Weighted Daily Average			909	*78	1470	12.09	*71	36.68	128.87	26.44
% of Calories							*31.2%	16.1%	56.7%	26.2%
Nutrient Guideline			783					15.00		<=30.0

Tue - 03/03/2020										
INTERMEDIATE LUNCH 6-8	Total	1								
CHICKEN CARNITA BURRITO	SERVING	1	238	76	673	4.00	*0	20.52	20.25	8.28
LETTUCE & TOMATO:1/4 CUP-TACOS	1/4 CUP	1	7	0	3	0.55	1	0.48	1.43	0.04
REFRIED BEANS	1/2 CUP	1	164	0	546	8.21	0	8.21	23.6	4.62
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	1.00	13	0.0	14.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	143	10	234	2.88	*1	2.86	6.64	11.01
SWEET CAKE	SERVINGS	1	280	20	242	1.95	*31	2.2	44.77	10.95
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

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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)
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
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	280	2.00	0	2.0	16.0	7.0
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	1.00	13	0.0	14.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	156	10	242	3.75	*2	3.73	9.27	11.01
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
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
Weighted Daily Average			1146	*91	2423	18.45	*77	48.26	153.72	37.56
% of Calories							*27.0%	16.9%	53.7%	29.5%
Nutrient Guideline			783					15.00		<=30.0

Wed - 03/04/2020										
INTERMEDIATE LUNCH 6-8	Total	1								
BREADED PORK STEAK	1 EACH	1	293	51	424	2.02	1	16.17	17.18	17.18
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	9.00	0	2.0	18.0	5.0
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	45	0	222	0.00	*N/A*	1.0	5.0	2.0
CORN 1/2 CUP	1/2 CUP	1	65	0	15	2.00	3	2.0	15.0	1.0
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	1.00	12	0.0	15.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
WG DINNER ROLL	ROLL	1	90	0	160	2.00	2	4.0	17.0	1.0
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	*N/A*	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
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: DORITOS	bag	1	131	0	181	2.01	0	2.01	19.62	5.03
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	1.00	12	0.0	15.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
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

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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 % of Calories			1006	*74	1712	14.36	*58 *23.0%	39.42 15.7%	128.47 51.1%	37.42 33.5%
Nutrient Guideline			783					15.00		<=30.0

Thu - 03/05/2020										
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
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	*N/A*	0.0	9.4	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
ALT INT WEEKLY 1st CHOI	Total	1								
TACO SALAD -TOP N GO :ALT LINE	2 CUP	1	406	37	624	8.94	*4	20.61	48.62	15.03
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVING	1	80	0	10	0.00	18	0.0	19.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	133	20	306	2.25	*1	2.04	6.33	9.17
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
Weighted Daily Average % of Calories			967	*180	1882	10.24	*52 *21.5%	38.82 16.1%	128.18 53.0%	32.08 29.9%
Nutrient Guideline			783					15.00		<=30.0

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Fri - 03/06/2020										
INTERMEDIATE LUNCH 6-8	Total	1								
PIZZA, BIG DADDY'S (SCHWAN'S)	1 SLICE	1	320	20	550	4.00	*N/A*	19.0	39.0	10.0
DINNER SALAD	1 CUP	1	43	0	28	2.88	*1	2.85	8.65	0.02
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	60	0	0	1.00	13	1.0	16.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
FROZEN JUICE CUP	1 EACH	1	72	0	8	3.10	17	0.0	19.65	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
ALT INT WEEKLY 1st CHOI										
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
BAKED BEANS - 2019 -1/2	1/2 SERVING	1	170	0	500	5.00	14	8.0	33.0	1.0
CHIPS: DORITOS	bag	1	131	0	181	2.01	0	2.01	19.62	5.03
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
FROZEN JUICE CUP	1 EACH	1	72	0	8	3.10	17	0.0	19.65	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
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
Weighted Daily Average			950	*55	1791	14.99	*78	44.50	145.36	22.49
% of Calories							*32.9%	18.7%	61.2%	21.3%
Nutrient Guideline			783					15.00		<=30.0

Mon - 03/09/2020										
INTERMEDIATE LUNCH 6-8	Total	1								
CHICKEN BITES-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
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	12	0.0	16.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
SALAD BAR: MONDAYS:INTERM.	1 CUP	1	106	10	183	2.49	*2	3.05	9.07	6.06
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

