

Washington County School District

May 3, 2021 thru May 26, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 05/03/2021			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN SANDWICH 2020 ELEM	SANDWICH	1	36.05
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	22.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
JELL-O	GEL CUP	1	25.0
KETCHUP : P/C	PC	1	10.12
BARBAQUE SAUCE: P/C	1 Each	1	13.0
LIGHT MAYONNAISE	POUCH	1	0.0
PICKLE:, CHIPS	1 OZ.	1	1.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			141.28
% of Calories			59.5%
Nutrient Guideline			

Tue - 05/04/2021			
INTERMEDIATE LUNCH 6-8	Total	1	
SOFT FLOUR TACO:SEC	serving	1	23.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	2.86
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
REFRIED BEANS	1/2 CUP	1	28.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
BUG BITES	BAG	1	21.0
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
SPICY CHICKEN SANDWICH	1 EACH	1	38.1
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
BEANS, BAKED WITH TOMATO PASTE	1/2 C SERVING	1	36.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
PICKLE:, CHIPS	1 OZ.	1	1.0
LIGHT MAYONNAISE	POUCH	1	0.0
KETCHUP : P/C	PC	1	10.12
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			152.26
% of Calories			61.0%
Nutrient Guideline			

Wed - 05/05/2021			
INTERMEDIATE LUNCH 6-8	Total	1	
ROASTED TURKEY: VIP	2.9 OZ	1	1.34
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
GRAVY, TURKEY	1/4 Cup	1	3.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
ROLL: 2 OZ SCHOOL MADE	ROLL	1	27.1
MARGARINE REDDIES: (1)	1 Patty	1	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
GRILLED CHEESE-WW BREAD	1 EACH	1	32.0
SOUP, TOMATO (Campbells)(Sec)	1 Cup	1	16.0
GOLDFISH CRACKERS	SERVING	1	14.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			124.93
% of Calories			54.2%
Nutrient Guideline			

Thu - 05/06/2021			
INTERMEDIATE LUNCH 6-8	Total	1	
ORANGE CHICKEN	3.6 OZ SERVING	1	19.0
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	16.48
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	3.75
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
COOKIE, COWBOY	1 oz.	1	29.34
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
CALZONE, MINI, WG	SERVINGS	1	40.01
MARINARA SAUCE	1/2 CUP	1	11.93
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	22.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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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	Carb (g)
Weighted Daily Average			139.87
% of Calories			64.2%
Nutrient Guideline			

Fri - 05/07/2021			
INTERMEDIATE LUNCH 6-8	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
MARINARA SAUCE	1/2 CUP	1	11.93
DINNER SALAD	1 CUP	1	0.33
MAPLE BITES, WG (2)	2 MAPLE BITES	1	26.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
CHEESEBURGER 100% BEEF :ELE	PATTY	1	23.1
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
TATER TOTS: 1/2 CUP	8 PIECES	1	16.0
CHIPS: DORITOS	bag	1	19.62
PICKLE:, CHIPS	1 OZ.	1	1.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			117.36
% of Calories			49.8%
Nutrient Guideline			

Mon - 05/10/2021			
INTERMEDIATE LUNCH 6-8	Total	1	
MINI CORN DOG NUGGETS (SEC)	6 EACH	1	30.0
TATER TOTS: 1/2 CUP	8 PIECES	1	16.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
SWEET CAKE	SERVING	1	44.83
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			137.01
% of Calories			57.7%
Nutrient Guideline			

Tue - 05/11/2021			
INTERMEDIATE LUNCH 6-8	Total	1	
ENCHILADA	BURRITO	1	53.68
REFRIED BEANS	1/2 CUP	1	28.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
CUCUMBERS: 1/2 CUP	1/2 CUP	1	1.29
CREAMIES JR.	CREAMIE	1	14.0
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
SPICY CHICKEN SANDWICH	1 EACH	1	38.1
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
BEANS, BAKED WITH TOMATO PASTE	1/2 C SERVING	1	36.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
PICKLE:, CHIPS	1 OZ.	1	1.0
LIGHT MAYONNAISE	POUCH	1	0.0
KETCHUP : P/C	PC	1	10.12
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			163.18
% of Calories			60.4%
Nutrient Guideline			

