

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

Page 1

Generated on: 4/14/2021 10:01:07 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) | |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|--|
| Mon - 05/03/2021 | | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| CHICKEN SANDWICH 2020 ELEM | SANDWIC | 1 | 331 | 65 | 652 | 3.00 | 2.89 | 100.1 | 2.4 | 4 | 26.07 | 36.05 | 9.53 | 1.50 | 0.00 | |
| SHREDDED LETTUCE & TOMAT | 1/2 CUP | 1 | 13 | 0 | 6 | 1.04 | 0.31 | 9.6 | 6.48 | 2 | 0.91 | 2.67 | 0.08 | 0.01 | 0.00 | |
| O-DELI | | | | | | | | | | | | | | | | |
| FRENCH FRIES- S.S. 1/2 CUP | 3 OZ | 1 | 140 | 0 | 300 | 2.00 | 0.36 | 0.0 | 4.8 | 0 | 2.0 | 22.0 | 5.0 | 1.50 | 0.00 | |
| FRUIT BAR :SPRING (ELE) | 1/2 CUP | 1 | 57 | *0 | 1 | 2.31 | 0.22 | 17.2 | 40.09 | 10 | 0.81 | 14.31 | 0.27 | 0.06 | *0.00 | |
| FRUIT, CANNED OPTION | 1/2 C SER | 1 | 65 | 0 | 5 | 1.00 | *0.18 | *5.0 | *5.25 | 14 | 0.25 | 16.25 | 0.0 | 0.00 | 0.00 | |
| | VING | | | | | | | | | | | | | | | |
| FRESH MIXED VEGETABLE CUP | 3/4 CUP | 1 | 99 | 10 | 144 | 2.36 | 0.66 | 30.1 | 34.31 | *2 | 2.42 | 8.31 | 6.21 | 0.57 | 0.00 | |
| JELL-O | GEL CUP | 1 | 100 | 0 | 45 | 0.00 | 0.00 | 0.0 | 0.0 | 22 | 0.0 | 25.0 | 0.0 | 0.00 | 0.00 | |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 2.43 | 8 | 0.0 | 10.12 | 0.0 | 0.00 | 0.00 | |
| BARBAQUE SAUCE: P/C | 1 Each | 1 | 50 | 0 | 430 | 0.00 | 0.36 | 20.0 | 2.4 | *N/A* | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 | |
| LIGHT MAYONNAISE | POUCH | 1 | 40 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 4.0 | 0.50 | 0.00 | |
| PICKLE:, CHIPS | 1 OZ. | 1 | 5 | 0 | 340 | 0.00 | 0.00 | 0.0 | 0.0 | 1 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 | |
| MILK : CHOCOLATE MILK FAT F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 | |
| REE | | | | | | | | | | | | | | | | |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 | |
| ALT INT WEEKLY 1st CHOI | | | | | | | | | | | | | | | | |
| DOMINOS PIZZA | SLICE | 1 | 280 | 25 | 450 | 3.00 | 1.80 | 450.0 | 9.0 | 2 | 20.0 | 29.0 | 9.0 | 3.00 | 0.00 | |
| FRESH MIXED VEGETABLE CUP | 3/4 CUP | 1 | 99 | 10 | 144 | 2.36 | 0.66 | 30.1 | 34.31 | *2 | 2.42 | 8.31 | 6.21 | 0.57 | 0.00 | |
| FRUIT BAR :SPRING (ELE) | 1/2 CUP | 1 | 57 | *0 | 1 | 2.31 | 0.22 | 17.2 | 40.09 | 10 | 0.81 | 14.31 | 0.27 | 0.06 | *0.00 | |
| FRUIT, CANNED OPTION | 1/2 C SER | 1 | 65 | 0 | 5 | 1.00 | *0.18 | *5.0 | *5.25 | 14 | 0.25 | 16.25 | 0.0 | 0.00 | 0.00 | |
| | VING | | | | | | | | | | | | | | | |
| MILK : CHOCOLATE MILK FAT F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 | |
| REE | | | | | | | | | | | | | | | | |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 | |
| Weighted Daily Average | | | 951 | *73 | 1780 | 10.19 | *3.92 | *942.1 | *97.01 | *75 | 43.97 | 141.28 | 22.79 | 5.38 | *0.00 | |
| % of Calories | | | | | | | | | | *31.5% | 18.5% | 59.5% | 21.6% | 5.1% | *0.0% | |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 16.70 | | 15.00 | | <=30.0 | <10.00 | | |

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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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) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|---------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 05/04/2021 | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total serving | 1 | | | | | | | | | | | | | |
| SOFT FLOUR TACO:SEC | 1 | 1 | 255 | 49 | 436 | 2.00 | 1.44 | 120.1 | 0.6 | 1 | 17.01 | 23.0 | 10.0 | 3.20 | 0.00 |
| LETTUCE & TOMATO:3/4 CUP-T ACOS | 3/4 CUP | 1 | 14 | 0 | 6 | 1.10 | 0.32 | 10.1 | 7.16 | 2 | 0.95 | 2.86 | 0.09 | 0.01 | 0.00 |
| CHEDDAR/ JACK FANCY SHRED .25OZ | .25 OZ | 1 | 28 | 6 | 43 | 0.00 | 0.00 | 50.6 | 0.0 | 0 | 1.52 | 0.25 | 2.28 | 1.52 | 0.00 |
| REFRIED BEANS | 1/2 CUP | 1 | 200 | 5 | 701 | 10.00 | 2.40 | 50.4 | 25.2 | 0 | 8.0 | 28.0 | 6.0 | 2.00 | *0.00 |
| FRUIT BAR :SPRING (ELE) | 1/2 CUP | 1 | 57 | *0 | 1 | 2.31 | 0.22 | 17.2 | 40.09 | 10 | 0.81 | 14.31 | 0.27 | 0.06 | *0.00 |
| FRUIT, CANNED OPTION | 1/2 C SERVING | 1 | 65 | 0 | 5 | 1.00 | *0.18 | *5.0 | *5.25 | 14 | 0.25 | 16.25 | 0.0 | 0.00 | 0.00 |
| BUG BITES | BAG | 1 | 120 | 0 | 1151 | 1.00 | 0.72 | 100.0 | 0.0 | 8 | 2.0 | 21.0 | 3.5 | 1.00 | 0.00 |
| SALSA PICANTE | 1 OZ | 1 | 6 | 0 | 158 | 0.19 | 0.00 | 0.0 | 0.0 | 1 | 0.25 | 1.4 | 0.12 | 0.01 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOICE | | | | | | | | | | | | | | | |
| SPICY CHICKEN SANDWICH | 1 EACH | 1 | 342 | 30 | 613 | 5.02 | 3.25 | 80.2 | 3.6 | 3 | 21.12 | 38.1 | 12.59 | 2.52 | 0.00 |
| SHREDDED LETTUCE & TOMATO-DELI | 1/2 CUP | 1 | 13 | 0 | 6 | 1.04 | 0.31 | 9.6 | 6.48 | 2 | 0.91 | 2.67 | 0.08 | 0.01 | 0.00 |
| BEANS, BAKED WITH TOMATO PASTE | 1/2 C SERVING | 1 | 180 | 0 | 550 | 5.00 | 1.80 | 40.0 | *N/A* | 17 | 7.0 | 36.0 | 1.0 | 0.00 | 0.00 |
| FRUIT BAR :SPRING (ELE) | 1/2 CUP | 1 | 57 | *0 | 1 | 2.31 | 0.22 | 17.2 | 40.09 | 10 | 0.81 | 14.31 | 0.27 | 0.06 | *0.00 |
| FRUIT, CANNED OPTION | 1/2 C SERVING | 1 | 65 | 0 | 5 | 1.00 | *0.18 | *5.0 | *5.25 | 14 | 0.25 | 16.25 | 0.0 | 0.00 | 0.00 |
| PICKLE:, CHIPS | 1 OZ. | 1 | 5 | 0 | 340 | 0.00 | 0.00 | 0.0 | 0.0 | 1 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| LIGHT MAYONNAISE | POUCH | 1 | 40 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 4.0 | 0.50 | 0.00 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 2.43 | 8 | 0.0 | 10.12 | 0.0 | 0.00 | 0.00 |
| BARBAQUE SAUCE: P/C | 1 Each | 1 | 50 | 0 | 430 | 0.00 | 0.36 | 20.0 | 2.4 | *N/A* | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 998 | *63 | 2742 | 15.98 | *5.71 | *862.6 | *72.88 | *75 | 46.43 | 152.26 | 22.60 | 6.94 | *0.00 |
| % of Calories | | | | | | | | | | *29.9% | 18.6% | 61.0% | 20.4% | 6.3% | *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