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ALT INT WEEKLY 1st CHOI	Total	1								
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	2	20.0	29.0	9.0
MIXED FRESH VEGETABLES:INTER	3/4 CUP	1	99	10	144	2.36	*2	2.42	8.31	6.21
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	12	0.0	16.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	136	20	338	2.49	*1	2.05	7.07	9.06
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
Weighted Daily Average			944	*69	1790	11.73	*68	42.07	129.95	28.44
% of Calories							*28.6%	17.8%	55.1%	27.1%
Nutrient Guideline			783					15.00		<=30.0

Tue - 03/10/2020										
INTERMEDIATE LUNCH 6-8	Total	1								
BEEF TACO STICK	1 EACH	1	345	52	631	3.85	1	20.07	31.87	12.82
REFRIED BEANS	1/2 CUP	1	164	0	546	8.21	0	8.21	23.6	4.62
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	1.00	13	0.0	14.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	143	10	234	2.88	*1	2.86	6.64	11.01
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	187	10	184	5.97	*10	3.31	28.69	7.79
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
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
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	280	2.00	0	2.0	16.0	7.0
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	1.00	13	0.0	14.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	156	10	242	3.75	*2	3.73	9.27	11.01
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
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

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Weighted Daily Average			1149	*74	2371	20.11	*67	48.35	150.78	38.23
% of Calories							*23.3%	16.8%	52.5%	29.9%
Nutrient Guideline			783					15.00		<=30.0

Wed - 03/11/2020										
INTERMEDIATE LUNCH 6-8	Total	1								
HAM - COBBLE STREET	SLICE	1	140	45	840	0.00	1	13.0	2.0	9.0
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	502	2.00	*3	3.0	23.99	3.56
SUNSHINE CARROTS 1/2 CUP	1/2 C SERVIN	1	47	0	80	4.00	*N/A*	0.0	9.34	0.0
ROLL: 2 OZ SCHOOL MADE	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	*N/A*	0.0	0.0	4.0
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	1.00	12	0.0	15.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
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
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: DORITOS	bag	1	131	0	181	2.01	0	2.01	19.62	5.03
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	1.00	12	0.0	15.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
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
Weighted Daily Average			937	*74	1990	12.19	*57	36.80	123.63	31.78
% of Calories							*24.5%	15.7%	52.8%	30.5%
Nutrient Guideline			783					15.00		<=30.0

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Washington County School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

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

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 - 03/12/2020										
INTERMEDIATE LUNCH 6-8	Total	1								
TERIYAKI CHICKEN	2.4 OZ	1	115	70	330	0.00	6	15.0	6.0	3.5
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	0	580	2.00	*N/A*	3.0	24.01	2.5
NORMANDY VEGETABLES 1/2 C	1/2 C SERVIN	1	15	0	15	1.00	2	0.5	2.5	0.0
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVIN	1	80	0	10	0.00	18	0.0	19.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
SALAD BAR: 3 THURSDAY'S:INTERM	1 CUP	1	103	10	151	2.25	*2	3.04	8.33	6.17
BROWNIE CUP, WG	BROWNIE	1	146	1	72	2.00	14	1.5	26.0	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
ALT INT WEEKLY 1st CHOI	Total	1								
TACO SALAD -TOP N GO :ALT LINE	2 CUP	1	406	37	624	8.94	*4	20.61	48.62	15.03
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVIN	1	80	0	10	0.00	18	0.0	19.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	133	20	306	2.25	*1	2.04	6.33	9.17
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
Weighted Daily Average			916	*89	1403	11.53	*72	40.15	127.21	25.95
% of Calories							*31.3%	17.5%	55.6%	25.5%
Nutrient Guideline			783					15.00		<=30.0

Fri - 03/13/2020										
INTERMEDIATE LUNCH 6-8	Total	1								
PIZZA, BIG DADDY'S (SCHWAN'S)	1 SLICE	1	320	20	550	4.00	*N/A*	19.0	39.0	10.0
DINNER SALAD	1 CUP	1	43	0	28	2.88	*1	2.85	8.65	0.02
PINEAPPLE, TIDBITS, CAN	1/2 C SERVIN	1	60	0	0	1.00	13	1.0	16.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
FROZEN JUICE CUP	1 EACH	1	72	0	8	3.10	17	0.0	19.65	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

