

Washington County School District

May 3, 2021 thru May 26, 2021

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)	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															
SECONDARY LUNCH 9-12	Total	1													
CHICKEN SANDWICH - SEC - 202	FILLET	1	371	70	682	4.00	3.25	100.1	3.6	5	29.08	41.05	10.53	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. 3/4 CUP	6 OZ	1	280	0	600	4.00	0.72	0.0	9.6	0	4.0	44.0	10.0	3.00	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
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	0.43	33.1	77.1	19	1.55	27.51	0.52	0.11	*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
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
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
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
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
ALT SEC WEEKLY 1st CHO	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
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.92	0.80	38.4	50.91	*2	3.0	9.73	6.29	0.60	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	0.43	33.1	77.1	19	1.55	27.51	0.52	0.11	*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			1096	*75	1950	14.11	*4.56	*962.1	*145.32	*85	47.51	168.70	26.08	6.20	*0.00
% of Calories										*30.8%	17.3%	61.5%	21.4%	5.1%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=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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Washington County School District

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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)	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															
SECONDARY LUNCH 9-12	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 -.5OZ	.5 OZ	1	56	13	86	0.00	0.00	101.2	0.0	0	3.04	0.51	4.56	3.04	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 (SEC)	1 CUP	1	109	*0	2	4.45	0.43	33.1	77.1	19	1.55	27.51	0.52	0.11	*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 SEC WEEKLY 1st CHO	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 & 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
CARROT STICKS 1/2 CUP	1/2 CUP	1	136	20	311	2.46	0.26	29.0	5.19	4	0.82	8.42	9.21	2.03	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	0.43	33.1	77.1	19	1.55	27.51	0.52	0.11	*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
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
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			1132	*76	2920	19.35	*6.04	*918.3	*112.48	*86	48.35	169.80	28.59	8.77	*0.00
% of Calories										*30.3%	17.1%	60.0%	22.7%	7.0%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

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

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/05/2021															
SECONDARY LUNCH 9-12	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
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	0.43	33.1	77.1	19	1.55	27.51	0.52	0.11	*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
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
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 SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	109	*0	2	4.45	0.43	33.1	77.1	19	1.55	27.51	0.52	0.11	*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
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.92	0.80	38.4	50.91	*2	3.0	9.73	6.29	0.60	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			978	*76	2335	16.73	*3.54	*876.1	*115.61	*71	44.76	138.84	27.94	10.92	*0.00
% of Calories										*29.2%	18.3%	56.8%	25.7%	10.1%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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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)
Thu - 05/06/2021															
SECONDARY LUNCH 9-12	Total	1													
ORANGE CHICKEN	3.6 OZ SE R VING	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 (SEC)	1 CUP	1	160	0	139	2.00	0.72	2.2	0.0	*0	4.0	32.96	1.5	0.00	*0.00
NORMANDY VEGETABLES 1 CUP	1 CUP	1	30	0	30	2.00	0.00	0.0	15.0	3	1.0	5.0	0.0	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	0.43	33.1	77.1	19	1.55	27.51	0.52	0.11	*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
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 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 SEC WEEKLY 1st CHO															
CALZONE, MINI, WG	Total	1													
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. 3/4 CUP	6 OZ	1	280	0	600	4.00	0.72	0.0	9.6	0	4.0	44.0	10.0	3.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	0.43	33.1	77.1	19	1.55	27.51	0.52	0.11	*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 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			1037	*203	1894	13.48	*3.81	*794.1	*104.54	*85	38.70	172.94	21.01	7.55	*0.00
% of Calories										*32.8%	14.9%	66.7%	18.2%	6.6%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

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Fri - 05/07/2021															
SECONDARY LUNCH 9-12	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
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
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 (SEC)	1 CUP	1	109	*0	2	4.45	0.43	33.1	77.1	19	1.55	27.51	0.52	0.11	*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 SEC WEEKLY 1st CHO	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 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-3/4 CUP	12 PIECES	1	210	0	420	3.00	1.08	0.0	3.6	0	3.0	24.0	10.5	2.25	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
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	0.43	33.1	77.1	19	1.55	27.51	0.52	0.11	*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
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			1029	*216	2127	12.14	20.48	875.2	93.12	*64	44.20	134.56	36.27	10.62	*0.00
% of Calories										*25.0%	17.2%	52.3%	31.7%	9.3%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

