

# Washington County School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 10/20/2020 1:08:01 PM

|                                | 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 <sup>1</sup> (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 11/02/2020               |              |           |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| INTERMEDIATE LUNCH 6-8         | Total        | 1         |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| CHICKEN BITES-SEC              | 6 PIECES     | 1         | 257         | 43          | 585       | 2.00      | 1.00      | 19.0      | 0.0        | 1          | 20.0      | 18.0     | 13.0      | 2.00      | 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                    |
| 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         | 100         | 10          | 125       | 0.00      | 0.00      | 300.0     | 2.4        | 12         | 8.0       | 12.0     | 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 :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         |              |           | 813         | *59         | 1556      | 8.26      | 2.92      | 938.4     | 74.26      | *46        | 41.08     | 109.46   | 24.16     | 5.87      | *0.00                   |
| % of Calories                  |              |           |             |             |           |           |           |           |            | *22.6%     | 20.2%     | 53.9%    | 26.8%     | 6.5%      | *0.0%                   |
| Nutrient Guideline             |              |           | 783         |             |           |           | 4.50      | 400.00    | 16.70      |            | 15.00     |          | <=30.0    | <10.00    |                         |

|                                |         |   |     |    |     |      |      |       |       |     |       |       |       |      |       |
|--------------------------------|---------|---|-----|----|-----|------|------|-------|-------|-----|-------|-------|-------|------|-------|
| Tue - 11/03/2020               |         |   |     |    |     |      |      |       |       |     |       |       |       |      |       |
| 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 | 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  |
| 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 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  |

\*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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Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 2

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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 <sup>1</sup> (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 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 :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                   |
| 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         | 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          |                |           | 1009        | *74         | 2370      | 16.75     | 6.03      | 906.8     | *55.16     | *60        | 47.27     | 138.46   | 28.76     | 10.60     | *0.00                   |
| % of Calories                   |                |           |             |             |           |           |           |           |            | *23.9%     | 18.7%     | 54.9%    | 25.7%     | 9.5%      | *0.0%                   |
| Nutrient Guideline              |                |           | 783         |             |           |           | 4.50      | 400.00    | 16.70      |            | 15.00     |          | <=30.0    | <10.00    |                         |

| Wed - 11/04/2020                |                |   |     |    |     |      |      |       |       |       |      |       |      |      |       |
|---------------------------------|----------------|---|-----|----|-----|------|------|-------|-------|-------|------|-------|------|------|-------|
| 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 | 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 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 | 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  |
| 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  |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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Nov 2, 2020 thru Nov 30, 2020

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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) | Calc (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (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 :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                    |
| 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          |              |           | 865         | *75         | 2243      | 13.93     | 3.43      | 861.6     | 53.59      | *47        | 37.33     | 108.52   | 31.28     | 12.30     | *0.00                   |
| % of Calories                   |              |           |             |             |           |           |           |           |            | *21.8%     | 17.3%     | 50.2%    | 32.5%     | 12.8%     | *0.0%                   |
| Nutrient Guideline              |              |           | 783         |             |           |           | 4.50      | 400.00    | 16.70      |            | 15.00     |          | <=30.0    | <10.00    |                         |

| Thu - 11/05/2020                |          |   |     |      |      |      |      |        |        |        |       |        |        |        |       |
|---------------------------------|----------|---|-----|------|------|------|------|--------|--------|--------|-------|--------|--------|--------|-------|
| INTERMEDIATE LUNCH 6-8          | 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 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  |
| ALT INT WEEKLY 1st CHOI         | 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 :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 |
| 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          |          |   | 765 | *211 | 1679 | 8.65 | 3.32 | 756.3  | *47.00 | *59    | 37.08 | 116.75 | 16.70  | 5.65   | *0.00 |
| % of Calories                   |          |   |     |      |      |      |      |        |        | *30.6% | 19.4% | 61.0%  | 19.6%  | 6.6%   | *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  
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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 <sup>1</sup> (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 11/06/2020                |              |           |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| 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                    |
| 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                    |
| 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         | 100         | 10          | 125       | 0.00      | 0.00      | 300.0     | 2.4        | 12         | 8.0       | 12.0     | 2.5       | 1.50      | 0.00                    |
| 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 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 :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                   |
| 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          |              |           | 937         | *222        | 2172      | 11.05     | 20.45     | 881.0     | 59.96      | *54        | 43.56     | 118.82   | 33.89     | 10.32     | *0.00                   |
| % of Calories                   |              |           |             |             |           |           |           |           |            | *23.0%     | 18.6%     | 50.7%    | 32.6%     | 9.9%      | *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  
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# Washington County School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

