

Washington County School District

May 1, 2019 thru May 23, 2019

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)
Wed - 05/01/2019										
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										
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
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 - 05/02/2019										
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

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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								
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

Fri - 05/03/2019										
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: 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

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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								
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

Mon - 05/06/2019										
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	Total	1								
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

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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 - 05/07/2019										
SECONDARY LUNCH 9-12	Total	1								
SOFT FLOUR TACO:SEC	1 serving	1	255	49	436	2.00	1	17.01	23.0	10.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	14	0	6	1.10	2	0.95	2.86	0.09
CHEDDAR/ JACK FANCY SHRED-.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
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			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

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Wed - 05/08/2019										
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										
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
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 - 05/09/2019										
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

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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

Fri - 05/10/2019										
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

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Washington County School District

May 1, 2019 thru May 23, 2019

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								
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

Mon - 05/13/2019										
SECONDARY LUNCH 9-12	Total	1								
PULLED PORK SANDWICH:SEC	4oz serving	1	309	44	807	5.00	*3	23.0	39.0	7.5
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
BROWNIE CUP, WG:FR016	BROWNIE	1	146	1	72	2.00	14	1.5	26.0	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
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								
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

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Washington County School District

May 1, 2019 thru May 23, 2019

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			1155	*60	2161	21.14	*77	59.28	178.60	24.93
% of Calories							*26.6%	20.5%	61.9%	19.4%
Nutrient Guideline			846					16.70		<=30.0

Tue - 05/14/2019										
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	132	15	235	2.42	*2	2.28	8.67	9.18
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
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
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								
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			1341	*65	2911	28.64	*75	60.57	184.68	40.45
% of Calories							*22.4%	18.1%	55.1%	27.1%
Nutrient Guideline			846					16.70		<=30.0

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Washington County School District

May 1, 2019 thru May 23, 2019

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)	Protin (g)	Carb (g)	T-Fat (g)
Wed - 05/15/2019										
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										
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
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 - 05/16/2019										
SECONDARY LUNCH 9-12	Total	1								
LEMON CHICKEN- 3.92 OZ	3.92 OZ	1	160	55	231	1.00	12	14.04	20.05	3.01
VEGETABLE HARVEST RICE PILAF:S	1.25 CUP	1	219	0	977	3.37	*0	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
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	11	0.15	*N/A*	0.0	6.97	0.2
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

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Base Menu Spreadsheet

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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			1420	*98	2662	36.04	*72	75.19	210.88	32.36
% of Calories							*20.4%	21.2%	59.4%	20.5%
Nutrient Guideline			846					16.70		<=30.0

Fri - 05/17/2019										
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: 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
APPLE OR ORANGE	1 EACH	1	70	0	1	3.34	14	0.69	18.21	0.21
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								
Cooks Choice Entree	1 each	1	0	0	0	0.00	0	0.0	0.0	0.0
Weighted Daily Average			431	174	890	6.75	*32	24.11	57.33	13.61
% of Calories							*29.3%	22.4%	53.3%	28.5%
Nutrient Guideline			846					16.70		<=30.0

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Mon - 05/20/2019										
SECONDARY LUNCH 9-12	Total	1								
TERIYAKI BEEF NUGGETS: (Sec.)	5 NUGGETS	1	201	50	552	1.25	5	17.56	7.53	10.04
FRENCH FRIES- S.S. 3/4 CUP	4.5 OZ	1	210	0	450	3.00	0	3.0	33.0	7.5
CARROT STICKS: PRE	1/2 CUP	1	136	20	311	2.46	4	0.82	8.42	9.21
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
APPLE OR ORANGE	1 EACH	1	70	0	1	3.34	14	0.69	18.21	0.21
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								
Cooks Choice Entree	1 each	1	0	0	0	0.00	0	0.0	0.0	0.0
Weighted Daily Average			527	48	1060	7.37	*33	25.50	69.16	15.90
% of Calories							*25.2%	19.3%	52.5%	27.2%
Nutrient Guideline			846					16.70		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 05/21/2019										
SECONDARY LUNCH 9-12	Total	1								
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	711	3.00	*3	20.4	28.21	13.3
CRISPY CHICKEN SALAD: ALT-SMAC	2 cup	1	385	43	759	12.24	*1	27.04	42.23	13.0
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
APPLE OR ORANGE	1 EACH	1	70	0	1	3.34	14	0.69	18.21	0.21
CARROT & CELERY STICKS:SEC	1 CUP	1	132	15	235	2.42	*2	2.28	8.67	9.18
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
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0	0.22	0.33	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
ALT SEC WEEKLY 1st CHO	Total	1								
Cooks Choice Entree	1 each	1	0	0	0	0.00	0	0.0	0.0	0.0
Weighted Daily Average			812	77	1648	13.29	*37	48.50	94.59	27.42
% of Calories							*18.4%	23.9%	46.6%	30.4%
Nutrient Guideline			846					16.70		<=30.0

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Wed - 05/22/2019										
SECONDARY LUNCH 9-12	Total	1								
CHICKEN BREAST PATTIE SAND :SE	1 each	1	370	30	520	4.00	3	18.0	38.0	16.51
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
BAKED BEANS:ELE	3/4 CUP	1	150	0	613	3.97	*21	4.83	36.04	0.38
APPLE OR ORANGE	1 EACH	1	70	0	1	3.34	14	0.69	18.21	0.21
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
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								
Cooks Choice Entree	1 each	1	0	0	0	0.00	0	0.0	0.0	0.0
Weighted Daily Average			474	25	997	6.17	*41	24.71	69.96	11.84
% of Calories							*35.0%	20.9%	59.1%	22.5%
Nutrient Guideline			846					16.70		<=30.0

Thu - 05/23/2019										
SECONDARY LUNCH 9-12	Total	1								
Cooks Choice Entree	1each	1	0	0	0	0.00	0	0.0	0.0	0.0
ALT SEC WEEKLY 1st CHO	Total	1								
Cooks Choice Entree	1 each	1	0	0	0	0.00	0	0.0	0.0	0.0
Weighted Daily Average			0	0	0	0.00	0	0.00	0.00	0.00
% of Calories							0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			846					16.70		<=30.0

Weighted Average			1081	*90	2160	20.48	*67 *55.5%	54.22 20.1%	151.72 56.2%	29.94 24.9%
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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Washington County School District

May 1, 2019 thru May 23, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Cholst (mg) Shortfall	Sodm (mg) Overage	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	Error Messages (if any)
Calories	1081		846	128%									
Cholesterol (mg)	90				Missing								
Sodium 1 (mg)	2160								2160				
Sodium 2 (mg)	2160								2160				
Fiber (g)	20.48												
Sugars (g)	67	24.65%			Missing								
Protein (g)	54.22	20.07%	16.70	325%									
Carbohydrate (g)	151.72	56.16%											
Total Fat (g)	29.94	24.94%	<=30.00%										

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