

Washington County School District

Nov 1, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

ELEMENTARY LUNCH

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 - 11/02/2020															
ELEMENTARY LUNCH	Total	1													
POPCORN CHICKEN - GOLD KIS	10 PIECES	1	293	81	487	3.00	2.00	18.0	0.0	0	18.0	17.0	17.0	3.00	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 :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
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 CRACKER STIC	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
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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			1012	*106	2115	10.26	4.24	781.9	74.58	*48	41.08	136.02	34.41	7.62	*0.00
% of Calories										*19.2%	16.2%	53.7%	30.6%	6.8%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

	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 - 11/03/2020															
ELEMENTARY LUNCH	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	164	0	546	8.21	1.85	42.7	25.86	0	8.21	23.6	4.62	1.54	*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
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 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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			1078	*97	2075	20.54	6.20	1050.1	64.78	*51	48.85	131.43	37.14	16.61	*0.00
% of Calories										*19.0%	18.1%	48.8%	31.0%	13.9%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

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

Portion Values - Detailed

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	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 - 11/04/2020															
ELEMENTARY LUNCH	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
MASHED POTATOES,from Dry mix	1/2 CUP	1	80	0	314	1.00	0.37	22.4	30.04	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	5	0	26	0.00	0.01	1.1	0.0	*0	0.0	1.06	0.18	0.09	0.00
SUNSHINE CARROTS 1/2 CUP	1/2 C SERVING	1	47	0	80	4.00	0.96	26.7	3.2	*N/A*	0.0	9.34	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
ROLL: 2 OZ SCHOOL MADE	ROLL	1	138	11	376	4.70	1.36	14.1	0.0	*1	3.93	27.16	2.34	0.80	*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 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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			714	*71	1982	11.60	3.20	678.1	63.88	*42	35.59	101.18	19.23	6.44	*0.00
% of Calories										*23.4%	19.9%	56.7%	24.2%	8.1%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

	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)
Thu - 11/05/2020															
ELEMENTARY LUNCH	Total	1													
TERIYAKI CHICKEN	2.4 OZ	1	115	70	330	0.00	0.72	0.0	0.0	6	15.0	6.0	3.5	1.00	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
BROWNIE CUP, WG	BROWNIE	1	149	2	74	2.00	0.60	0.1	0.5	15	1.6	26.5	4.0	0.70	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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			686	*87	1313	7.41	2.90	633.9	47.19	*62	37.01	104.85	12.71	3.25	*0.00
% of Calories										*35.9%	21.6%	61.1%	16.7%	4.3%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

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Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	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)
Fri - 11/06/2020															
ELEMENTARY LUNCH	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
GARLIC TWIST	2 OZ	1	141	11	384	4.71	1.37	21.2	0.0	*1	4.18	27.29	2.59	0.92	*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
FROZEN JUICE CUP	1 EACH	1	72	0	8	3.10	0.37	82.7	62.05	17	0.0	19.65	0.0	0.00	0.00
LEFLEUR'S LITE RANCH- ELE.	CONTAIN	1	100	20	250	0.00	0.00	0.0	0.0	0	0.0	0.0	9.0	2.00	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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			894	369	2113	12.91	4.99	894.9	75.56	*54	38.25	118.19	32.60	9.42	*0.00
% of Calories										*24.1%	17.1%	52.9%	32.8%	9.5%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

	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)
Mon - 11/09/2020															
ELEMENTARY LUNCH	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
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
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 :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
CHOCOLATE CHIP COOKIES	1 EACH	1	136	14	173	1.44	0.68	37.1	0.0	*8	2.19	18.48	6.34	2.65	*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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			1014	*98	2377	8.64	36.24	884.1	44.37	*60	48.05	116.29	39.49	14.62	*0.00
% of Calories										*23.8%	19.0%	45.9%	35.1%	13.0%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

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Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	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)
Tue - 11/10/2020															
ELEMENTARY LUNCH	Total	1													
TACO SOUP	1 CUP	1	257	50	1050	6.33	3.47	75.5	13.97	*5	19.5	21.74	9.97	3.40	*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
CINNAMON ROLL W. W.W. BRID GFOR	ROLL	1	210	0	250	3.99	1.44	20.0	1.2	8	5.99	34.94	4.99	1.00	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	129	20	299	2.36	0.66	30.1	34.31	*1	1.42	6.31	9.21	2.07	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
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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			893	*92	1947	14.58	5.71	790.0	80.11	*53	45.08	107.83	29.15	9.54	*0.00
% of Calories										*23.6%	20.2%	48.3%	29.4%	9.6%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