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Washington County School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

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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
BAKED BEANS - 2019 -1/2	1/2 SERVING	1	170	0	500	5.00	14	8.0	33.0	1.0
CHIPS: DORITOS	bag	1	131	0	181	2.01	0	2.01	19.62	5.03
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
FROZEN JUICE CUP	1 EACH	1	72	0	8	3.10	17	0.0	19.65	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
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
Weighted Daily Average			950	*55	1791	14.99	*78	44.50	145.36	22.49
% of Calories							*32.9%	18.7%	61.2%	21.3%
Nutrient Guideline			783					15.00		<=30.0

Mon - 03/23/2020										
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
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	280	2.00	0	2.0	16.0	7.0
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	12	0.0	16.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
SALAD BAR: MONDAYS:INTERM.	1/2 CUP	1	53	5	91	1.24	*1	1.53	4.54	3.03
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
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
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
ALT INT WEEKLY 1st CHOI	Total	1								
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	2	20.0	29.0	9.0
MIXED FRESH VEGETABLES:INTER	3/4 CUP	1	99	10	144	2.36	*2	2.42	8.31	6.21
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	12	0.0	16.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	136	20	338	2.49	*1	2.05	7.07	9.06
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

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

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)
Weighted Daily Average			865	*67	1602	11.50	*61	41.91	111.48	27.04
% of Calories							*28.3%	19.4%	51.5%	28.1%
Nutrient Guideline			783					15.00		<=30.0

Tue - 03/24/2020										
INTERMEDIATE LUNCH 6-8	Total	1								
CHILI	3/4 CUP	1	159	24	294	6.63	*N/A*	12.34	19.1	3.25
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	28	6	43	0.00	0	1.52	0.25	2.28
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	214	3.05	*2	2.04	10.53	7.67
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	1.00	13	0.0	14.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
SALAD BAR: 2 TUESDAY- INTERM.	1/2 CUP	1	72	5	117	1.44	*1	1.43	3.32	5.5
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	210	0	250	3.99	8	5.99	34.94	4.99
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
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
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	280	2.00	0	2.0	16.0	7.0
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	1.00	13	0.0	14.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	156	10	242	3.75	*2	3.73	9.27	11.01
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
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
Weighted Daily Average			1020	*62	1966	16.77	*66	42.35	138.56	31.96
% of Calories							*25.8%	16.6%	54.3%	28.2%
Nutrient Guideline			783					15.00		<=30.0

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Wed - 03/25/2020										
INTERMEDIATE LUNCH 6-8	Total	1								
EMPANADA, BEEF	EMPANADA	1	280	20	430	4.00	2	10.0	35.0	12.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	9.00	0	2.0	18.0	5.0
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	25	0	326	0.00	*N/A*	0.98	3.93	0.98
GREEN BEANS: 1/2 C.	1/2 CUP	1	21	0	266	2.01	*N/A*	1.27	4.77	0.11
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	1.00	12	0.0	15.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
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
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: DORITOS	bag	1	131	0	181	2.01	0	2.01	19.62	5.03
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	1.00	12	0.0	15.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
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
Weighted Daily Average			905	*59	1792	14.35	*56	33.96	123.24	31.38
% of Calories							*24.6%	15.0%	54.5%	31.2%
Nutrient Guideline			783					15.00		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 03/26/2020										
INTERMEDIATE LUNCH 6-8	Total	1								
NEW ORLEANS/MANDARIN CHICKEN E	2.85 oz	1	189	76	581	0.00	18	18.95	18.95	3.79
VEGETABLE BROWN RICE : SEC	8 OZ	1	219	0	977	3.37	*N/A*	5.05	40.42	4.21
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	23	0	23	1.50	2	0.75	3.75	0.0
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVIN	1	80	0	10	0.00	18	0.0	19.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
SALAD BAR: 3 THURSDAY'S:INTERM	1/2 CUP	1	52	5	76	1.13	*1	1.52	4.17	3.08
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

