

Washington County School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 10/20/2020 1:11:33 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 ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 11/02/2020 | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | 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. 3/4 CUP | 6 OZ | 1 | 280 | 0 | 600 | 4.00 | 0.72 | 0.0 | 9.6 | 0 | 4.0 | 44.0 | 10.0 | 3.00 | 0.00 |
| FRUIT BAR :WINTER:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| FRESH MIXED VEGETABLE CUP | 3/4 CUP | 1 | 99 | 10 | 144 | 2.36 | 0.66 | 30.1 | 34.31 | *2 | 2.42 | 8.31 | 6.21 | 0.57 | 0.00 |
| SCOOBY-DOO GRAHAM CRACKER STIC | BAG | 1 | 120 | 0 | 115 | 1.00 | 0.72 | 100.0 | 0.0 | *N/A* | 2.0 | 21.0 | 3.5 | 1.00 | 0.00 |
| BARBAQUE SAUCE: P/C | 1 Each | 1 | 50 | 0 | 430 | 0.00 | 0.36 | 20.0 | 2.4 | *N/A* | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 2.43 | 8 | 0.0 | 10.12 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| ALT SEC WEEKLY 1st CHO | | | | | | | | | | | | | | | |
| DOMINOS PIZZA | SLICE | 1 | 280 | 25 | 450 | 3.00 | 1.80 | 450.0 | 9.0 | 2 | 20.0 | 29.0 | 9.0 | 3.00 | 0.00 |
| MIXED FRESH VEGETABLES:SEC | 1 CUP | 1 | 107 | 10 | 151 | 2.95 | 0.83 | 40.8 | 54.61 | *2 | 3.06 | 9.82 | 6.29 | 0.60 | 0.00 |
| FRUIT BAR :WINTER:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| 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 | | | 936 | *59 | 1711 | 11.46 | 3.33 | 957.6 | 113.84 | *55 | 43.06 | 133.80 | 26.91 | 6.69 | *0.00 |
| % of Calories | | | | | | | | | | *23.3% | 18.4% | 57.2% | 25.9% | 6.4% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | |
|--------------------------------|---------|---|-----|----|-----|------|------|-------|-------|-----|-------|-------|-------|------|-------|
| Tue - 11/03/2020 | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | | | | | | |
| BEEF TACO STICK | 1 EACH | 1 | 345 | 52 | 631 | 3.85 | 2.77 | 328.8 | 6.37 | 1 | 20.07 | 31.87 | 12.82 | 8.35 | 0.00 |
| REFRIED BEANS | 1/2 CUP | 1 | 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:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| CUCUMBERS: 1/2 CUP | 1/2 CUP | 1 | 106 | 20 | 251 | 0.42 | 0.13 | 8.3 | 1.9 | 1 | 0.35 | 1.29 | 9.1 | 2.05 | 0.00 |
| SALSA PICANTE | 1 OZ | 1 | 6 | 0 | 158 | 0.19 | 0.00 | 0.0 | 0.0 | 1 | 0.25 | 1.4 | 0.12 | 0.01 | 0.00 |
| COOKIE: PUMPKIN CHOCOLATE CHIP | COOKIE | 1 | 187 | 10 | 184 | 5.97 | 1.30 | 56.4 | 0.01 | *10 | 3.31 | 28.69 | 7.79 | 3.12 | *0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |

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

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Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|----------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| ALT SEC WEEKLY 1st CHO | Total | 1 | | | | | | | | | | | | | |
| SPICY CHICKEN SANDWICH | 1 EACH | 1 | 342 | 30 | 613 | 5.02 | 3.25 | 80.2 | 3.6 | 3 | 21.12 | 38.1 | 12.59 | 2.52 | 0.00 |
| SHREDDED LETTUCE & TOMAT O-DELI | 1/2 CUP | 1 | 13 | 0 | 6 | 1.04 | 0.31 | 9.6 | 6.48 | 2 | 0.91 | 2.67 | 0.08 | 0.01 | 0.00 |
| BEANS, BAKED WITH TOMATO PASTE | 1/2 C SER VING | 1 | 180 | 0 | 550 | 5.00 | 1.80 | 40.0 | *N/A* | 17 | 7.0 | 36.0 | 1.0 | 0.00 | 0.00 |
| CARROT STICKS 1/2 CUP | 1/2 CUP | 1 | 136 | 20 | 311 | 2.46 | 0.26 | 29.0 | 5.19 | 4 | 0.82 | 8.42 | 9.21 | 2.03 | 0.00 |
| FRUIT BAR :WINTER:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| PICKLE:, CHIPS | 1 OZ. | 1 | 5 | 0 | 340 | 0.00 | 0.00 | 0.0 | 0.0 | 1 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| LIGHT MAYONNAISE | POUCH | 1 | 40 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 4.0 | 0.50 | 0.00 |
| BARBAQUE SAUCE: P/C | 1 Each | 1 | 50 | 0 | 430 | 0.00 | 0.36 | 20.0 | 2.4 | *N/A* | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 2.43 | 8 | 0.0 | 10.12 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 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 | | | 1126 | *84 | 2526 | 19.88 | 6.30 | 935.1 | *84.79 | *71 | 48.33 | 155.26 | 33.57 | 11.66 | *0.00 |
| % of Calories | | | | | | | | | | *25.1% | 17.2% | 55.1% | 26.8% | 9.3% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