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) | Calc (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 11/09/2020            |              |           |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| INTERMEDIATE LUNCH 6-8      | 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                    |
| 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                   |
| 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                   |
| 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                    |
| 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                    |
| 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 | 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         | 100         | 10          | 125       | 0.00      | 0.00      | 300.0     | 2.4        | 12         | 8.0       | 12.0     | 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 :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 | 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         | 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      |              |           | 831         | *74         | 1638      | 7.95      | 19.42     | 989.0     | 59.16      | *51        | 43.57     | 99.09    | 28.70     | 9.87      | *0.00                   |
| % of Calories               |              |           |             |             |           |           |           |           |            | *24.7%     | 21.0%     | 47.7%    | 31.1%     | 10.7%     | *0.0%                   |
| Nutrient Guideline          |              |           | 783         |             |           |           | 4.50      | 400.00    | 16.70      |            | 15.00     |          | <=30.0    | <10.00    |                         |

|                             |         |   |     |    |      |      |      |       |       |    |      |       |      |      |       |
|-----------------------------|---------|---|-----|----|------|------|------|-------|-------|----|------|-------|------|------|-------|
| Tue - 11/10/2020            |         |   |     |    |      |      |      |       |       |    |      |       |      |      |       |
| INTERMEDIATE LUNCH 6-8      | 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   | .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  |
| .25OZ                       |         |   |     |    |      |      |      |       |       |    |      |       |      |      |       |
| CINNAMON ROLL W. W.W. BRID  | ROLL    | 1 | 210 | 0  | 250  | 3.99 | 1.44 | 20.0  | 1.2   | 8  | 5.99 | 34.94 | 4.99 | 1.00 | 0.00  |
| GFOR                        |         |   |     |    |      |      |      |       |       |    |      |       |      |      |       |
| 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 :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 | 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 | 100 | 10 | 125  | 0.00 | 0.00 | 300.0 | 2.4   | 12 | 8.0  | 12.0  | 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

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

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 <sup>1</sup> (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 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 :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                   |
| 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         | 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          |                |           | 901         | *66         | 2228      | 13.77     | 5.79      | 776.8      | *62.83     | *61        | 45.88     | 127.65   | 23.26     | 6.31      | *0.00                   |
| % of Calories                   |                |           |             |             |           |           |           |            |            | *27.3%     | 20.4%     | 56.7%    | 23.2%     | 6.3%      | *0.0%                   |
| Nutrient Guideline              |                |           | 783         |             |           |           | 4.50      | 400.00     | 16.70      |            | 15.00     |          | <=30.0    | <10.00    |                         |

| Wed - 11/11/2020                |          |   |     |    |      |      |       |       |       |       |      |       |       |       |       |
|---------------------------------|----------|---|-----|----|------|------|-------|-------|-------|-------|------|-------|-------|-------|-------|
| INTERMEDIATE LUNCH 6-8          | 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  |
| 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, 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  |
| 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 :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  |
| 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  |

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# Washington County School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