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|---------------------------------|----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 05/05/2021 | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | |
| ROASTED TURKEY: VIP | 2.9 OZ | 1 | 107 | 47 | 748 | 0.00 | 0.48 | 0.0 | 0.0 | *N/A* | 24.04 | 1.34 | 1.34 | 0.00 | 0.00 |
| BUTTER MASHED POTATOES-se | 2/3 cup | 1 | 130 | 5 | 420 | 9.00 | 0.36 | 20.0 | 0.0 | 0 | 2.0 | 18.0 | 5.0 | 2.50 | 0.00 |
| GRAVY, TURKEY | 1/4 Cup | 1 | 15 | 0 | 280 | 0.00 | 0.00 | 0.0 | 0.0 | 0 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| GREEN BEANS: 1/2 C. | 1/2 CUP | 1 | 16 | 0 | 140 | 2.00 | *N/A* | *N/A* | *N/A* | 1 | 1.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| ROLL: 2 OZ SCHOOL MADE | ROLL | 1 | 141 | 11 | 309 | 4.65 | 1.35 | 14.1 | 0.0 | *1 | 3.87 | 27.1 | 2.79 | 0.98 | *0.00 |
| MARGARINE REDDIES: (1) | 1 Patty | 1 | 35 | 0 | 40 | 0.00 | 0.00 | 0.0 | 0.0 | *N/A* | 0.0 | 0.0 | 4.0 | 1.00 | 0.00 |
| FRUIT BAR :SPRING (ELE) | 1/2 CUP | 1 | 57 | *0 | 1 | 2.31 | 0.22 | 17.2 | 40.09 | 10 | 0.81 | 14.31 | 0.27 | 0.06 | *0.00 |
| FRUIT, CANNED OPTION | 1/2 C SER VING | 1 | 65 | 0 | 5 | 1.00 | *0.18 | *5.0 | *5.25 | 14 | 0.25 | 16.25 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOI | Total | 1 | | | | | | | | | | | | | |
| GRILLED CHEESE-WW BREAD | 1 EACH | 1 | 427 | 50 | 1124 | 2.00 | 1.44 | 380.0 | 2.4 | *4 | 16.0 | 32.0 | 26.42 | 13.04 | 0.00 |
| SOUP, TOMATO (Campbells)(Sec) | 1 Cup | 1 | 70 | 0 | 654 | 1.00 | 0.72 | 3.6 | 6.0 | 9 | 2.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| GOLDFISH CRACKERS | SERVING | 1 | 100 | 0 | 170 | 1.00 | 0.72 | 20.0 | 0.0 | 0 | 2.0 | 14.0 | 4.0 | 0.50 | 0.00 |
| FRUIT BAR :SPRING (ELE) | 1/2 CUP | 1 | 57 | *0 | 1 | 2.31 | 0.22 | 17.2 | 40.09 | 10 | 0.81 | 14.31 | 0.27 | 0.06 | *0.00 |
| FRUIT, CANNED OPTION | 1/2 C SER VING | 1 | 65 | 0 | 5 | 1.00 | *0.18 | *5.0 | *5.25 | 14 | 0.25 | 16.25 | 0.0 | 0.00 | 0.00 |
| FRESH MIXED VEGETABLE CUP | 3/4 CUP | 1 | 99 | 10 | 144 | 2.36 | 0.66 | 30.1 | 34.31 | *2 | 2.42 | 8.31 | 6.21 | 0.57 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 922 | *76 | 2330 | 14.32 | *3.27 | *856.1 | *70.30 | *62 | 43.72 | 124.93 | 27.65 | 10.85 | *0.00 |
| % of Calories | | | | | | | | | | *27.0% | 19.0% | 54.2% | 27.0% | 10.6% | *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

