

Washington County School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC 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										
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
PEARS, DICED, CANNED	1 CUP	1	120	0	10	4.00	24	0.0	32.0	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	*2	6.87	20.63	6.13
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 SEC WEEKLY 1st CHO	Total	1								
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	2	20.0	29.0	9.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	*2	3.06	9.82	6.29
PEARS, DICED, CANNED	1 CUP	1	120	0	10	4.00	24	0.0	32.0	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	*2	6.87	20.63	6.13
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			1110	*73	1654	22.87	*93	42.56	175.38	27.04
% of Calories							*33.4%	15.3%	63.2%	21.9%
Nutrient Guideline			846					16.70		<=30.0

Tue - 03/03/2020										
SECONDARY LUNCH 9-12	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
CHIPS-Baked! Tostitos Scoops	BAG	1	110	0	110	2.00	*N/A*	2.0	19.0	2.5
PEACH, DICED, CANNED	1 CUP	1	120	0	10	2.00	26	0.0	28.0	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	156	10	242	3.75	*2	3.73	9.27	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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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
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
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	156	10	242	3.75	*2	3.73	9.27	11.01
PEACH, DICED, CANNED	1 CUP	1	120	0	10	2.00	26	0.0	28.0	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
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
Weighted Daily Average			1354	*91	2558	23.52	*100	50.94	195.75	40.81
% of Calories							*29.4%	15.0%	57.8%	27.1%
Nutrient Guideline			846					16.70		<=30.0

Wed - 03/04/2020										
SECONDARY LUNCH 9-12	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 CUP	1	120	0	10	2.00	24	0.0	30.0	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
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 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: DORITOS	bag	1	131	0	181	2.01	0	2.01	19.62	5.03
MIXED FRUIT, CANNED	1 CUP	1	120	0	10	2.00	24	0.0	30.0	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
CARROT & CELERY STICKS:SEC	1 CUP	1	130	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

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Weighted Daily Average % of Calories			1122	*75	1728	17.18	*79 *28.2%	40.28 14.4%	155.75 55.5%	38.43 30.8%
Nutrient Guideline			846					16.70		<=30.0

Thu - 03/05/2020										
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
CELERY,RAW	1/2 CUP	1	1040	0	5942	118.84	100	51.25	220.6	12.63
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 SEC WEEKLY 1st CHO	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 C SERVING	1	160	0	20	0.00	36	0.0	38.0	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
WG DINNER ROLL	ROLL	1	90	0	160	2.00	2	4.0	17.0	1.0
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
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
Weighted Daily Average % of Calories			1674	*224	5040	71.73	*116 *27.8%	69.05 16.5%	272.51 65.1%	42.43 22.8%
Nutrient Guideline			846					16.70		<=30.0

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Fri - 03/06/2020										
SECONDARY LUNCH 9-12	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 (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
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 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
BAKED BEANS - 2019 -1/2	1/2 SERVING	1	170	0	500	5.00	14	8.0	33.0	1.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	136	20	311	2.46	4	0.82	8.42	9.21
CHIPS: DORITOS	bag	1	131	0	181	2.01	0	2.01	19.62	5.03
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	60	0	0	1.00	13	1.0	16.0	0.0
FROZEN JUICE CUP	1 EACH	1	72	0	8	3.10	17	0.0	19.65	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
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
Weighted Daily Average			1100	*65	1948	18.85	*96	46.16	170.78	27.34
% of Calories							*34.8%	16.8%	62.1%	22.4%
Nutrient Guideline			846					16.70		<=30.0

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Mon - 03/09/2020										
SECONDARY LUNCH 9-12	Total	1								
CHICKEN BITES-SEC	6 PIECES	1	257	43	585	2.00	1	20.0	18.0	13.0
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	280	0	600	4.00	0	4.0	44.0	10.0
PEARS, DICED, CANNED	1 CUP	1	120	0	10	4.00	24	0.0	32.0	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	*2	6.87	20.63	6.13
ROLL: 2 OZ SCHOOL MADE	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
ALT SEC WEEKLY 1st CHO	Total	1								
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	2	20.0	29.0	9.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	*2	3.06	9.82	6.29
PEARS, DICED, CANNED	1 CUP	1	120	0	10	4.00	24	0.0	32.0	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	*2	6.87	20.63	6.13
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			1248	*69	2242	25.36	*90	50.42	197.05	30.97
% of Calories							*28.7%	16.2%	63.2%	22.3%
Nutrient Guideline			846					16.70		<=30.0