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: 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)	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															
SECONDARY LUNCH 9-12															
	Total	1													
	MINI CORN DOG NUGGETS (SE	6 EACH	250	60	420	3.00	1.80	100.0	1.2	1	10.0	30.0	10.0	2.50	0.00
	TATER TOTS-3/4 CUP	12 PIECES	210	0	420	3.00	1.08	0.0	3.6	0	3.0	24.0	10.5	2.25	0.00
	FRUIT BAR :SPRING (SEC)	1 CUP	109	*0	2	4.45	0.43	33.1	77.1	19	1.55	27.51	0.52	0.11	*0.00
	FRUIT, CANNED OPTION	1/2 C SERVING	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	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	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	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	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	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	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO															
	Dominos PIZZA	SLICE	280	25	450	3.00	1.80	450.0	9.0	2	20.0	29.0	9.0	3.00	0.00
	MIXED FRESH VEGETABLES:SEC	1 CUP	107	10	151	2.92	0.80	38.4	50.91	*2	3.0	9.73	6.29	0.60	0.00
	FRUIT BAR :SPRING (SEC)	1 CUP	109	*0	2	4.45	0.43	33.1	77.1	19	1.55	27.51	0.52	0.11	*0.00
	FRUIT, CANNED OPTION	1/2 C SERVING	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	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	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			1041	*78	1429	13.66	*3.98	*958.2	*136.84	*86	38.20	154.92	29.85	8.54	*0.00
% of Calories										*33.1%	14.7%	59.6%	25.8%	7.4%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

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Washington County School District

May 3, 2021 thru May 26, 2021

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)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/11/2021															
SECONDARY LUNCH 9-12	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 (SEC)	1 CUP	1	109	*0	2	4.45	0.43	33.1	77.1	19	1.55	27.51	0.52	0.11	*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 SEC WEEKLY 1st CHO	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
CARROT STICKS 1/2 CUP	1/2 CUP	1	136	20	311	2.46	0.26	29.0	5.19	4	0.82	8.42	9.21	2.03	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	0.43	33.1	77.1	19	1.55	27.51	0.52	0.11	*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
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
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 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			1201	*69	2827	21.69	*6.82	*993.7	*113.74	*83	48.05	180.60	31.54	9.20	*0.00
% of Calories										*27.5%	16.0%	60.1%	23.6%	6.9%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

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Washington County School District

May 3, 2021 thru May 26, 2021

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)	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															
SECONDARY LUNCH 9-12	Total	1													
TERIYAKI BEEF NUGGETS	4 Nugget	1	160	40	440	1.00	1.44	20.0	0.0	4	14.0	6.0	8.0	3.50	0.50
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 (SEC)	1 CUP	1	109	*0	2	4.45	0.43	33.1	77.1	19	1.55	27.51	0.52	0.11	*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
ALT SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	109	*0	2	4.45	0.43	33.1	77.1	19	1.55	27.51	0.52	0.11	*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
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.92	0.80	38.4	50.91	*2	3.0	9.73	6.29	0.60	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			1006	*73	2108	17.23	*4.03	*886.6	*115.61	*74	39.74	141.09	31.74	12.67	*0.25
% of Calories										*29.3%	15.8%	56.1%	28.4%	11.3%	*0.2%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

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Washington County School District

May 3, 2021 thru May 26, 2021

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC 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															
SECONDARY LUNCH 9-12	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 : SEC	8 OZ	1	219	0	977	3.37	2.42	33.7	8.09	*N/A*	5.05	40.42	4.21	0.00	0.00
NORMANDY VEGETABLES 1 CUP	1 CUP	1	30	0	30	2.00	0.00	0.0	15.0	3	1.0	5.0	0.0	0.00	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	54.07	17	1.32	25.18	0.41	0.10	*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
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 SEC WEEKLY 1st CHO															
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. 3/4 CUP	6 OZ	1	280	0	600	4.00	0.72	0.0	9.6	0	4.0	44.0	10.0	3.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	0.43	33.1	77.1	19	1.55	27.51	0.52	0.11	*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			1091	*205	2230	14.31	*4.98	*794.6	*96.46	*83	42.46	175.34	24.57	8.36	*0.00
% of Calories										*30.4%	15.6%	64.3%	20.3%	6.9%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

Fri - 05/14/2021															
SECONDARY LUNCH 9-12	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 (SEC)	1 CUP	1	109	*0	2	4.45	0.43	33.1	77.1	19	1.55	27.51	0.52	0.11	*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