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|--------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 05/06/2021 | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | |
| ORANGE CHICKEN | 3.6 OZ SE RVING | 1 | 150 | 40 | 280 | 0.00 | 0.72 | 0.0 | 1.2 | 10 | 11.0 | 19.0 | 3.0 | 0.50 | 0.00 |
| RICE: COOKED BROWN RICE (ELE) | 1/2 CUP | 1 | 80 | 0 | 70 | 1.00 | 0.36 | 1.1 | 0.0 | *0 | 2.0 | 16.48 | 0.75 | 0.00 | *0.00 |
| NORMANDY VEGETABLES 3/4 C | 3/4 CUP | 1 | 23 | 0 | 23 | 1.50 | 0.00 | 0.0 | 11.25 | 2 | 0.75 | 3.75 | 0.0 | 0.00 | 0.00 |
| FRUIT BAR :SPRING (ELE) | 1/2 CUP | 1 | 57 | *0 | 1 | 2.31 | 0.22 | 17.2 | 40.09 | 10 | 0.81 | 14.31 | 0.27 | 0.06 | *0.00 |
| FRUIT, CANNED OPTION | 1/2 C SERVING | 1 | 65 | 0 | 5 | 1.00 | *0.18 | *5.0 | *5.25 | 14 | 0.25 | 16.25 | 0.0 | 0.00 | 0.00 |
| COOKIE, COWBOY | 1 oz. | 1 | 202 | 15 | 164 | 2.08 | 1.01 | 45.0 | 0.0 | *15 | 3.31 | 29.34 | 8.48 | 3.38 | *0.00 |
| SOY SAUCE: PC | PC | 1 | 10 | 0 | 500 | 0.00 | 0.00 | 0.0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOICE | Total | 1 | | | | | | | | | | | | | |
| CALZONE, MINI, WG | SERVINGS | 1 | 325 | 23 | 490 | 4.00 | 1.80 | 225.0 | *N/A* | 6 | 16.5 | 40.01 | 11.5 | 5.00 | 0.00 |
| MARINARA SAUCE | 1/2 CUP | 1 | 70 | 298 | 616 | 1.99 | 1.43 | 39.7 | 8.94 | 3 | 1.99 | 11.93 | 1.49 | 0.00 | 0.00 |
| FRENCH FRIES- S.S. 1/2 CUP | 3 OZ | 1 | 140 | 0 | 300 | 2.00 | 0.36 | 0.0 | 4.8 | 0 | 2.0 | 22.0 | 5.0 | 1.50 | 0.00 |
| FRUIT BAR :SPRING (ELE) | 1/2 CUP | 1 | 57 | *0 | 1 | 2.31 | 0.22 | 17.2 | 40.09 | 10 | 0.81 | 14.31 | 0.27 | 0.06 | *0.00 |
| FRUIT, CANNED OPTION | 1/2 C SERVING | 1 | 65 | 0 | 5 | 1.00 | *0.18 | *5.0 | *5.25 | 14 | 0.25 | 16.25 | 0.0 | 0.00 | 0.00 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 2.43 | 8 | 0.0 | 10.12 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 871 | *203 | 1705 | 9.60 | *3.24 | *777.7 | *63.25 | *76 | 35.83 | 139.87 | 17.88 | 6.75 | *0.00 |
| % of Calories | | | | | | | | | | *34.8% | 16.4% | 64.2% | 18.5% | 7.0% | *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

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|---------------------------------|---------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 05/07/2021 | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | |
| PEPPERONI PIZZA RIPPERS | SERVING | 1 | 290 | 25 | 550 | 3.00 | 1.80 | 150.0 | 0.0 | 3 | 16.0 | 27.0 | 17.0 | 5.00 | 0.00 |
| MARINARA SAUCE | 1/2 CUP | 1 | 70 | 298 | 616 | 1.99 | 1.43 | 39.7 | 8.94 | 3 | 1.99 | 11.93 | 1.49 | 0.00 | 0.00 |
| DINNER SALAD | 1 CUP | 1 | 2 | 0 | 0 | 0.10 | 0.03 | 1.2 | 0.96 | *0 | 0.08 | 0.33 | 0.02 | 0.01 | 0.00 |
| MAPLE BITES, WG (2) | 2 MAPLE BITES | 1 | 140 | 0 | 150 | 2.00 | 0.72 | 40.0 | 0.0 | 10 | 2.0 | 26.0 | 3.0 | 0.60 | 0.00 |
| FRUIT BAR :SPRING (ELE) | 1/2 CUP | 1 | 57 | *0 | 1 | 2.31 | 0.22 | 17.2 | 40.09 | 10 | 0.81 | 14.31 | 0.27 | 0.06 | *0.00 |
| RANCH: (WILD COYOTE LITE) | PC CUP | 1 | 70 | 10 | 95 | 0.00 | 0.00 | 0.0 | 0.0 | 1 | 1.0 | 2.0 | 6.0 | 0.50 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOI | | | | | | | | | | | | | | | |
| CHEESEBURGER 100% BEEF :EL | PATTY | 1 | 367 | 64 | 790 | 2.03 | 34.38 | 223.7 | 2.43 | 3 | 26.08 | 23.1 | 19.15 | 8.40 | 0.00 |
| SHREDDED LETTUCE & TOMAT O-DELI | 1/2 CUP | 1 | 13 | 0 | 6 | 1.04 | 0.31 | 9.6 | 6.48 | 2 | 0.91 | 2.67 | 0.08 | 0.01 | 0.00 |
| TATER TOTS: 1/2 CUP | 8 PIECES | 1 | 140 | 0 | 280 | 2.00 | 0.72 | 0.0 | 2.4 | 0 | 2.0 | 16.0 | 7.0 | 1.50 | 0.00 |
| CHIPS: DORITOS | bag | 1 | 131 | 0 | 181 | 2.01 | 0.36 | 20.0 | 0.0 | 0 | 2.01 | 19.62 | 5.03 | 0.75 | 0.00 |
| PICKLE:, CHIPS | 1 OZ. | 1 | 5 | 0 | 340 | 0.00 | 0.00 | 0.0 | 0.0 | 1 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| FRUIT BAR :SPRING (ELE) | 1/2 CUP | 1 | 57 | *0 | 1 | 2.31 | 0.22 | 17.2 | 40.09 | 10 | 0.81 | 14.31 | 0.27 | 0.06 | *0.00 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 2.43 | 8 | 0.0 | 10.12 | 0.0 | 0.00 | 0.00 |
| MUSTARD:, P/C | 1 Each | 1 | 3 | 0 | 63 | 0.22 | 0.00 | 0.0 | 0.0 | 0 | 0.22 | 0.33 | 0.22 | 0.00 | 0.00 |
| LIGHT MAYONNAISE | POUCH | 1 | 40 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 4.0 | 0.50 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 942 | *216 | 2056 | 9.51 | 20.10 | 859.3 | 55.52 | *55 | 42.95 | 117.36 | 34.27 | 10.19 | *0.00 |
| % of Calories | | | | | | | | | | *23.5% | 18.2% | 49.8% | 32.7% | 9.7% | *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

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

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

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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