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) | Calc (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average |              |           | 1018        | *93         | 2120      | 13.58     | *3.38     | *866.7    | *53.24     | *56        | 39.90     | 135.17   | 35.76     | 11.95     | *0.00                   |
| % of Calories          |              |           |             |             |           |           |           |           |            | *22.1%     | 15.7%     | 53.1%    | 31.6%     | 10.6%     | *0.0%                   |
| Nutrient Guideline     |              |           | 783         |             |           |           | 4.50      | 400.00    | 16.70      |            | 15.00     |          | <=30.0    | <10.00    |                         |

| Thu - 11/12/2020               |          |   |     |     |      |      |      |        |        |        |       |        |        |        |       |
|--------------------------------|----------|---|-----|-----|------|------|------|--------|--------|--------|-------|--------|--------|--------|-------|
| INTERMEDIATE LUNCH 6-8         | 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   | 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  |
| 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 |
| 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 | 100 | 10  | 125  | 0.00 | 0.00 | 300.0  | 2.4    | 12     | 8.0   | 12.0   | 2.5    | 1.50   | 0.00  |
| ALT INT WEEKLY 1st CHOICE      | 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  |
| CHILI                          | 3/4 CUP  | 1 | 123 | 24  | 247  | 3.88 | 2.33 | 49.7   | 13.98  | *N/A*  | 10.1  | 12.43  | 3.11   | 1.24   | 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  |
| 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 |
| 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 | 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         |          |   | 845 | *92 | 1765 | 8.96 | 4.64 | *723.8 | *51.06 | *59    | 44.04 | 121.26 | 20.70  | 6.99   | *0.00 |
| % of Calories                  |          |   |     |     |      |      |      |        |        | *27.9% | 20.8% | 57.4%  | 22.0%  | 7.4%   | *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  
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# Washington County School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

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) | Calc (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 11/13/2020                |              |           |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| INTERMEDIATE LUNCH 6-8          | Total        | 1         |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| WILD MIKE'S PEPPERONI CHEE SY 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 :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                    |
| 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         | 100         | 10          | 125       | 0.00      | 0.00      | 300.0     | 2.4        | 12         | 8.0       | 12.0     | 2.5       | 1.50      | 0.00                    |
| 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 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                    |
| 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                    |
| 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                   |
| 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          |              |           | 1010        | *72         | 1834      | 12.11     | *19.12    | 971.1     | *42.48     | *51        | 46.81     | 116.99   | 42.97     | 13.76     | *0.00                   |
| % of Calories                   |              |           |             |             |           |           |           |           |            | *20.4%     | 18.5%     | 46.3%    | 38.3%     | 12.3%     | *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

Nov 2, 2020 thru Nov 30, 2020

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) | Calc (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 11/16/2020            |              |           |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| 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 :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                    |
| 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                    |
| 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         | 100         | 10          | 125       | 0.00      | 0.00      | 300.0     | 2.4        | 12         | 8.0       | 12.0     | 2.5       | 1.50      | 0.00                    |
| 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 :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 | 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         | 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      |              |           | 843         | *73         | 1555      | 8.78      | 3.48      | 923.8     | 77.50      | *60        | 43.57     | 115.82   | 22.72     | 5.38      | *0.00                   |
| % of Calories               |              |           |             |             |           |           |           |           |            | *28.3%     | 20.7%     | 54.9%    | 24.2%     | 5.7%      | *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

Nov 2, 2020 thru Nov 30, 2020

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) | Calc (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/17/2020            |              |           |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| INTERMEDIATE LUNCH 6-8      | Total        | 1         |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| SOFT FLOUR TACO:SEC         | 1 serving    | 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  | 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                    |
| ACOS                        |              |           |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| CHEDDAR/ JACK FANCY SHRED   | .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                    |
| .25OZ                       |              |           |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| 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 | 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         | 100         | 10          | 125       | 0.00      | 0.00      | 300.0     | 2.4        | 12         | 8.0       | 12.0     | 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    | 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 :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                   |
| 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         | 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      |              |           | 898         | *60         | 2655      | 13.68     | 5.17      | 850.4     | *54.90     | *60        | 46.14     | 131.09   | 21.84     | 6.71      | *0.00                   |
| % of Calories               |              |           |             |             |           |           |           |           |            | *26.5%     | 20.6%     | 58.4%    | 21.9%     | 6.7%      | *0.0%                   |
| Nutrient Guideline          |              |           | 783         |             |           |           | 4.50      | 400.00    | 16.70      |            | 15.00     |          | <=30.0    | <10.00    |                         |