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ALT INT WEEKLY 1st CHOI	Total	1								
TACO SALAD -TOP N GO :ALT LINE	2 CUP	1	406	37	624	8.94	*4	20.61	48.62	15.03
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVIN	1	80	0	10	0.00	18	0.0	19.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	133	20	306	2.25	*1	2.04	6.33	9.17
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
Weighted Daily Average			962	*89	1714	11.40	*71	42.77	137.92	25.16
% of Calories							*29.3%	17.8%	57.3%	23.5%
Nutrient Guideline			783					15.00		<=30.0

Fri - 03/27/2020										
INTERMEDIATE LUNCH 6-8	Total	1								
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	1	340	35	580	3.00	4	20.0	34.0	18.0
DINNER SALAD	1 CUP	1	43	0	28	2.88	*1	2.85	8.65	0.02
PINEAPPLE, TIDBITS, CAN	1/2 C SERVIN	1	60	0	0	1.00	13	1.0	16.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
FROZEN JUICE CUP	1 EACH	1	72	0	8	3.10	17	0.0	19.65	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
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
BAKED BEANS - 2019 -1/2	1/2 SERVING	1	170	0	500	5.00	14	8.0	33.0	1.0
CHIPS: DORITOS	bag	1	131	0	181	2.01	0	2.01	19.62	5.03
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
FROZEN JUICE CUP	1 EACH	1	72	0	8	3.10	17	0.0	19.65	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
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
Weighted Daily Average			960	*63	1806	14.49	*80	45.00	142.86	26.49
% of Calories							*33.4%	18.8%	59.5%	24.8%
Nutrient Guideline			783					15.00		<=30.0

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Washington County School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

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

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)
Mon - 03/30/2020										
INTERMEDIATE LUNCH 6-8	Total	1								
PULLED PORK SANDWICH:SEC	4oz serving	1	298	44	756	3.99	*2	20.98	38.86	6.5
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	2.00	0	2.0	22.0	5.0
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	12	0.0	16.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
SALAD BAR: MONDAYS:INTERM.	1/2 CUP	1	53	5	91	1.24	*1	1.53	4.54	3.03
CHOCOLATE CHIP COOKIES	1 EACH	1	136	14	173	1.44	*8	2.19	18.48	6.34
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
ALT INT WEEKLY 1st CHOI										
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	2	20.0	29.0	9.0
MIXED FRESH VEGETABLES:INTER	3/4 CUP	1	99	10	144	2.36	*2	2.42	8.31	6.21
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	12	0.0	16.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	136	20	338	2.49	*1	2.05	7.07	9.06
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
Weighted Daily Average			948	*74	1850	12.58	*64	42.39	137.10	25.34
% of Calories							*27.0%	17.9%	57.8%	24.1%
Nutrient Guideline			783					15.00		<=30.0

Tue - 03/31/2020										
INTERMEDIATE LUNCH 6-8	Total	1								
SOFT FLOUR TACO:SEC	servicing	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
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	1.00	13	0.0	14.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
SALAD BAR: 2 TUESDAY- INTERM.	1/2 CUP	1	72	5	117	1.44	*1	1.43	3.32	5.5
BUG BITES	BAG	1	120	0	1151	1.00	8	2.0	21.0	3.5
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

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Washington County School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

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

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)
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
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	280	2.00	0	2.0	16.0	7.0
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	1.00	13	0.0	14.0	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	2.31	10	0.81	14.31	0.27
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	156	10	242	3.75	*2	3.73	9.27	11.01
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
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
Weighted Daily Average			1056	*68	2723	16.53	*66	46.69	142.39	33.11
% of Calories							*25.1%	17.7%	54.0%	28.2%
Nutrient Guideline			783					15.00		<=30.0

Weighted Average			976	*78	1887	14.02	*67	42.04	135.01	29.61
							*61.9%	17.2%	55.3%	27.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	976		783	125%				
Cholesterol (mg)	78				Missing			
Sodium 1 (mg)	1887						1887	
Sodium 2 (mg)	1887						1887	
Fiber (g)	14.02							
Sugars (g)	67	27.53%			Missing			
Protein (g)	42.04	17.23%	15.00	280%				
Carbohydrate (g)	135.01	55.34%						
Total Fat (g)	29.61	27.31%	<=30.00%					

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