Page 6

Generated on: 4/14/2021 10:01:08 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|---------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 05/10/2021 | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | |
| MINI CORN DOG NUGGETS (SE | 6 EACH | 1 | 250 | 60 | 420 | 3.00 | 1.80 | 100.0 | 1.2 | 1 | 10.0 | 30.0 | 10.0 | 2.50 | 0.00 |
| TATER TOTS: 1/2 CUP | 8 PIECES | 1 | 140 | 0 | 280 | 2.00 | 0.72 | 0.0 | 2.4 | 0 | 2.0 | 16.0 | 7.0 | 1.50 | 0.00 |
| FRUIT BAR :SPRING (ELE) | 1/2 CUP | 1 | 57 | *0 | 1 | 2.31 | 0.22 | 17.2 | 40.09 | 10 | 0.81 | 14.31 | 0.27 | 0.06 | *0.00 |
| FRUIT, CANNED OPTION | 1/2 C SERVING | 1 | 65 | 0 | 5 | 1.00 | *0.18 | *5.0 | *5.25 | 14 | 0.25 | 16.25 | 0.0 | 0.00 | 0.00 |
| FRESH MIXED VEGETABLE CUP | 3/4 CUP | 1 | 99 | 10 | 144 | 2.36 | 0.66 | 30.1 | 34.31 | *2 | 2.42 | 8.31 | 6.21 | 0.57 | 0.00 |
| SWEET CAKE | SERVING | 1 | 284 | 22 | 243 | 1.93 | 0.60 | 21.9 | 0.33 | *32 | 2.16 | 44.83 | 11.43 | 4.94 | *0.00 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 2.43 | 8 | 0.0 | 10.12 | 0.0 | 0.00 | 0.00 |
| MUSTARD:, P/C | 1 Each | 1 | 3 | 0 | 63 | 0.22 | 0.00 | 0.0 | 0.0 | 0 | 0.22 | 0.33 | 0.22 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOICE | Total | 1 | | | | | | | | | | | | | |
| DOMINOS PIZZA | SLICE | 1 | 280 | 25 | 450 | 3.00 | 1.80 | 450.0 | 9.0 | 2 | 20.0 | 29.0 | 9.0 | 3.00 | 0.00 |
| FRESH MIXED VEGETABLE CUP | 3/4 CUP | 1 | 99 | 10 | 144 | 2.36 | 0.66 | 30.1 | 34.31 | *2 | 2.42 | 8.31 | 6.21 | 0.57 | 0.00 |
| FRUIT BAR :SPRING (ELE) | 1/2 CUP | 1 | 57 | *0 | 1 | 2.31 | 0.22 | 17.2 | 40.09 | 10 | 0.81 | 14.31 | 0.27 | 0.06 | *0.00 |
| FRUIT, CANNED OPTION | 1/2 C SERVING | 1 | 65 | 0 | 5 | 1.00 | *0.18 | *5.0 | *5.25 | 14 | 0.25 | 16.25 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 950 | *78 | 1354 | 10.74 | *3.52 | *938.2 | *90.94 | *77 | 36.67 | 137.01 | 27.81 | 8.10 | *0.00 |
| % of Calories | | | | | | | | | | *32.4% | 15.4% | 57.7% | 26.4% | 7.7% | *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

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

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

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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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Generated on: 4/14/2021 10:01:08 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protrn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|----------|-----------|-----------|-------------------------|
| Tue - 05/11/2021 | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | |
| ENCHILADA | BURRITO | 1 | 384 | 13 | 1202 | 8.36 | 3.91 | 213.9 | 4.93 | *4 | 20.05 | 53.68 | 11.45 | 4.06 | *0.00 |
| REFRIED BEANS | 1/2 CUP | 1 | 200 | 5 | 701 | 10.00 | 2.40 | 50.4 | 25.2 | 0 | 8.0 | 28.0 | 6.0 | 2.00 | *0.00 |
| FRUIT BAR :SPRING (ELE) | 1/2 CUP | 1 | 57 | *0 | 1 | 2.31 | 0.22 | 17.2 | 40.09 | 10 | 0.81 | 14.31 | 0.27 | 0.06 | *0.00 |
| FRUIT, CANNED OPTION | 1/2 C SER VING | 1 | 65 | 0 | 5 | 1.00 | *0.18 | *5.0 | *5.25 | 14 | 0.25 | 16.25 | 0.0 | 0.00 | 0.00 |
| CUCUMBERS: 1/2 CUP | 1/2 CUP | 1 | 106 | 20 | 251 | 0.42 | 0.13 | 8.3 | 1.9 | 1 | 0.35 | 1.29 | 9.1 | 2.05 | 0.00 |
| CREAMIES JR. | CREAMIE | 1 | 93 | 16 | 39 | 0.00 | 0.00 | 260.0 | 3.45 | *N/A* | 2.0 | 14.0 | 3.5 | 2.00 | 0.00 |
| SALSA PICANTE | 1 OZ | 1 | 6 | 0 | 158 | 0.19 | 0.00 | 0.0 | 0.0 | 1 | 0.25 | 1.4 | 0.12 | 0.01 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOI | Total | 1 | | | | | | | | | | | | | |
| SPICY CHICKEN SANDWICH | 1 EACH | 1 | 342 | 30 | 613 | 5.02 | 3.25 | 80.2 | 3.6 | 3 | 21.12 | 38.1 | 12.59 | 2.52 | 0.00 |
| SHREDDED LETTUCE & TOMAT O-DELI | 1/2 CUP | 1 | 13 | 0 | 6 | 1.04 | 0.31 | 9.6 | 6.48 | 2 | 0.91 | 2.67 | 0.08 | 0.01 | 0.00 |
| BEANS, BAKED WITH TOMATO PASTE | 1/2 C SER VING | 1 | 180 | 0 | 550 | 5.00 | 1.80 | 40.0 | *N/A* | 17 | 7.0 | 36.0 | 1.0 | 0.00 | 0.00 |
| FRUIT BAR :SPRING (ELE) | 1/2 CUP | 1 | 57 | *0 | 1 | 2.31 | 0.22 | 17.2 | 40.09 | 10 | 0.81 | 14.31 | 0.27 | 0.06 | *0.00 |
| FRUIT, CANNED OPTION | 1/2 C SER VING | 1 | 65 | 0 | 5 | 1.00 | *0.18 | *5.0 | *5.25 | 14 | 0.25 | 16.25 | 0.0 | 0.00 | 0.00 |
| PICKLE:, CHIPS | 1 OZ. | 1 | 5 | 0 | 340 | 0.00 | 0.00 | 0.0 | 0.0 | 1 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| LIGHT MAYONNAISE | POUCH | 1 | 40 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 4.0 | 0.50 | 0.00 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 2.43 | 8 | 0.0 | 10.12 | 0.0 | 0.00 | 0.00 |
| BARBAQUE SAUCE: P/C | 1 Each | 1 | 50 | 0 | 430 | 0.00 | 0.36 | 20.0 | 2.4 | *N/A* | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 1081 | *59 | 2670 | 18.32 | *6.49 | *963.3 | *74.14 | *72 | 46.89 | 163.18 | 26.68 | 8.13 | *0.00 |
| % of Calories | | | | | | | | | | *26.5% | 17.3% | 60.4% | 22.2% | 6.8% | *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