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Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

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) | Calc (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 11/18/2020                |              |           |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| INTERMEDIATE LUNCH 6-8          | Total        | 420       |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| ROASTED TURKEY: VIP             | 2.9 OZ       | 420       | 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      | 400       | 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      | 400       | 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      | 250       | 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                    |
| WG DINNER ROLL                  | ROLL         | 1         | 90          | 0           | 160       | 2.00      | 1.08      | 40.0      | 2.4        | 2          | 4.0       | 17.0     | 1.0       | 0.00      | 0.00                    |
| PUMPKIN PIE :(Sara Lee)         | Slice        | 400       | 325         | 45          | 380       | 1.00      | 1.44      | 80.0      | 0.0        | *20        | 5.0       | 48.0     | 13.0      | 8.00      | 0.00                    |
| MARGARINE REDDIES: (1)          | 1 Patty      | 0         | 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       | 400       | 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       | 10        | 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          |              |           | 694         | 99          | 2119      | 10.73     | 2.77      | 404.7     | 3.95       | *37        | 40.24     | 90.28    | 19.56     | 10.05     | *0.00                   |
| % of Calories                   |              |           |             |             |           |           |           |           |            | *21.1%     | 23.2%     | 52.1%    | 25.4%     | 13.0%     | *0.0%                   |
| Nutrient Guideline              |              |           | 783         |             |           |           | 4.50      | 400.00    | 16.70      |            | 15.00     |          | <=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 <sup>1</sup> (g) |
|---------------------------------|------------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 11/19/2020                |                  |           |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| INTERMEDIATE LUNCH 6-8          | 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 (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 :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                    |
| ALT INT WEEKLY 1st CHOI         | 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 :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                   |
| 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                    |

\*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.

# Washington County School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

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) | Calc (mg) | Vit-C (mg) | Sugars (g)    | Protn (g)      | Carb (g)        | T-Fat (g)      | S-Fat (g)    | Tr-Fat <sup>1</sup> (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|---------------|----------------|-----------------|----------------|--------------|-------------------------|
| Weighted Daily Average % of Calories |              |           | 789         | *203        | 1694      | 8.19      | 2.98      | 769.3     | *44.95     | *61<br>*30.8% | 35.43<br>18.0% | 120.91<br>61.3% | 17.81<br>20.3% | 6.74<br>7.7% | *0.00<br>*0.0%          |
| Nutrient Guideline                   |              |           | 783         |             |           |           | 4.50      | 400.00    | 16.70      |               | 15.00          |                 | <=30.0         | <10.00       |                         |