| Wed - 11/04/2020 | | | | | | | | | | | | | | | |
|---------------------------------|----------------|---|-----|----|-----|------|------|-------|-------|-------|------|-------|------|------|-------|
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | | | | | | |
| HAM - COBBLE STREET | SLICE | 1 | 140 | 45 | 840 | 0.00 | 0.36 | 0.0 | 0.0 | 1 | 13.0 | 2.0 | 9.0 | 3.00 | 0.00 |
| BUTTER MASHED POTATOES-se | 2/3 cup | 1 | 130 | 5 | 420 | 9.00 | 0.36 | 20.0 | 0.0 | 0 | 2.0 | 18.0 | 5.0 | 2.50 | 0.00 |
| GRAVY, COUNTRY: (CUSTOM) | 1/4 Cup | 1 | 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 |
| FRUIT BAR :WINTER:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| MARGARINE REDDIES: (1) | 1 Patty | 1 | 35 | 0 | 40 | 0.00 | 0.00 | 0.0 | 0.0 | *N/A* | 0.0 | 0.0 | 4.0 | 1.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 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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|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| ALT SEC WEEKLY 1st CHO | Total | 1 | | | | | | | | | | | | | |
| GRILLED CHEESE-WW BREAD | 1 EACH | 1 | 427 | 50 | 1124 | 2.00 | 1.44 | 380.0 | 2.4 | *4 | 16.0 | 32.0 | 26.42 | 13.04 | 0.00 |
| SOUP, TOMATO (Campbells)(Sec) | 1 Cup | 1 | 70 | 0 | 654 | 1.00 | 0.72 | 3.6 | 6.0 | 9 | 2.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| GOLDFISH CRACKERS | SERVING | 1 | 100 | 0 | 170 | 1.00 | 0.72 | 20.0 | 0.0 | 0 | 2.0 | 14.0 | 4.0 | 0.50 | 0.00 |
| FRUIT BAR :WINTER:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| MIXED FRESH VEGETABLES:SEC | 1 CUP | 1 | 107 | 10 | 151 | 2.95 | 0.83 | 40.8 | 54.61 | *2 | 3.06 | 9.82 | 6.29 | 0.60 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 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 | | | 918 | *75 | 2247 | 16.13 | 3.66 | 880.8 | 90.77 | *56 | 38.31 | 121.87 | 31.53 | 12.36 | *0.00 |
| % of Calories | | | | | | | | | | *24.3% | 16.7% | 53.1% | 30.9% | 12.1% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

| Thu - 11/05/2020 | | | | | | | | | | | | | | | |
|---------------------------------|----------|---|-----|------|------|-------|------|--------|--------|--------|-------|--------|--------|--------|-------|
| SECONDARY LUNCH 9-12 | 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 : SEC | 8 OZ | 1 | 219 | 0 | 977 | 3.37 | 2.42 | 33.7 | 8.09 | *N/A* | 5.05 | 40.42 | 4.21 | 0.00 | 0.00 |
| NORMANDY VEGETABLES 1 CUP | 1 CUP | 1 | 30 | 0 | 30 | 2.00 | 0.00 | 0.0 | 15.0 | 3 | 1.0 | 5.0 | 0.0 | 0.00 | 0.00 |
| FRUIT BAR :WINTER:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| 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 SEC WEEKLY 1st CHO | 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. 3/4 CUP | 6 OZ | 1 | 280 | 0 | 600 | 4.00 | 0.72 | 0.0 | 9.6 | 0 | 4.0 | 44.0 | 10.0 | 3.00 | 0.00 |
| FRUIT BAR :WINTER:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| 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 | | | 933 | *211 | 2032 | 12.49 | 4.13 | 777.0 | *79.95 | *67 | 39.89 | 149.17 | 20.26 | 6.45 | *0.00 |
| % of Calories | | | | | | | | | | *28.9% | 17.1% | 64.0% | 19.5% | 6.2% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