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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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Generated on: 4/14/2021 10:01:08 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 05/12/2021 | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | |
| TERIYAKI BEEF NUGGETS | 5 NUGGET | 1 | 200 | 50 | 550 | 1.25 | 1.80 | 25.0 | 0.0 | 5 | 17.5 | 7.5 | 10.0 | 4.37 | 0.63 |
| BUTTER MASHED POTATOES-se | 2/3 cup | 1 | 130 | 5 | 420 | 9.00 | 0.36 | 20.0 | 0.0 | 0 | 2.0 | 18.0 | 5.0 | 2.50 | 0.00 |
| GRAVY, BROWN : (CUSTOM) | 1/4 CUP | 1 | 19 | 0 | 133 | 0.00 | 0.01 | 1.1 | 0.0 | *1 | 0.0 | 2.82 | 0.94 | 0.00 | 0.00 |
| GREEN BEANS: 1/2 C. | 1/2 CUP | 1 | 16 | 0 | 140 | 2.00 | *N/A* | *N/A* | *N/A* | 1 | 1.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| ROLL: 2 OZ SCHOOL MADE | ROLL | 1 | 141 | 11 | 309 | 4.65 | 1.35 | 14.1 | 0.0 | *1 | 3.87 | 27.1 | 2.79 | 0.98 | *0.00 |
| MARGARINE REDDIES: (1) | 1 Patty | 1 | 35 | 0 | 40 | 0.00 | 0.00 | 0.0 | 0.0 | *N/A* | 0.0 | 0.0 | 4.0 | 1.00 | 0.00 |
| FRUIT BAR :SPRING (ELE) | 1/2 CUP | 1 | 57 | *0 | 1 | 2.31 | 0.22 | 17.2 | 40.09 | 10 | 0.81 | 14.31 | 0.27 | 0.06 | *0.00 |
| FRUIT, CANNED OPTION | 1/2 C SER VING | 1 | 65 | 0 | 5 | 1.00 | *0.18 | *5.0 | *5.25 | 14 | 0.25 | 16.25 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOI | Total | 1 | | | | | | | | | | | | | |
| GRILLED CHEESE-WW BREAD | 1 EACH | 1 | 427 | 50 | 1124 | 2.00 | 1.44 | 380.0 | 2.4 | *4 | 16.0 | 32.0 | 26.42 | 13.04 | 0.00 |
| SOUP, TOMATO (Campbells)(Sec) | 1 Cup | 1 | 70 | 0 | 654 | 1.00 | 0.72 | 3.6 | 6.0 | 9 | 2.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| GOLDFISH CRACKERS | SERVING | 1 | 100 | 0 | 170 | 1.00 | 0.72 | 20.0 | 0.0 | 0 | 2.0 | 14.0 | 4.0 | 0.50 | 0.00 |
| FRUIT BAR :SPRING (ELE) | 1/2 CUP | 1 | 57 | *0 | 1 | 2.31 | 0.22 | 17.2 | 40.09 | 10 | 0.81 | 14.31 | 0.27 | 0.06 | *0.00 |
| FRUIT, CANNED OPTION | 1/2 C SER VING | 1 | 65 | 0 | 5 | 1.00 | *0.18 | *5.0 | *5.25 | 14 | 0.25 | 16.25 | 0.0 | 0.00 | 0.00 |
| FRESH MIXED VEGETABLE CUP | 3/4 CUP | 1 | 99 | 10 | 144 | 2.36 | 0.66 | 30.1 | 34.31 | *2 | 2.42 | 8.31 | 6.21 | 0.57 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 971 | *78 | 2158 | 14.94 | *3.93 | *869.1 | *70.30 | *65 | 40.45 | 127.92 | 32.45 | 13.04 | *0.31 |
| % of Calories | | | | | | | | | | *26.8% | 16.7% | 52.7% | 30.1% | 12.1% | *0.3% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

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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