Wed - 11/11/2020															
ELEMENTARY LUNCH	Total	1													
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	59	321	3.00	1.00	15.0	0.0	0	17.0	15.0	14.0	3.00	0.00
MASHED POTATOES,from Dry mix	1/2 CUP	1	80	0	314	1.00	0.37	22.4	30.04	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	19	0	135	0.00	0.01	1.1	0.0	*1	0.95	2.86	0.48	0.00	0.00
CORN 1/2 CUP	1/2 CUP	1	65	0	15	2.00	*N/A*	*N/A*	*N/A*	3	2.0	15.0	1.0	0.00	0.00
CRUMB SQUARE-DAVE'S BAKER	1 EACH	1	283	32	215	3.00	1.20	16.0	0.1	16	2.1	47.0	9.0	1.20	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
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
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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			1021	*106	1736	10.91	*3.08	*688.4	*63.18	*60	40.71	154.47	28.18	5.75	*0.00
% of Calories										*23.5%	16.0%	60.5%	24.9%	5.1%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

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Thu - 11/12/2020															
ELEMENTARY LUNCH	Total	1													
NEW ORLEANS/MANDARIN CHICKEN E	2.85 oz	1	189	76	581	0.00	1.36	*N/A*	*N/A*	18	18.95	18.95	3.79	0.63	0.00
VEGETABLE HARVEST RICE PILAF:E	3/4 CUP	1	143	0	555	1.50	1.35	30.2	0.0	*3	3.75	30.75	0.37	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
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
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
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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			894	*91	1785	7.91	4.30	*664.0	*41.88	*69	46.11	131.04	19.87	7.18	*0.00
% of Calories										*31.1%	20.6%	58.6%	20.0%	7.2%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

Fri - 11/13/2020															
ELEMENTARY LUNCH	Total	1													
5" ROUND PEPPERONI PIZZA	PIZZA	1	339	40	669	3.00	1.80	399.3	5.99	4	18.97	30.94	15.97	7.99	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 :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
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
KIND CARAMEL ALMOND MINI BA	BAR	1	100	0	60	4.00	*N/A*	20.0	*N/A*	3	3.0	8.0	8.0	1.50	0.00
LEFLEUR'S LITE RANCH- ELE.	CONTAIN	1	100	20	250	0.00	0.00	0.0	0.0	0	0.0	0.0	9.0	2.00	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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			941	*75	1466	11.02	*2.33	1054.3	*37.59	*46	40.71	103.49	40.73	13.80	*0.00
% of Calories										*19.6%	17.3%	44.0%	38.9%	13.2%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Nov 1, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	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)
Mon - 11/16/2020															
ELEMENTARY LUNCH	Total	1													
HOT DOG W/ BUN	1 EACH	1	220	55	450	2.00	2.16	120.0	8.4	2	13.0	22.0	10.5	2.50	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 :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
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
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
RELISH- DILL PICKLE	SERVING	1	0	0	45	0.00	0.00	0.0	0.0	0	0.0	0.0	0.0	0.00	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
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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			873	*80	1686	8.48	3.32	763.9	80.58	*72	34.30	132.35	24.63	6.12	*0.00
% of Calories										*33.2%	15.7%	60.7%	25.4%	6.3%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

	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)
Tue - 11/17/2020															
ELEMENTARY LUNCH	Total servings	1													
SOFT FLOUR TACO: ELE	1/2 CUP	1	225	49	411	2.00	1.44	120.1	0.6	0	17.01	19.0	9.5	2.70	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
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	164	0	546	8.21	1.85	42.7	25.86	0	8.21	23.6	4.62	1.54	*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
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 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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			826	*70	2621	14.34	4.47	936.8	63.57	49	46.55	112.51	22.80	8.33	*0.00
% of Calories										23.6%	22.5%	54.5%	24.8%	9.1%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Nov 1, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	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 - 11/18/2020															
ELEMENTARY LUNCH	Total	8240													
ROASTED TURKEY: VIP	2.9 OZ	8240	107	47	748	0.00	0.48	0.0	0.0	*N/A*	24.04	1.34	1.34	0.00	0.00
MASHED POTATOES,from Dry mix	1/2 CUP	8240	80	0	314	1.00	0.37	22.4	30.04	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, TURKEY	1/4 Cup	8240	25	0	290	0.00	0.00	0.0	0.0	*N/A*	1.0	4.0	1.0	0.00	0.00
GREEN BEANS: 1/2 C.	1/2 CUP	8240	21	0	266	2.01	0.95	27.6	4.56	*N/A*	1.27	4.77	0.11	0.02	*N/A*
DELUXE FRUIT SALAD	1/2 CUP	1	112	1	108	0.90	0.29	44.8	11.18	*19	1.54	25.58	0.42	0.23	0.00
PUMPKIN PIE :(Sara Lee)	Slice	8240	325	45	380	1.00	1.44	80.0	0.0	*20	5.0	48.0	13.0	8.00	0.00
ROLL: 2 OZ SCHOOL MADE	ROLL	1	138	11	376	4.70	1.36	14.1	0.0	*1	3.93	27.16	2.34	0.80	*0.00
MARGARINE REDDIES: (1)	1 Patty	8240	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	6592	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	1638	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			709	98	2207	4.02	3.25	429.6	36.04	*38	41.30	93.52	20.94	9.32	*0.00
% of Calories										*21.3%	23.3%	52.8%	26.6%	11.8%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