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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)
ALT SEC WEEKLY 1st CHO	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-3/4 CUP	12 PIECES	1	210	0	420	3.00	1.08	0.0	3.6	0	3.0	24.0	10.5	2.25	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
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	0.43	33.1	77.1	19	1.55	27.51	0.52	0.11	*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
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			1007	*72	1825	10.40	19.68	1072.8	93.15	*66	44.70	129.35	36.02	13.20	*0.00
% of Calories										*26.1%	17.8%	51.4%	32.2%	11.8%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

Mon - 05/17/2021															
SECONDARY LUNCH 9-12	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. 3/4 CUP	6 OZ	1	280	0	600	4.00	0.72	0.0	9.6	0	4.0	44.0	10.0	3.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	0.43	33.1	77.1	19	1.55	27.51	0.52	0.11	*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															
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
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 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: 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)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC WEEKLY 1st CHO	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
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.92	0.80	38.4	50.91	*2	3.0	9.73	6.29	0.60	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	0.43	33.1	77.1	19	1.55	27.51	0.52	0.11	*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			972	*58	1644	12.59	*3.86	*967.3	*140.88	*70	42.03	151.86	22.53	6.20	*0.00
% of Calories										*28.7%	17.3%	62.5%	20.8%	5.7%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

Tue - 05/18/2021															
SECONDARY LUNCH 9-12	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 (SEC)	1 CUP	1	109	*0	2	4.45	0.43	33.1	77.1	19	1.55	27.51	0.52	0.11	*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
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
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
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: SECONDARY LUNCH 9-12/ALT SEC 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 SEC WEEKLY 1st CHO	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
CARROT STICKS 1/2 CUP	1/2 CUP	1	136	20	311	2.46	0.26	29.0	5.19	4	0.82	8.42	9.21	2.03	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	0.43	33.1	77.1	19	1.55	27.51	0.52	0.11	*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
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
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 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 % of Calories			1229	*86	2613	22.42	*6.90	*949.4	*112.74	*86	48.72	177.04	34.37	11.90	*0.00
Nutrient Guideline			846				4.50	400.00	19.20	*28.1%	15.9%	57.6%	25.2%	8.7%	*0.0%
											16.70		<=30.0	<10.00	

Wed - 05/19/2021															
SECONDARY LUNCH 9-12	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 VING	1	47	0	80	4.00	0.96	26.7	3.2	*N/A*	0.0	9.34	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
FRUIT BAR :SPRING (SEC)	1 CUP	1	109	*0	2	4.45	0.43	33.1	77.1	19	1.55	27.51	0.52	0.11	*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
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
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: SECONDARY LUNCH 9-12/ALT SEC 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 SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	109	*0	2	4.45	0.43	33.1	77.1	19	1.55	27.51	0.52	0.11	*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
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.92	0.80	38.4	50.91	*2	3.0	9.73	6.29	0.60	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			1017	*75	2285	17.74	*3.98	*893.3	*117.21	*72	38.74	143.84	32.02	12.67	*0.00
% of Calories										*28.2%	15.2%	56.6%	28.3%	11.2%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

Thu - 05/20/2021															
SECONDARY LUNCH 9-12	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			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

Fri - 05/21/2021															
SECONDARY LUNCH 9-12	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			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

Mon - 05/24/2021															
SECONDARY LUNCH 9-12	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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Washington County School District

May 3, 2021 thru May 26, 2021

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)	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			846				4.50	400.00	19.20	0.0%	16.70		<=30.0	<10.00	

Tue - 05/25/2021															
SECONDARY LUNCH 9-12	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 % 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			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

Wed - 05/26/2021															
SECONDARY LUNCH 9-12	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 % 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			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

Weighted Average			1064	*105	2168	15.83	*7.13	*918.6	*115.21	*78	43.55	156.84	29.42	9.75	*0.02
										*65.7%	16.4%	58.9%	24.9%	8.2%	*0.0%

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Washington County School District

May 3, 2021 thru May 26, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

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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	1064		846	126%												
Cholesterol (mg)	105				Missing											
Sodium 1 (mg)	2168								2168							
Sodium 2 (mg)	2168								2168							
Fiber (g)	15.83															
Iron (mg)	7.13		4.50	158%	Missing											
Calcium (mg)	918.6		400.00	230%	Missing											
Sugars (g)	78	29.18%			Missing											
Vitamin C (mg)	115.21		19.20	600%	Missing											
Protein (g)	43.55	16.36%	16.70	261%												
Carbohydrate (g)	156.84	58.93%														
Total Fat (g)	29.42	24.88%	<=30.00%													
Saturated Fat (g)	9.75	8.25%	<10.00%													
Trans Fat ¹ (g)	0.02	0.02%			Missing											

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