Wed - 05/12/2021			
INTERMEDIATE LUNCH 6-8	Total	1	
TERIYAKI BEEF NUGGETS	5 NUGGETS	1	7.5
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	2.82
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
ROLL: 2 OZ SCHOOL MADE	ROLL	1	27.1
MARGARINE REDDIES: (1)	1 Patty	1	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT INT WEEKLY 1st CHOI	Total	1	
GRILLED CHEESE-WW BREAD	1 EACH	1	32.0
SOUP, TOMATO (Campbells)(Sec)	1 Cup	1	16.0
GOLDFISH CRACKERS	SERVING	1	14.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			127.92
% of Calories			52.7%
Nutrient Guideline			

Thu - 05/13/2021			
INTERMEDIATE LUNCH 6-8	Total	1	
NEW ORLEANS/MANDARIN CHICKEN E	2.85 oz	1	15.0
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	24.01
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	3.75
FRUIT BAR :WINTER:ELE	1/2 CUP	1	12.59
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
APPLE FILLED DONUT	SERVINGS	1	33.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
CALZONE, MINI, WG	SERVINGS	1	40.01
MARINARA SAUCE	1/2 CUP	1	11.93
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	22.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			142.61
% of Calories			61.9%
Nutrient Guideline			

Fri - 05/14/2021			
INTERMEDIATE LUNCH 6-8	Total	1	
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	1	34.0
DINNER SALAD	1 CUP	1	0.33
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
PUDDING,CHOICE	SERVING	1	20.5
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT INT WEEKLY 1st CHOI	Total	1	
CHEESEBURGER 100% BEEF :ELE	PATTY	1	23.1
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
TATER TOTS: 1/2 CUP	8 PIECES	1	16.0
CHIPS: DORITOS	bag	1	19.62
PICKLE:, CHIPS	1 OZ.	1	1.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			112.14
% of Calories			48.8%
Nutrient Guideline			

Mon - 05/17/2021			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN BREAST CHUNKS	4 CHUNKS	1	15.03
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	22.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	21.0
KETCHUP : P/C	PC	1	10.12
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			126.94
% of Calories			60.0%
Nutrient Guideline			

Tue - 05/18/2021			
INTERMEDIATE LUNCH 6-8	Total	1	
BEEF TACO STICK	1 EACH	1	31.87
REFRIED BEANS	1/2 CUP	1	28.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
CUCUMBERS: 1/2 CUP	1/2 CUP	1	1.29
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	28.69
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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ALT INT WEEKLY 1st CHOI	Total	1	
SPICY CHICKEN SANDWICH	1 EACH	1	38.1
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
BEANS, BAKED WITH TOMATO PASTE	1/2 C SERVING	1	36.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
PICKLE:, CHIPS	1 OZ.	1	1.0
LIGHT MAYONNAISE	POUCH	1	0.0
KETCHUP : P/C	PC	1	10.12
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			159.62
% of Calories			57.6%
Nutrient Guideline			

Wed - 05/19/2021			
INTERMEDIATE LUNCH 6-8	Total	1	
HAM - COBBLE STREET	SLICE	1	2.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	6.0
SUNSHINE CARROTS 1/2 CUP	1/2 C SERVING	1	9.34
ROLL: 2 OZ SCHOOL MADE	ROLL	1	27.1
MARGARINE REDDIES: (1)	1 Patty	1	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
GRILLED CHEESE-WW BREAD	1 EACH	1	32.0
SOUP, TOMATO (Campbells)(Sec)	1 Cup	1	16.0
GOLDFISH CRACKERS	SERVING	1	14.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			129.93
% of Calories			54.1%
Nutrient Guideline			

Thu - 05/20/2021			
INTERMEDIATE LUNCH 6-8	Total	1	
Cooks Choice Entree	1each	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

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WEEKLY 1st CHOICE

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	Portion Size	Reimb Qty	Carb (g)
Fri - 05/21/2021			
INTERMEDIATE LUNCH 6-8	Total	1	
Cooks Choice Entree	1each	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

Mon - 05/24/2021			
INTERMEDIATE LUNCH 6-8	Total	1	
Cooks Choice Entree	1each	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

Tue - 05/25/2021			
INTERMEDIATE LUNCH 6-8	Total	1	
Cooks Choice Entree	1each	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

Wed - 05/26/2021			
INTERMEDIATE LUNCH 6-8	Total	1	
Cooks Choice Entree	1each	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

Weighted Average			136.54
			57.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	136.54	57.06%						

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.