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Portion Values - Detailed

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|---------------------------------|---------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 11/06/2020 | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | | | | | | | | | | | | | | | |
| PEPPERONI PIZZA RIPPERS | Total SERVING | 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 |
| GARLIC TWIST | 2 OZ | 1 | 70 | 298 | 616 | 1.99 | 1.43 | 39.7 | 8.94 | 3 | 1.99 | 11.93 | 1.49 | 0.00 | 0.00 |
| DINNER SALAD | 1 CUP | 1 | 141 | 11 | 384 | 4.71 | 1.37 | 21.2 | 0.0 | *1 | 4.18 | 27.29 | 2.59 | 0.92 | *0.00 |
| FRUIT BAR :FALL:SEC | 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 | 1 | 2.35 | 0.22 | 18.4 | 19.99 | *9 | 0.83 | 18.58 | 0.27 | 0.08 | 0.00 |
| RANCH: (WILD COYOTE LITE) | PC CUP | 1 | 72 | 0 | 8 | 3.10 | 0.37 | 82.7 | 62.05 | 17 | 0.0 | 19.65 | 0.0 | 0.00 | 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 SEC WEEKLY 1st CHO | | | | | | | | | | | | | | | |
| CHEESEBURGER 100% BEEF :EL | Total PATTY | 1 | | | | | | | | | | | | | |
| 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-3/4 CUP | 12 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 | 210 | 0 | 420 | 3.00 | 1.08 | 0.0 | 3.6 | 0 | 3.0 | 24.0 | 10.5 | 2.25 | 0.00 |
| FRUIT BAR :WINTER:SEC | 1 CUP | 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 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| KETCHUP : P/C | PC | 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 | 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 | | | | | | | | | | | | | | | |
| | | | 1032 | *222 | 2243 | 13.68 | 20.81 | 897.1 | 84.07 | *63 | 44.81 | 138.40 | 35.88 | 10.76 | *0.00 |
| | | | | | | | | | | *24.3% | 17.4% | 53.6% | 31.3% | 9.4% | *0.0% |
| Nutrient Guideline | | | | | | | | | | | | | | | |
| | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 11/09/2020 | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | | | | | | |
| CHEESEBURGER 100 % BEEF: SEC | PATTY | 1 | 397 | 64 | 840 | 3.03 | 34.74 | 223.7 | 3.63 | 4 | 27.08 | 28.1 | 19.15 | 8.40 | 0.00 |
| CHEESE: PAST.PROCESS SLICE | 1/2 oz. | 1 | 56 | 13 | 202 | 0.00 | 0.00 | 75.9 | 0.0 | *N/A* | 2.53 | 1.01 | 4.56 | 2.53 | *N/A* |
| SHREDDED LETTUCE & TOMATO-DELI | 1/2 CUP | 1 | 13 | 0 | 6 | 1.04 | 0.31 | 9.6 | 6.48 | 2 | 0.91 | 2.67 | 0.08 | 0.01 | 0.00 |
| TATER TOTS-3/4 CUP | 12 PIECES | 1 | 210 | 0 | 420 | 3.00 | 1.08 | 0.0 | 3.6 | 0 | 3.0 | 24.0 | 10.5 | 2.25 | 0.00 |
| 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:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| 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 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 SEC WEEKLY 1st CHOICE | Total | 1 | | | | | | | | | | | | | |
| DOMINOS PIZZA | SLICE | 1 | 280 | 25 | 450 | 3.00 | 1.80 | 450.0 | 9.0 | 2 | 20.0 | 29.0 | 9.0 | 3.00 | 0.00 |
| MIXED FRESH VEGETABLES:SEC | 1 CUP | 1 | 107 | 10 | 151 | 2.95 | 0.83 | 40.8 | 54.61 | *2 | 3.06 | 9.82 | 6.29 | 0.60 | 0.00 |
| FRUIT BAR :WINTER:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| 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 | | | 963 | *80 | 1839 | 11.15 | 20.00 | 1046.2 | 97.54 | *61 | 46.81 | 119.44 | 32.98 | 11.57 | *0.00 |
| % of Calories | | | | | | | | | | *25.2% | 19.5% | 49.6% | 30.8% | 10.8% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