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 05/13/2021 | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | |
| NEW ORLEANS/MANDARIN CHICKEN E | 2.85 oz | 1 | 150 | 60 | 460 | 0.00 | 1.08 | *N/A* | *N/A* | 14 | 15.0 | 15.0 | 3.0 | 0.50 | 0.00 |
| VEGETABLE BROWN RICE:ELE | 4.75 OZ | 1 | 130 | 0 | 580 | 2.00 | 1.44 | 20.0 | 4.8 | *N/A* | 3.0 | 24.01 | 2.5 | 0.00 | 0.00 |
| NORMANDY VEGETABLES 3/4 C | 3/4 CUP | 1 | 23 | 0 | 23 | 1.50 | 0.00 | 0.0 | 11.25 | 2 | 0.75 | 3.75 | 0.0 | 0.00 | 0.00 |
| FRUIT BAR :WINTER:ELE | 1/2 CUP | 1 | 49 | *0 | 1 | 1.91 | 0.14 | 13.8 | 27.03 | 8 | 0.66 | 12.59 | 0.2 | 0.05 | *0.00 |
| FRUIT, CANNED OPTION | 1/2 C SER VING | 1 | 65 | 0 | 5 | 1.00 | *0.18 | *5.0 | *5.25 | 14 | 0.25 | 16.25 | 0.0 | 0.00 | 0.00 |
| APPLE FILLED DONUT | SERVINGS | 1 | 270 | 0 | 320 | 3.00 | 1.44 | 20.0 | *N/A* | 8 | 6.0 | 33.0 | 13.0 | 5.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOI | | | | | | | | | | | | | | | |
| CALZONE, MINI, WG | SERVINGS | 1 | 325 | 23 | 490 | 4.00 | 1.80 | 225.0 | *N/A* | 6 | 16.5 | 40.01 | 11.5 | 5.00 | 0.00 |
| MARINARA SAUCE | 1/2 CUP | 1 | 70 | 298 | 616 | 1.99 | 1.43 | 39.7 | 8.94 | 3 | 1.99 | 11.93 | 1.49 | 0.00 | 0.00 |
| FRENCH FRIES- S.S. 1/2 CUP | 3 OZ | 1 | 140 | 0 | 300 | 2.00 | 0.36 | 0.0 | 4.8 | 0 | 2.0 | 22.0 | 5.0 | 1.50 | 0.00 |
| FRUIT BAR :SPRING (ELE) | 1/2 CUP | 1 | 57 | *0 | 1 | 2.31 | 0.22 | 17.2 | 40.09 | 10 | 0.81 | 14.31 | 0.27 | 0.06 | *0.00 |
| FRUIT, CANNED OPTION | 1/2 C SER VING | 1 | 65 | 0 | 5 | 1.00 | *0.18 | *5.0 | *5.25 | 14 | 0.25 | 16.25 | 0.0 | 0.00 | 0.00 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 2.43 | 8 | 0.0 | 10.12 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 922 | *205 | 1877 | 10.35 | *4.14 | *772.9 | *58.53 | *74 | 39.60 | 142.61 | 20.98 | 7.55 | *0.00 |
| % of Calories | | | | | | | | | | *32.0% | 17.2% | 61.9% | 20.5% | 7.4% | *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | |
|--------------------------------|----------|---|-----|----|-----|------|------|-------|-------|----|------|-------|------|------|-------|
| Fri - 05/14/2021 | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | |
| WILD MIKE'S PEPPERONI CHEESY B | SERVINGS | 1 | 340 | 35 | 580 | 3.00 | 1.80 | 400.0 | 9.0 | 4 | 20.0 | 34.0 | 18.0 | 9.00 | 0.00 |
| DINNER SALAD | 1 CUP | 1 | 2 | 0 | 0 | 0.10 | 0.03 | 1.2 | 0.96 | *0 | 0.08 | 0.33 | 0.02 | 0.01 | 0.00 |
| FRUIT BAR :SPRING (ELE) | 1/2 CUP | 1 | 57 | *0 | 1 | 2.31 | 0.22 | 17.2 | 40.09 | 10 | 0.81 | 14.31 | 0.27 | 0.06 | *0.00 |
| PUDDING,CHOICE | SERVING | 1 | 115 | 0 | 133 | 0.50 | 0.54 | 225.0 | 0.0 | 15 | 1.0 | 20.5 | 3.0 | 1.75 | 0.00 |
| RANCH: (WILD COYOTE LITE) | PC CUP | 1 | 70 | 10 | 95 | 0.00 | 0.00 | 0.0 | 0.0 | 1 | 1.0 | 2.0 | 6.0 | 0.50 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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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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Generated on: 4/14/2021 10:01:08 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| ALT INT WEEKLY 1st CHOI | Total | 1 | | | | | | | | | | | | | |
| CHEESEBURGER 100% BEEF :EL | PATTY | 1 | 367 | 64 | 790 | 2.03 | 34.38 | 223.7 | 2.43 | 3 | 26.08 | 23.1 | 19.15 | 8.40 | 0.00 |
| SHREDDED LETTUCE & TOMAT | 1/2 CUP | 1 | 13 | 0 | 6 | 1.04 | 0.31 | 9.6 | 6.48 | 2 | 0.91 | 2.67 | 0.08 | 0.01 | 0.00 |
| O-DELI | | | | | | | | | | | | | | | |
| TATER TOTS: 1/2 CUP | 8 PIECES | 1 | 140 | 0 | 280 | 2.00 | 0.72 | 0.0 | 2.4 | 0 | 2.0 | 16.0 | 7.0 | 1.50 | 0.00 |
| CHIPS: DORITOS | bag | 1 | 131 | 0 | 181 | 2.01 | 0.36 | 20.0 | 0.0 | 0 | 2.01 | 19.62 | 5.03 | 0.75 | 0.00 |
| PICKLE:, CHIPS | 1 OZ. | 1 | 5 | 0 | 340 | 0.00 | 0.00 | 0.0 | 0.0 | 1 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| FRUIT BAR :SPRING (ELE) | 1/2 CUP | 1 | 57 | *0 | 1 | 2.31 | 0.22 | 17.2 | 40.09 | 10 | 0.81 | 14.31 | 0.27 | 0.06 | *0.00 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 2.43 | 8 | 0.0 | 10.12 | 0.0 | 0.00 | 0.00 |
| MUSTARD:, P/C | 1 Each | 1 | 3 | 0 | 63 | 0.22 | 0.00 | 0.0 | 0.0 | 0 | 0.22 | 0.33 | 0.22 | 0.00 | 0.00 |
| LIGHT MAYONNAISE | POUCH | 1 | 40 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 4.0 | 0.50 | 0.00 |
| MILK : CHOCOLATE MILK FAT F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| REE | | | | | | | | | | | | | | | |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 920 | *72 | 1754 | 7.76 | 19.29 | 1056.9 | 55.54 | *57 | 43.46 | 112.14 | 34.02 | 12.77 | *0.00 |
| % of Calories | | | | | | | | | | *24.7% | 18.9% | 48.8% | 33.3% | 12.5% | *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

| Mon - 05/17/2021 | | | | | | | | | | | | | | | |
|-----------------------------|-----------|---|-----|----|-----|------|-------|-------|-------|-------|-------|-------|------|------|-------|
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | |
| CHICKEN BREAST CHUNKS | 4 CHUNKS | 1 | 160 | 40 | 431 | 1.00 | 1.44 | 20.0 | 1.2 | 0 | 17.04 | 15.03 | 4.01 | 1.00 | 0.00 |
| FRENCH FRIES- S.S. 1/2 CUP | 3 OZ | 1 | 140 | 0 | 300 | 2.00 | 0.36 | 0.0 | 4.8 | 0 | 2.0 | 22.0 | 5.0 | 1.50 | 0.00 |
| FRUIT BAR :SPRING (ELE) | 1/2 CUP | 1 | 57 | *0 | 1 | 2.31 | 0.22 | 17.2 | 40.09 | 10 | 0.81 | 14.31 | 0.27 | 0.06 | *0.00 |
| FRUIT, CANNED OPTION | 1/2 C SER | 1 | 65 | 0 | 5 | 1.00 | *0.18 | *5.0 | *5.25 | 14 | 0.25 | 16.25 | 0.0 | 0.00 | 0.00 |
| VING | | | | | | | | | | | | | | | |
| FRESH MIXED VEGETABLE CUP | 3/4 CUP | 1 | 99 | 10 | 144 | 2.36 | 0.66 | 30.1 | 34.31 | *2 | 2.42 | 8.31 | 6.21 | 0.57 | 0.00 |
| SCOOBY-DOO GRAHAM CRACK | BAG | 1 | 120 | 0 | 115 | 1.00 | 0.72 | 100.0 | 0.0 | *N/A* | 2.0 | 21.0 | 3.5 | 1.00 | 0.00 |
| ER STIC | | | | | | | | | | | | | | | |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 2.43 | 8 | 0.0 | 10.12 | 0.0 | 0.00 | 0.00 |
| BARBAQUE SAUCE: P/C | 1 Each | 1 | 50 | 0 | 430 | 0.00 | 0.36 | 20.0 | 2.4 | *N/A* | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| REE | | | | | | | | | | | | | | | |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |

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

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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