Tue - 03/10/2020										
SECONDARY LUNCH 9-12	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 CUP	1	120	0	10	2.00	26	0.0	28.0	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	156	10	242	3.75	*2	3.73	9.27	11.01
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	0.89	1.77	0.0
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	187	10	184	5.97	*10	3.31	28.69	7.79
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 SEC WEEKLY 1st CHO	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-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	156	10	242	3.75	*2	3.73	9.27	11.01
PEACH, DICED, CANNED	1 CUP	1	120	0	10	2.00	26	0.0	28.0	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
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
Weighted Daily Average			1303	*74	2451	24.18	*89	50.03	183.30	40.23
% of Calories							*27.3%	15.4%	56.3%	27.8%
Nutrient Guideline			846					16.70		<=30.0

Wed - 03/11/2020										
SECONDARY LUNCH 9-12	Total	1								
HAM - COBBLE STREET	SLICE	1	140	45	840	0.00	1	13.0	2.0	9.0
SCALLOPED POTATOES:SEC	3/4 CUP	1	223	0	703	2.80	*4	4.2	33.59	4.98
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
MIXED FRUIT, CANNED	1 CUP	1	120	0	10	2.00	24	0.0	30.0	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
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 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: DORITOS	bag	1	131	0	181	2.01	0	2.01	19.62	5.03
MIXED FRUIT, CANNED	1 CUP	1	120	0	10	2.00	24	0.0	30.0	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
CARROT & CELERY STICKS:SEC	1 CUP	1	130	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

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Washington County School District

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Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC 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			1085	*75	2107	15.41	*79	38.26	155.71	33.50
% of Calories							*29.2%	14.1%	57.4%	27.8%
Nutrient Guideline			846					16.70		<=30.0

Thu - 03/12/2020										
SECONDARY LUNCH 9-12	Total	1								
TERIYAKI CHICKEN	2.4 OZ	1	115	70	330	0.00	6	15.0	6.0	3.5
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 C SERVING	1	160	0	20	0.00	36	0.0	38.0	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	*0	4.51	14.42	0.39
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 SEC WEEKLY 1st CHO	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 C SERVING	1	160	0	20	0.00	36	0.0	38.0	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
WG DINNER ROLL	ROLL	1	90	0	160	2.00	2	4.0	17.0	1.0
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
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
Weighted Daily Average			1146	*84	1715	17.41	*99	44.79	179.78	26.67
% of Calories							*34.7%	15.6%	62.8%	20.9%
Nutrient Guideline			846					16.70		<=30.0

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Washington County School District

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Base Menu Spreadsheet

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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/13/2020										
SECONDARY LUNCH 9-12	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 (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
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 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
BAKED BEANS - 2019 -1/2	1/2 SERVING	1	170	0	500	5.00	14	8.0	33.0	1.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	136	20	311	2.46	4	0.82	8.42	9.21
CHIPS: DORITOS	bag	1	131	0	181	2.01	0	2.01	19.62	5.03
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	60	0	0	1.00	13	1.0	16.0	0.0
FROZEN JUICE CUP	1 EACH	1	72	0	8	3.10	17	0.0	19.65	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
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
Weighted Daily Average			1100	*65	1948	18.85	*96	46.16	170.78	27.34
% of Calories							*34.8%	16.8%	62.1%	22.4%
Nutrient Guideline			846					16.70		<=30.0

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Washington County School District

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Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC 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 - 03/23/2020										
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
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	3.0	24.0	10.5
PEARS, DICED, CANNED	1 CUP	1	120	0	10	4.00	24	0.0	32.0	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	*2	6.87	20.63	6.13
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 SEC WEEKLY 1st CHO	Total	1								
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	2	20.0	29.0	9.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	*2	3.06	9.82	6.29
PEARS, DICED, CANNED	1 CUP	1	120	0	10	4.00	24	0.0	32.0	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	*2	6.87	20.63	6.13
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			1108	*65	1857	23.41	*84	49.06	162.77	29.16
% of Calories							*30.3%	17.7%	58.8%	23.7%
Nutrient Guideline			846					16.70		<=30.0

Tue - 03/24/2020										
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	130	15	235	2.42	*2	2.28	8.67	9.18
PEACH, DICED, CANNED	1 CUP	1	120	0	10	2.00	26	0.0	28.0	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	156	10	242	3.75	*2	3.73	9.27	11.01
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

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Washington County School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

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

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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
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
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	156	10	242	3.75	*2	3.73	9.27	11.01
PEACH, DICED, CANNED	1 CUP	1	120	0	10	2.00	26	0.0	28.0	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
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
Weighted Daily Average			1214	*65	2115	21.24	*89	44.86	171.81	37.47
% of Calories							*29.2%	14.8%	56.6%	27.8%
Nutrient Guideline			846					16.70		<=30.0