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

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 10/20/2020 1:11:33 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 ¹ (g) |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/10/2020 | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | | | | | | | | | | | | | | | |
| TACO SOUP | Total | 1 | | | | | | | | | | | | | |
| | 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 | .5 OZ | 1 | 56 | 13 | 86 | 0.00 | 0.00 | 101.2 | 0.0 | 0 | 3.04 | 0.51 | 4.56 | 3.04 | 0.00 |
| - .5OZ | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | |
| MIXED FRESH VEGETABLES:SEC | 1 CUP | 1 | 107 | 10 | 151 | 2.95 | 0.83 | 40.8 | 54.61 | *2 | 3.06 | 9.82 | 6.29 | 0.60 | 0.00 |
| FRUIT BAR :WINTER:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| 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 SEC WEEKLY 1st CHO | | | | | | | | | | | | | | | |
| SPICY CHICKEN SANDWICH | Total | 1 | | | | | | | | | | | | | |
| | 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 | | | | | | | | | | | | | | |
| CARROT STICKS 1/2 CUP | 1/2 CUP | 1 | 136 | 20 | 311 | 2.46 | 0.26 | 29.0 | 5.19 | 4 | 0.82 | 8.42 | 9.21 | 2.03 | 0.00 |
| FRUIT BAR :WINTER:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| PICKLE:, CHIPS | 1 OZ. | 1 | 5 | 0 | 340 | 0.00 | 0.00 | 0.0 | 0.0 | 1 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| LIGHT MAYONNAISE | POUCH | 1 | 40 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 4.0 | 0.50 | 0.00 |
| BARBAQUE SAUCE: P/C | 1 Each | 1 | 50 | 0 | 430 | 0.00 | 0.36 | 20.0 | 2.4 | *N/A* | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 2.43 | 8 | 0.0 | 10.12 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F | 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 | | | 1036 | *79 | 2409 | 17.20 | 6.14 | 835.7 | *102.60 | *72 | 48.03 | 145.33 | 29.25 | 8.15 | *0.00 |
| % of Calories | | | | | | | | | | *27.9% | 18.5% | 56.1% | 25.4% | 7.1% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

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

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 10/20/2020 1:11:33 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 ¹ (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 11/11/2020 | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | 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:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| 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 SEC WEEKLY 1st CHO | | | | | | | | | | | | | | | |
| 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:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| MIXED FRESH VEGETABLES:SEC | 1 CUP | 1 | 107 | 10 | 151 | 2.95 | 0.83 | 40.8 | 54.61 | *2 | 3.06 | 9.82 | 6.29 | 0.60 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 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 | | | 1072 | *93 | 2124 | 15.78 | *3.60 | *885.9 | *90.42 | *65 | 40.88 | 148.52 | 36.00 | 12.02 | *0.00 |
| % of Calories | | | | | | | | | | *24.2% | 15.3% | 55.4% | 30.2% | 10.1% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | |
|---------------------------------|----------|---|-----|----|-----|------|------|-------|-------|----|-------|-------|------|------|-------|
| Thu - 11/12/2020 | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | 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:S | 1.25 CUP | 1 | 219 | 0 | 977 | 3.37 | 2.43 | 34.0 | 8.09 | *0 | 5.05 | 40.42 | 4.21 | 0.00 | 0.00 |
| NORMANDY VEGETABLES 1 CUP | 1 CUP | 1 | 30 | 0 | 30 | 2.00 | 0.00 | 0.0 | 15.0 | 3 | 1.0 | 5.0 | 0.0 | 0.00 | 0.00 |
| FRUIT BAR :WINTER:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| 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 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

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Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| ALT SEC WEEKLY 1st CHO | 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. 3/4 CUP | 6 OZ | 1 | 280 | 0 | 600 | 4.00 | 0.72 | 0.0 | 9.6 | 0 | 4.0 | 44.0 | 10.0 | 3.00 | 0.00 |
| 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:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| MAPLE BITES, WG (1) | 1/2 SERVING | 1 | 70 | 0 | 75 | 1.00 | 0.36 | 20.0 | 0.0 | 5 | 1.0 | 13.0 | 1.5 | 0.30 | 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 | | | 1041 | *92 | 2168 | 13.55 | 5.68 | *749.5 | *86.42 | *69 | 46.98 | 156.81 | 26.07 | 7.94 | *0.00 |
| % of Calories | | | | | | | | | | *26.5% | 18.0% | 60.2% | 22.5% | 6.9% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

| Fri - 11/13/2020 | | | | | | | | | | | | | | | |
|--------------------------------|----------|---|-----|----|-----|------|-------|-------|-------|----|------|-------|------|------|-------|
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | | | | | | |
| WILD MIKE'S PEPPERONI CHEESE | 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 |
| 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 BARS | 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:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| RANCH: (WILD COYOTE LITE) | PC CUP | 1 | 70 | 10 | 95 | 0.00 | 0.00 | 0.0 | 0.0 | 1 | 1.0 | 2.0 | 6.0 | 0.50 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 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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Portion Values - Detailed