| Fri - 11/20/2020                               |          |   |     |      |      |      |       |        |       |               |                |                 |                |               |                |
|--|----------|---|-----|------|------|------|-------|--------|-------|---------------|----------------|-----------------|----------------|---------------|----------------|
| INTERMEDIATE LUNCH 6-8 PEPPERONI PIZZA RIPPERS | Total    | 1 |     |      |      |      |       |        |       |               |                |                 |                |               |                |
| MARINARA SAUCE                                 | 1/2 CUP  | 1 | 290 | 25   | 550  | 3.00 | 1.80  | 150.0  | 0.0   | 3             | 16.0           | 27.0            | 17.0           | 5.00          | 0.00           |
| DINNER SALAD                                   | 1 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)                            | SERVING  | 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 | 140 | 0    | 150  | 2.00 | 0.72  | 40.0   | 0.0   | 10            | 2.0            | 26.0            | 3.0            | 0.60          | 0.00           |
| RANCH: (WILD COYOTE LITE)                      | PC 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 | 70  | 10   | 95   | 0.00 | 0.00  | 0.0    | 0.0   | 1             | 1.0            | 2.0             | 6.0            | 0.50          | 0.00           |
| MILK 1% WHITE                                  | CARTON   | 1 | 120 | 5    | 180  | 0.00 | 0.00  | 300.0  | 1.2   | 18            | 8.0            | 20.0            | 0.0            | 0.00          | 0.00           |
| ALT INT WEEKLY 1st CHOI                        | Total    | 1 |     |      |      |      |       |        |       |               |                |                 |                |               |                |
| CHEESEBURGER 100% BEEF :EL                     | PATTY    | 1 | 100 | 10   | 125  | 0.00 | 0.00  | 300.0  | 2.4   | 12            | 8.0            | 12.0            | 2.5            | 1.50          | 0.00           |
| SHREDDED LETTUCE & TOMAT O-DELI                | 1/2 CUP  | 1 | 367 | 64   | 790  | 2.03 | 34.38 | 223.7  | 2.43  | 3             | 26.08          | 23.1            | 19.15          | 8.40          | 0.00           |
| TATER TOTS: 1/2 CUP                            | 8 PIECES | 1 | 13  | 0    | 6    | 1.04 | 0.31  | 9.6    | 6.48  | 2             | 0.91           | 2.67            | 0.08           | 0.01          | 0.00           |
| CHIPS: DORITOS                                 | bag      | 1 | 140 | 0    | 280  | 2.00 | 0.72  | 0.0    | 2.4   | 0             | 2.0            | 16.0            | 7.0            | 1.50          | 0.00           |
| PICKLE:, CHIPS                                 | 1 OZ.    | 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 :WINTER:ELE                          | 1/2 CUP  | 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 | 49  | *0   | 1    | 1.91 | 0.14  | 13.8   | 27.03 | 8             | 0.66           | 12.59           | 0.2            | 0.05          | *0.00          |
| MUSTARD:, P/C                                  | 1 Each   | 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 | 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 F REE                | CARTON   | 1 | 40  | 5    | 85   | 0.00 | 0.00  | 0.0    | 0.0   | 0             | 0.0            | 0.0             | 4.0            | 0.50          | 0.00           |
| MILK 1% WHITE                                  | CARTON   | 1 | 120 | 5    | 180  | 0.00 | 0.00  | 300.0  | 1.2   | 18            | 8.0            | 20.0            | 0.0            | 0.00          | 0.00           |
| Weighted Daily Average % of Calories           |          |   | 925 | *216 | 2051 | 9.10 | 20.02 | 855.9  | 42.46 | *54<br>*23.4% | 42.80<br>18.5% | 114.64<br>49.6% | 34.20<br>33.3% | 10.19<br>9.9% | *0.00<br>*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.

**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

Nov 2, 2020 thru Nov 30, 2020

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) | Calc (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 11/23/2020            |              |           |             |             |           |           |           |           |            |            |           |          |           |           |                         |
| 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 :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                    |
| 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 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         | 100         | 10          | 125       | 0.00      | 0.00      | 300.0     | 2.4        | 12         | 8.0       | 12.0     | 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 :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 | 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         | 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      |              |           | 868         | *78         | 1344      | 9.34      | 3.26      | 929.9     | 72.63      | *62        | 36.27     | 118.04   | 27.74     | 8.09      | *0.00                   |
| % of Calories               |              |           |             |             |           |           |           |           |            | *28.5%     | 16.7%     | 54.4%    | 28.8%     | 8.4%      | *0.0%                   |
| Nutrient Guideline          |              |           | 783         |             |           |           | 4.50      | 400.00    | 16.70      |            | 15.00     |          | <=30.0    | <10.00    |                         |

|                             |         |   |     |    |      |      |      |       |       |       |       |       |       |      |       |
|-----------------------------|---------|---|-----|----|------|------|------|-------|-------|-------|-------|-------|-------|------|-------|
| Tue - 11/24/2020            |         |   |     |    |      |      |      |       |       |       |       |       |       |      |       |
| 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 | 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  |
| 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 | 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 | 100 | 10 | 125  | 0.00 | 0.00 | 300.0 | 2.4   | 12    | 8.0   | 12.0  | 2.5   | 1.50 | 0.00  |