	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)
Thu - 11/19/2020															
ELEMENTARY LUNCH	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 RICE (E LE)	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 :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
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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			734	*70	1343	6.48	2.23	660.0	43.08	*66	33.72	113.16	14.93	5.43	*0.00
% of Calories										*35.9%	18.4%	61.7%	18.3%	6.7%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Nov 1, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	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)
Fri - 11/20/2020															
ELEMENTARY LUNCH	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 :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
LEFLEUR'S LITE RANCH- ELE.	CONTAIN	1	100	20	250	0.00	0.00	0.0	0.0	0	0.0	0.0	9.0	2.00	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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			871	*358	1872	9.00	4.12	844.8	40.54	*55	36.72	109.84	33.21	9.16	*0.00
% of Calories										*25.1%	16.9%	50.5%	34.3%	9.5%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

	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)
Mon - 11/23/2020															
ELEMENTARY LUNCH	Total	1													
MINI CORN DOG NUGGETS (EL EM)	4 EACH	1	167	40	280	2.00	1.20	66.7	0.8	1	6.67	20.0	6.67	1.67	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 :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
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
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
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
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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			1003	*87	1649	10.41	3.32	732.5	70.91	*81	30.12	144.18	34.23	10.23	*0.00
% of Calories										*32.3%	12.0%	57.5%	30.7%	9.2%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Nov 1, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	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)
Tue - 11/24/2020															
ELEMENTARY LUNCH	Total	8345													
NACHO BITES-ELE	8 BITES	8345	270	15	440	3.00	1.44	150.0	2.4	1	11.0	32.0	10.0	4.00	0.00
REFRIED BEANS	1/2 CUP	1	164	0	546	8.21	1.85	42.7	25.86	0	8.21	23.6	4.62	1.54	*0.00
SALSA PICANTE	1 OZ	3821	6	0	158	0.19	0.00	0.0	0.0	1	0.25	1.4	0.12	0.01	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
CUCUMBERS: 1/2 CUP	1/2 CUP	3730	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
MILK : CHOCOLATE MILK FAT F REE	CARTON	7438	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	897	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			438	*29	798	3.27	1.50	453.4	4.59	*19	19.26	52.34	14.39	5.08	*0.00
% of Calories										*17.3%	17.6%	47.8%	29.6%	10.4%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

	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)
Mon - 11/30/2020															
ELEMENTARY LUNCH	Total	1													
POPCORN CHICKEN - GOLD KIS	10 PIECES	1	293	81	487	3.00	2.00	18.0	0.0	0	18.0	17.0	17.0	3.00	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 :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
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 ER STIC	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
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	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			1012	*106	2115	10.26	4.24	781.9	74.58	*48	41.08	136.02	34.41	7.62	*0.00
% of Calories										*19.2%	16.2%	53.7%	30.6%	6.8%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

Weighted Average			867	*116	1845	10.11	*5.53	*762.4	*55.94	*54	39.14	116.60	27.39	8.64	*0.00
										*56.1%	18.0%	53.8%	28.4%	9.0%	*0.0%

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Washington County School District

Nov 1, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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Nutrient	Menu AVG	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)	Error Messages (if any)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall		Overage								
Calories	867		645		135%												
Cholesterol (mg)	116					Missing											
Sodium 1 (mg)	1845								1845								
Sodium 2 (mg)	1845								1845								
Fiber (g)	10.11																
Iron (mg)	5.53		3.30		168%	Missing											
Calcium (mg)	762.4		267.00		286%	Missing											
Sugars (g)	54	24.94%				Missing											
Vitamin C (mg)	55.94		15.00		373%	Missing											
Protein (g)	39.14	18.05%	8.87		441%												
Carbohydrate (g)	116.60	53.77%															
Total Fat (g)	27.39	28.42%	<=30.00%														
Saturated Fat (g)	8.64	8.97%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%				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
 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.