Page 11

Generated on: 4/14/2021 10:01:08 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| ALT INT WEEKLY 1st CHOI | Total | 1 | | | | | | | | | | | | | |
| DOMINOS PIZZA | SLICE | 1 | 280 | 25 | 450 | 3.00 | 1.80 | 450.0 | 9.0 | 2 | 20.0 | 29.0 | 9.0 | 3.00 | 0.00 |
| FRESH MIXED VEGETABLE CUP | 3/4 CUP | 1 | 99 | 10 | 144 | 2.36 | 0.66 | 30.1 | 34.31 | *2 | 2.42 | 8.31 | 6.21 | 0.57 | 0.00 |
| FRUIT BAR :SPRING (ELE) | 1/2 CUP | 1 | 57 | *0 | 1 | 2.31 | 0.22 | 17.2 | 40.09 | 10 | 0.81 | 14.31 | 0.27 | 0.06 | *0.00 |
| FRUIT, CANNED OPTION | 1/2 C SER VING | 1 | 65 | 0 | 5 | 1.00 | *0.18 | *5.0 | *5.25 | 14 | 0.25 | 16.25 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 846 | *58 | 1490 | 9.17 | *3.41 | *947.3 | *93.17 | *61 | 40.00 | 126.94 | 19.74 | 5.38 | *0.00 |
| % of Calories | | | | | | | | | | *28.6% | 18.9% | 60.0% | 21.0% | 5.7% | *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

| Tue - 05/18/2021 | | | | | | | | | | | | | | | |
|---------------------------------|----------------|---|-----|----|-----|-------|-------|-------|-------|-----|-------|-------|-------|------|-------|
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | |
| BEEF TACO STICK | 1 EACH | 1 | 345 | 52 | 631 | 3.85 | 2.77 | 328.8 | 6.37 | 1 | 20.07 | 31.87 | 12.82 | 8.35 | 0.00 |
| REFRIED BEANS | 1/2 CUP | 1 | 200 | 5 | 701 | 10.00 | 2.40 | 50.4 | 25.2 | 0 | 8.0 | 28.0 | 6.0 | 2.00 | *0.00 |
| FRUIT BAR :SPRING (ELE) | 1/2 CUP | 1 | 57 | *0 | 1 | 2.31 | 0.22 | 17.2 | 40.09 | 10 | 0.81 | 14.31 | 0.27 | 0.06 | *0.00 |
| FRUIT, CANNED OPTION | 1/2 C SER VING | 1 | 65 | 0 | 5 | 1.00 | *0.18 | *5.0 | *5.25 | 14 | 0.25 | 16.25 | 0.0 | 0.00 | 0.00 |
| CUCUMBERS: 1/2 CUP | 1/2 CUP | 1 | 106 | 20 | 251 | 0.42 | 0.13 | 8.3 | 1.9 | 1 | 0.35 | 1.29 | 9.1 | 2.05 | 0.00 |
| COOKIE: PUMPKIN CHOCOLATE CHIP | COOKIE | 1 | 187 | 10 | 184 | 5.97 | 1.30 | 56.4 | 0.01 | *10 | 3.31 | 28.69 | 7.79 | 3.12 | *0.00 |
| SALSA PICANTE | 1 OZ | 1 | 6 | 0 | 158 | 0.19 | 0.00 | 0.0 | 0.0 | 1 | 0.25 | 1.4 | 0.12 | 0.01 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |

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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

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| ALT INT WEEKLY 1st CHOI | Total | 1 | | | | | | | | | | | | | |
| SPICY CHICKEN SANDWICH | 1 EACH | 1 | 342 | 30 | 613 | 5.02 | 3.25 | 80.2 | 3.6 | 3 | 21.12 | 38.1 | 12.59 | 2.52 | 0.00 |
| SHREDDED LETTUCE & TOMAT | 1/2 CUP | 1 | 13 | 0 | 6 | 1.04 | 0.31 | 9.6 | 6.48 | 2 | 0.91 | 2.67 | 0.08 | 0.01 | 0.00 |
| O-DELI | | | | | | | | | | | | | | | |
| BEANS, BAKED WITH TOMATO | 1/2 C SER | 1 | 180 | 0 | 550 | 5.00 | 1.80 | 40.0 | *N/A* | 17 | 7.0 | 36.0 | 1.0 | 0.00 | 0.00 |
| PASTE | VING | | | | | | | | | | | | | | |
| FRUIT BAR :SPRING (ELE) | 1/2 CUP | 1 | 57 | *0 | 1 | 2.31 | 0.22 | 17.2 | 40.09 | 10 | 0.81 | 14.31 | 0.27 | 0.06 | *0.00 |
| FRUIT, CANNED OPTION | 1/2 C SER | 1 | 65 | 0 | 5 | 1.00 | *0.18 | *5.0 | *5.25 | 14 | 0.25 | 16.25 | 0.0 | 0.00 | 0.00 |
| | VING | | | | | | | | | | | | | | |
| PICKLE:, CHIPS | 1 OZ. | 1 | 5 | 0 | 340 | 0.00 | 0.00 | 0.0 | 0.0 | 1 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| LIGHT MAYONNAISE | POUCH | 1 | 40 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 4.0 | 0.50 | 0.00 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 2.43 | 8 | 0.0 | 10.12 | 0.0 | 0.00 | 0.00 |
| BARBAQUE SAUCE: P/C | 1 Each | 1 | 50 | 0 | 430 | 0.00 | 0.36 | 20.0 | 2.4 | *N/A* | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| REE | | | | | | | | | | | | | | | |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 1109 | *76 | 2457 | 19.05 | *6.57 | *919.0 | *73.14 | *75 | 47.56 | 159.62 | 29.52 | 10.83 | *0.00 |
| % of Calories | | | | | | | | | | *27.2% | 17.2% | 57.6% | 24.0% | 8.8% | *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

| Wed - 05/19/2021 | | | | | | | | | | | | | | | |
|-----------------------------|-----------|---|-----|----|-----|------|-------|-------|-------|-------|------|-------|------|------|-------|
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | |
| HAM - COBBLE STREET | SLICE | 1 | 140 | 45 | 840 | 0.00 | 0.36 | 0.0 | 0.0 | 1 | 13.0 | 2.0 | 9.0 | 3.00 | 0.00 |
| BUTTER MASHED POTATOES-se | 2/3 cup | 1 | 130 | 5 | 420 | 9.00 | 0.36 | 20.0 | 0.0 | 0 | 2.0 | 18.0 | 5.0 | 2.50 | 0.00 |
| GRAVY, COUNTRY: (CUSTOM) | 1/4 Cup | 1 | 30 | 0 | 147 | 0.00 | 0.04 | 7.7 | 0.0 | *1 | 0.0 | 6.0 | 0.5 | 0.50 | 0.00 |
| SUNSHINE CARROTS 1/2 CUP | 1/2 C SER | 1 | 47 | 0 | 80 | 4.00 | 0.96 | 26.7 | 3.2 | *N/A* | 0.0 | 9.34 | 0.0 | 0.00 | 0.00 |
| | VING | | | | | | | | | | | | | | |
| ROLL: 2 OZ SCHOOL MADE | ROLL | 1 | 141 | 11 | 309 | 4.65 | 1.35 | 14.1 | 0.0 | *1 | 3.87 | 27.1 | 2.79 | 0.98 | *0.00 |
| MARGARINE REDDIES: (1) | 1 Patty | 1 | 35 | 0 | 40 | 0.00 | 0.00 | 0.0 | 0.0 | *N/A* | 0.0 | 0.0 | 4.0 | 1.00 | 0.00 |
| FRUIT BAR :SPRING (ELE) | 1/2 CUP | 1 | 57 | *0 | 1 | 2.31 | 0.22 | 17.2 | 40.09 | 10 | 0.81 | 14.31 | 0.27 | 0.06 | *0.00 |
| FRUIT, CANNED OPTION | 1/2 C SER | 1 | 65 | 0 | 5 | 1.00 | *0.18 | *5.0 | *5.25 | 14 | 0.25 | 16.25 | 0.0 | 0.00 | 0.00 |
| | VING | | | | | | | | | | | | | | |
| MILK : CHOCOLATE MILK FAT F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| REE | | | | | | | | | | | | | | | |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |

