

Washington County School District

May 1, 2023 thru May 25, 2023

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 - 05/01/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN BITES-SEC	5 PIECES	1	23.01
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	33.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
DINNER SALAD	1 CUP	1	7.49
TWIN BAR, WG	SERVINGS	1	43.0
KETCHUP : P/C	PC	1	10.12
BARBAQUE SAUCE: P/C	1 Each	1	13.0
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	
DOMINOS PIZZA	SLICE	1	29.0
BREADSTICK, CHEESE WG	SERVING	1	15.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MARINARA SAUCE	1/2 CUP	1	11.93
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
Weighted Daily Average			157.36
% of Calories			56.3%
Nutrient Guideline			

Tue - 05/02/2023			
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, V V	1/2 C SERVINGS	1	24.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	11.53
GRAHAM, TIGER BITES ORIGINAL	SERVINGS	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	
NACHOS	SERVINGS	1	48.5
CHILI, THREE BEAN JTM	1/4 CUP	1	9.5
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	2.86
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			128.77
% of Calories			50.4%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 05/03/2023			
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
ROLLS - NO EGGS	SERVINGS	1	23.19
MARGARINE REDDIES: (1)	1 Patty	1	0.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
HAMBURGER - OPTION LINE	SERVINGS	1	27.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
CARROT STICKS 3/4 CUP	3/4 CUP	1	3.53
CHIPS: DORITOS	bag	1	19.62
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PICKLE:, CHIPS	1 OZ.	1	1.0
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			107.95
% of Calories			51.4%
Nutrient Guideline			

Thu - 05/04/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
ORANGE CHICKEN	3.92 OZ	1	17.04
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	16.48
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	3.75
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 3 THURSDAY'S:INTERM	1/2 CUP	1	5.1
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 :ELEMENTARY	1/2 CUP	1	14.48
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			129.43
% of Calories			60.8%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Fri - 05/05/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
DINNER SALAD	1 CUP	1	7.49
GRAHAMS, TIGER BITES CINNAMON	SERVINGS	1	21.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MARINARA SAUCE	1/2 CUP	1	11.93
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
DELI SANDWICH	SANDWICH	1	23.65
APPLE OR ORANGE	1 EACH	1	18.21
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
CHIPS: DORITOS	BAG	1	19.62
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MUSTARD:, P/C	1 Each	1	0.33
LIGHT MAYONNAISE	POUCH	1	0.0
DESSERT FRIDAY - CHOOSE ONE	1 EACH	1	21.88
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			126.01
% of Calories			48.4%
Nutrient Guideline			

Mon - 05/08/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
MINI CORN DOG NUGGETS (SEC)	6 EACH	1	30.0
TATER TOTS - MCCAIN	9 PIECES	1	17.04
CARROT STICKS 1/2 CUP	1/2 CUP	1	8.42
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
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
BREADSTICK, CHEESE WG	SERVING	1	15.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MARINARA SAUCE	1/2 CUP	1	11.93
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
Weighted Daily Average			146.92
% of Calories			56.5%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 05/09/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN BURRITO	SERVINGS	1	23.43
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	8.42
BROWNIE CUP, WG	BROWNIE	1	26.5
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	11.53
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			
NACHOS	Total	1	
CHILI, THREE BEAN JTM	SERVINGS	1	48.5
LETTUCE & TOMATO:3/4 CUP-TACOS	1/4 CUP	1	9.5
FRUIT BAR : SECONDARY	3/4 CUP	1	2.86
SALSA PICANTE	1 CUP	1	22.62
MILK : CHOCOLATE MILK FAT FREE	1 OZ	1	1.4
MILK 1% WHITE	CARTON	1	20.0
	CARTON	1	13.0
Weighted Daily Average			134.38
% of Calories			49.7%
Nutrient Guideline			

Wed - 05/10/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN NOODLE SOUP: USDA 1C.	1 CUP	1	28.35
BREADSTICK, CHEESE WG	SERVING	1	15.0
TOMATO, CUCUMBER, CARROTS:INTE	3/4 CUP	1	11.38
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI			
HAMBURGER - OPTION LINE	Total	1	
SHREDDED LETTUCE & TOMATO-DELI	SERVINGS	1	27.0
CARROT STICKS 3/4 CUP	1/2 CUP	1	2.67
CHIPS: DORITOS	3/4 CUP	1	3.53
FRUIT BAR :ELEMENTARY	bag	1	19.62
PICKLE:, CHIPS	1/2 CUP	1	14.48
KETCHUP : P/C	1 OZ.	1	1.0
MUSTARD:, P/C	PC	1	10.12
LIGHT MAYONNAISE	1 Each	1	0.33
MILK : CHOCOLATE MILK FAT FREE	POUCH	1	0.0
MILK 1% WHITE	CARTON	1	20.0
	CARTON	1	13.0
Weighted Daily Average			111.05
% of Calories			51.5%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 05/11/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
GENERAL TSO'S CHICKEN	3.9oz SERVING	1	24.0
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	16.48
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	3.75
MARSHMALLOW RICE TREAT	1 EACH	1	15.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
SALAD BAR: 3 THURSDAY'S:INTERM	1/2 CUP	1	5.1
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8
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 :ELEMENTARY	1/2 CUP	1	14.48
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			129.57
% of Calories			62.4%
Nutrient Guideline			