Wed - 03/25/2020										
SECONDARY LUNCH 9-12	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 LOW SODIUM	1/4 CUP	1	30	0	142	0.00	*0	0.0	4.0	1.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	21	0	266	2.01	*N/A*	1.27	4.77	0.11
STRING CHEESE: 1oz M	1 EA	1	80	15	200	0.00	*N/A*	6.0	0.0	6.0
MIXED FRUIT, CANNED	1 CUP	1	120	0	10	2.00	24	0.0	30.0	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
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 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: DORITOS	bag	1	131	0	181	2.01	0	2.01	19.62	5.03
MIXED FRUIT, CANNED	1 CUP	1	120	0	10	2.00	24	0.0	30.0	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
CARROT & CELERY STICKS:SEC	1 CUP	1	130	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

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Washington County School District

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Base Menu Spreadsheet

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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)
Weighted Daily Average			1064	*67	1816	17.17	*77	37.34	150.55	35.39
% of Calories							*29.0%	14.0%	56.6%	29.9%
Nutrient Guideline			846					16.70		<=30.0

Thu - 03/26/2020										
SECONDARY LUNCH 9-12	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 1 CUP	1 CUP	1	30	0	30	2.00	3	1.0	5.0	0.0
MANDARIN ORANGE, FESTIVAL, CAN	1 C SERVING	1	160	0	20	0.00	36	0.0	38.0	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	*0	4.51	14.42	0.39
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
ALT SEC WEEKLY 1st CHO	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 C SERVING	1	160	0	20	0.00	36	0.0	38.0	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
WG DINNER ROLL	ROLL	1	90	0	160	2.00	2	4.0	17.0	1.0
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
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
Weighted Daily Average			1174	*86	1866	17.16	*99	47.14	184.38	26.56
% of Calories							*33.6%	16.1%	62.8%	20.4%
Nutrient Guideline			846					16.70		<=30.0

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 03/27/2020										
SECONDARY LUNCH 9-12	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 SERVING	1	60	0	0	1.00	13	1.0	16.0	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
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 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
BAKED BEANS - 2019 -1/2	1/2 SERVING	1	170	0	500	5.00	14	8.0	33.0	1.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	136	20	311	2.46	4	0.82	8.42	9.21
CHIPS: DORITOS	bag	1	131	0	181	2.01	0	2.01	19.62	5.03
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	60	0	0	1.00	13	1.0	16.0	0.0
FROZEN JUICE CUP	1 EACH	1	72	0	8	3.10	17	0.0	19.65	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
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
Weighted Daily Average			1110	*73	1963	18.35	*98	46.66	168.28	31.34
% of Calories							*35.2%	16.8%	60.6%	25.4%
Nutrient Guideline			846					16.70		<=30.0

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Washington County School District

Mar 2, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC 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										
SECONDARY LUNCH 9-12	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. 3/4 CUP	6 OZ	1	280	0	600	4.00	0	4.0	44.0	10.0
PEARS, DICED, CANNED	1 CUP	1	120	0	10	4.00	24	0.0	32.0	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	*2	6.87	20.63	6.13
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 SEC WEEKLY 1st CHO										
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	2	20.0	29.0	9.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	*2	3.06	9.82	6.29
PEARS, DICED, CANNED	1 CUP	1	120	0	10	4.00	24	0.0	32.0	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	*2	6.87	20.63	6.13
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			1210	*71	2159	24.48	*86	49.54	192.89	28.21
% of Calories							*28.5%	16.4%	63.7%	21.0%
Nutrient Guideline			846					16.70		<=30.0

Tue - 03/31/2020										
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
REFRIED BEANS	1/2 CUP	1	164	0	546	8.21	0	8.21	23.6	4.62
PEACH, DICED, CANNED	1 CUP	1	120	0	10	2.00	26	0.0	28.0	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	156	10	242	3.75	*2	3.73	9.27	11.01
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: SECONDARY LUNCH 9-12/ALT SEC 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 SEC WEEKLY 1st CHO	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-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	156	10	242	3.75	*2	3.73	9.27	11.01
PEACH, DICED, CANNED	1 CUP	1	120	0	10	2.00	26	0.0	28.0	0.0
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	19	1.55	27.51	0.52
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
Weighted Daily Average			1259	*73	2883	21.32	*89	49.84	176.70	39.00
% of Calories							*28.2%	15.8%	56.1%	27.9%
Nutrient Guideline			846					16.70		<=30.0

Weighted Average			1199	*82	2238	23.44	*92	47.24	180.25	33.05
							*68.7%	15.8%	60.1%	24.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1199		846	142%				
Cholesterol (mg)	82				Missing			
Sodium 1 (mg)	2238						2238	
Sodium 2 (mg)	2238						2238	
Fiber (g)	23.44							
Sugars (g)	92	30.55%						
Protein (g)	47.24	15.76%	16.70	283%	Missing			
Carbohydrate (g)	180.25	60.13%						
Total Fat (g)	33.05	24.81%	<=30.00%					

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