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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

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|---------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| ALT INT WEEKLY 1st CHOI | Total | 1 | | | | | | | | | | | | | |
| GRILLED CHEESE-WW BREAD | 1 EACH | 1 | 427 | 50 | 1124 | 2.00 | 1.44 | 380.0 | 2.4 | *4 | 16.0 | 32.0 | 26.42 | 13.04 | 0.00 |
| SOUP, TOMATO (Campbells)(Sec) | 1 Cup | 1 | 70 | 0 | 654 | 1.00 | 0.72 | 3.6 | 6.0 | 9 | 2.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| GOLDFISH CRACKERS | SERVING | 1 | 100 | 0 | 170 | 1.00 | 0.72 | 20.0 | 0.0 | 0 | 2.0 | 14.0 | 4.0 | 0.50 | 0.00 |
| FRUIT BAR :SPRING (ELE) | 1/2 CUP | 1 | 57 | *0 | 1 | 2.31 | 0.22 | 17.2 | 40.09 | 10 | 0.81 | 14.31 | 0.27 | 0.06 | *0.00 |
| FRUIT, CANNED OPTION | 1/2 C SERVING | 1 | 65 | 0 | 5 | 1.00 | *0.18 | *5.0 | *5.25 | 14 | 0.25 | 16.25 | 0.0 | 0.00 | 0.00 |
| FRESH MIXED VEGETABLE CUP | 3/4 CUP | 1 | 99 | 10 | 144 | 2.36 | 0.66 | 30.1 | 34.31 | *2 | 2.42 | 8.31 | 6.21 | 0.57 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 962 | *75 | 2280 | 15.32 | *3.71 | *873.2 | *71.90 | *63 | 37.70 | 129.93 | 31.73 | 12.60 | *0.00 |
| % of Calories | | | | | | | | | | *26.1% | 15.7% | 54.1% | 29.7% | 11.8% | *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

| Thu - 05/20/2021 | | | | | | | | | | | | | | | |
|------------------------|-------|---|-----|---|---|------|------|--------|-------|------|-------|------|--------|--------|------|
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | |
| Cooks Choice Entree | 1each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| % of Calories | | | | | | | | | | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

| Fri - 05/21/2021 | | | | | | | | | | | | | | | |
|------------------------|-------|---|-----|---|---|------|------|--------|-------|------|-------|------|--------|--------|------|
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | |
| Cooks Choice Entree | 1each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| % of Calories | | | | | | | | | | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% | 0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

| Mon - 05/24/2021 | | | | | | | | | | | | | | | |
|------------------------|-------|---|---|---|---|------|------|-----|-----|---|-----|-----|-----|------|------|
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | |
| Cooks Choice Entree | 1each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |

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May 3, 2021 thru May 26, 2021

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

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average % of Calories | | | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 16.70 | 0.0% | 15.00 | | <=30.0 | <10.00 | |

| Tue - 05/25/2021 | | | | | | | | | | | | | | | |
|--|-------------|---|-----|---|---|------|------|--------|-------|---|-------|------|--------|--------|------|
| INTERMEDIATE LUNCH 6-8 Cooks Choice Entree | Total 1each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average % of Calories | | | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

| Wed - 05/26/2021 | | | | | | | | | | | | | | | |
|--|-------------|---|-----|---|---|------|------|--------|-------|---|-------|------|--------|--------|------|
| INTERMEDIATE LUNCH 6-8 Cooks Choice Entree | Total 1each | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average % of Calories | | | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | |
|------------------|--|--|-----|------|------|-------|-------|--------|--------|---------------|----------------|-----------------|----------------|--------------|----------------|
| Weighted Average | | | 957 | *102 | 2050 | 12.71 | *6.71 | *895.2 | *72.82 | *68 *64.1% | 41.94 17.5% | 136.54 57.1% | 26.78 25.2% | 9.12 8.6% | *0.02 *0.0% |
|------------------|--|--|-----|------|------|-------|-------|--------|--------|---------------|----------------|-----------------|----------------|--------------|----------------|

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 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.

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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Generated on: 4/14/2021 10:01:08 AM

| Nutrient | Menu AVG | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|----------------------------|----------|--------------|---------------|-------------|-------------|-----------|-----------|-------------------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| | | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) | | | | | | | | |
| Calories | 957 | | 783 | 122% | | | | | | | | | | | | |
| Cholesterol (mg) | 102 | | | | Missing | | | | | | | | | | | |
| Sodium 1 (mg) | 2050 | | | | | | | | 2050 | | | | | | | |
| Sodium 2 (mg) | 2050 | | | | | | | | 2050 | | | | | | | |
| Fiber (g) | 12.71 | | | | | | | | | | | | | | | |
| Iron (mg) | 6.71 | | 4.50 | 149% | Missing | | | | | | | | | | | |
| Calcium (mg) | 895.2 | | 400.00 | 224% | Missing | | | | | | | | | | | |
| Sugars (g) | 68 | 28.47% | | | Missing | | | | | | | | | | | |
| Vitamin C (mg) | 72.82 | | 16.70 | 436% | Missing | | | | | | | | | | | |
| Protein (g) | 41.94 | 17.53% | 15.00 | 280% | | | | | | | | | | | | |
| Carbohydrate (g) | 136.54 | 57.06% | | | | | | | | | | | | | | |
| Total Fat (g) | 26.78 | 25.18% | <=30.00% | | | | | | | | | | | | | |
| Saturated Fat (g) | 9.12 | 8.57% | <10.00% | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.02 | 0.02% | | | Missing | | | | | | | | | | | |

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

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

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