Fri - 05/12/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	1	34.0
DINNER SALAD	1 CUP	1	7.49
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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
ALT INT WEEKLY 1st CHOI	Total	1	
DELI SANDWICH	SANDWICH	1	23.65
APPLE OR ORANGE	1 EACH	1	18.21
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
CHIPS: DORITOS	BAG	1	19.62
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MUSTARD:, P/C	1 Each	1	0.33
LIGHT MAYONNAISE	POUCH	1	0.0
DESSERT FRIDAY - CHOOSE ONE	1 EACH	1	21.88
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			123.30
% of Calories			47.9%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 05/15/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN CORDON BLEU	SANDWICHES	1	46.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	22.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PEARS, DICED, CANNED	1/2 CUP	1	16.0
CREAMIES JR.	CREAMIE	1	14.0
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
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
BREADSTICK, CHEESE WG	SERVING	1	15.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MARINARA SAUCE	1/2 CUP	1	11.93
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
Weighted Daily Average			135.53
% of Calories			52.2%
Nutrient Guideline			

Tue - 05/16/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
BEEF TACO STICK	1 EACH	1	31.87
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	8.42
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	11.53
APPLE FILLED DONUT	SERVINGS	1	33.0
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	
NACHOS	SERVINGS	1	48.5
CHILI, THREE BEAN JTM	1/4 CUP	1	9.5
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	2.86
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			137.79
% of Calories			46.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 05/17/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
TERIYAKI BEEF NUGGETS	4 Nugget	1	6.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
GRAVY, BROWN LOW SODIUM	1/4 CUP	1	0.37
CORN 1/2 CUP	1/2 CUP	1	15.0
WHOLE GRAIN BISCUIT: RICH'S	BISCUIT	1	23.0
MARGARINE REDDIES: (1)	1 Patty	1	0.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
HAMBURGER - OPTION LINE	SERVINGS	1	27.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
CARROT STICKS 3/4 CUP	3/4 CUP	1	3.53
CHIPS: DORITOS	bag	1	19.62
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PICKLE:, CHIPS	1 OZ.	1	1.0
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			110.80
% of Calories			49.0%
Nutrient Guideline			

Thu - 05/18/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
TERIYAKI CHICKEN	2.4 OZ	1	6.0
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	24.01
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	3.75
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
SALAD BAR: 3 THURSDAY'S:INTERM	1/2 CUP	1	5.1
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	22.59
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 :ELEMENTARY	1/2 CUP	1	14.48
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			120.23
% of Calories			59.4%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 05/19/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
DINNER SALAD	1 CUP	1	7.49
FRUIT BAR : SECONDARY	1 CUP	1	22.62
GRAHAM, TIGER BITES, CHOCOLATE RANCH: (WILD COYOTE LITE)	SERVINGS	1	21.0
MARINARA SAUCE	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	1/2 CUP	1	11.93
MILK 1% WHITE	CARTON	1	20.0
ALT INT WEEKLY 1st CHOI	CARTON	1	13.0
DELTA SANDWICH	Total	1	
APPLE OR ORANGE	SANDWICH	1	23.65
FRESH MIXED VEGETABLE CUP	1 EACH	1	18.21
CHIPS: DORITOS	3/4 CUP	1	8.31
RANCH: (WILD COYOTE LITE)	BAG	1	19.62
MUSTARD:, P/C	PC CUP	1	2.0
LIGHT MAYONNAISE	1 Each	1	0.33
DESSERT FRIDAY - CHOOSE ONE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	1 EACH	1	21.88
MILK 1% WHITE	CARTON	1	20.0
	CARTON	1	13.0
Weighted Daily Average			126.01
% of Calories			48.4%
Nutrient Guideline			

Mon - 05/22/2023			
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 - 05/23/2023			
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 - 05/24/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
Cooks Choice Entree	1each	1	0.0
Weighted Daily Average			0.00
% of Calories			0.0%
Nutrient Guideline			

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 1, 2023 thru May 25, 2023

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)
Thu - 05/25/2023			
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			128.34 52.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	128.34	52.43%						

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

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