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# Washington County School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

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 <sup>1</sup> (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 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 :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                   |
| 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         | 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          |                |           | 981         | *57         | 2583      | 16.02     | 5.95      | 951.1      | *56.16     | *56        | 46.60     | 142.01   | 25.92     | 7.89      | *0.00                   |
| % of Calories                   |                |           |             |             |           |           |           |            |            | *23.0%     | 19.0%     | 57.9%    | 23.8%     | 7.2%      | *0.0%                   |
| Nutrient Guideline              |                |           | 783         |             |           |           | 4.50      | 400.00     | 16.70      |            | 15.00     |          | <=30.0    | <10.00    |                         |

| Mon - 11/30/2020                |          |   |     |    |     |      |      |       |       |       |      |       |      |      |       |
|---------------------------------|----------|---|-----|----|-----|------|------|-------|-------|-------|------|-------|------|------|-------|
| INTERMEDIATE LUNCH 6-8          | Total    | 1 |     |    |     |      |      |       |       |       |      |       |      |      |       |
| CHICKEN BITES-SEC               | 6 PIECES | 1 | 257 | 43 | 585 | 2.00 | 1.00 | 19.0  | 0.0   | 1     | 20.0 | 18.0  | 13.0 | 2.00 | 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  |
| SCOOPY-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  |
| 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 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 2.4   | 12    | 8.0  | 12.0  | 2.5  | 1.50 | 0.00  |
| 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 :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  |

\*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

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

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) | Calc (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average |              |           | 813         | *59         | 1556      | 8.26      | 2.92      | 938.4     | 74.26      | *46        | 41.08     | 109.46   | 24.16     | 5.87      | *0.00                   |
| % of Calories          |              |           |             |             |           |           |           |           |            | *22.6%     | 20.2%     | 53.9%    | 26.8%     | 6.5%      | *0.0%                   |
| Nutrient Guideline     |              |           | 783         |             |           |           | 4.50      | 400.00    | 16.70      |            | 15.00     |          | <=30.0    | <10.00    |                         |

|                  |  |  |     |      |      |       |       |        |        |        |       |        |       |      |       |
|------------------|--|--|-----|------|------|-------|-------|--------|--------|--------|-------|--------|-------|------|-------|
| Weighted Average |  |  | 878 | *105 | 1953 | 11.06 | *7.50 | *849.7 | *54.75 | *54    | 42.15 | 118.58 | 26.67 | 8.59 | *0.00 |
|                  |  |  |     |      |      |       |       |        |        | *55.8% | 19.2% | 54.0%  | 27.3% | 8.8% | *0.0% |

| Nutrient                   | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories                   | 878      |           | 783           | 112%        |           |           |         |                         |
| Cholesterol (mg)           | 105      |           |               |             | Missing   |           |         |                         |
| Sodium 1 (mg)              | 1953     |           |               |             |           |           | 1953    |                         |
| Sodium 2 (mg)              | 1953     |           |               |             |           |           | 1953    |                         |
| Fiber (g)                  | 11.06    |           |               |             |           |           |         |                         |
| Iron (mg)                  | 7.50     |           | 4.50          | 167%        | Missing   |           |         |                         |
| Calcium (mg)               | 849.7    |           | 400.00        | 212%        | Missing   |           |         |                         |
| Sugars (g)                 | 54       | 24.80%    |               |             | Missing   |           |         |                         |
| Vitamin C (mg)             | 54.75    |           | 16.70         | 328%        | Missing   |           |         |                         |
| Protein (g)                | 42.15    | 19.20%    | 15.00         | 281%        |           |           |         |                         |
| Carbohydrate (g)           | 118.58   | 54.02%    |               |             |           |           |         |                         |
| Total Fat (g)              | 26.67    | 27.34%    | <=30.00%      |             |           |           |         |                         |
| Saturated Fat (g)          | 8.59     | 8.80%     | <10.00%       |             |           |           |         |                         |
| Trans Fat <sup>1</sup> (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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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