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|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| ALT SEC WEEKLY 1st CHO | Total | 1 | | | | | | | | | | | | | |
| CHEESEBURGER 100% BEEF :EL | PATTY | 1 | 367 | 64 | 790 | 2.03 | 34.38 | 223.7 | 2.43 | 3 | 26.08 | 23.1 | 19.15 | 8.40 | 0.00 |
| SHREDDED LETTUCE & TOMAT | 1/2 CUP | 1 | 13 | 0 | 6 | 1.04 | 0.31 | 9.6 | 6.48 | 2 | 0.91 | 2.67 | 0.08 | 0.01 | 0.00 |
| O-DELI | | | | | | | | | | | | | | | |
| TATER TOTS-3/4 CUP | 12 PIECES | 1 | 210 | 0 | 420 | 3.00 | 1.08 | 0.0 | 3.6 | 0 | 3.0 | 24.0 | 10.5 | 2.25 | 0.00 |
| CHIPS: DORITOS | bag | 1 | 131 | 0 | 181 | 2.01 | 0.36 | 20.0 | 0.0 | 0 | 2.01 | 19.62 | 5.03 | 0.75 | 0.00 |
| 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:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| PICKLE:, CHIPS | 1 OZ. | 1 | 5 | 0 | 340 | 0.00 | 0.00 | 0.0 | 0.0 | 1 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 2.43 | 8 | 0.0 | 10.12 | 0.0 | 0.00 | 0.00 |
| MUSTARD:, P/C | 1 Each | 1 | 3 | 0 | 63 | 0.22 | 0.00 | 0.0 | 0.0 | 0 | 0.22 | 0.33 | 0.22 | 0.00 | 0.00 |
| LIGHT MAYONNAISE | POUCH | 1 | 40 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 4.0 | 0.50 | 0.00 |
| MILK : CHOCOLATE MILK FAT F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| REE | | | | | | | | | | | | | | | |
| MILK 1% WHITE | CARTON | 1 | 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 | | | 1095 | *72 | 1904 | 14.52 | *19.44 | 984.9 | *70.12 | *60 | 47.97 | 133.58 | 44.92 | 14.19 | *0.00 |
| % of Calories | | | | | | | | | | *21.9% | 17.5% | 48.8% | 36.9% | 11.7% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

| Mon - 11/16/2020 | | | | | | | | | | | | | | | |
|------------------------------|---------|---|-----|----|-----|------|------|-------|-------|----|-------|-------|-------|------|-------|
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | | | | | | |
| CHICKEN SANDWICH - SEC - 202 | FILLET | 1 | 371 | 70 | 682 | 4.00 | 3.25 | 100.1 | 3.6 | 5 | 29.08 | 41.05 | 10.53 | 1.50 | 0.00 |
| SHREDDED LETTUCE & TOMAT | 1/2 CUP | 1 | 13 | 0 | 6 | 1.04 | 0.31 | 9.6 | 6.48 | 2 | 0.91 | 2.67 | 0.08 | 0.01 | 0.00 |
| O-DELI | | | | | | | | | | | | | | | |
| FRENCH FRIES- S.S. 3/4 CUP | 6 OZ | 1 | 280 | 0 | 600 | 4.00 | 0.72 | 0.0 | 9.6 | 0 | 4.0 | 44.0 | 10.0 | 3.00 | 0.00 |
| JELL-O | GEL CUP | 1 | 100 | 0 | 45 | 0.00 | 0.00 | 0.0 | 0.0 | 22 | 0.0 | 25.0 | 0.0 | 0.00 | 0.00 |
| FRUIT BAR :WINTER:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| FRESH MIXED VEGETABLE CUP | 3/4 CUP | 1 | 99 | 10 | 144 | 2.36 | 0.66 | 30.1 | 34.31 | *2 | 2.42 | 8.31 | 6.21 | 0.57 | 0.00 |
| PICKLE:, CHIPS | 1 OZ. | 1 | 5 | 0 | 340 | 0.00 | 0.00 | 0.0 | 0.0 | 1 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| 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 |

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

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| ALT SEC WEEKLY 1st CHO | Total | 1 | | | | | | | | | | | | | |
| DOMINOS PIZZA | SLICE | 1 | 280 | 25 | 450 | 3.00 | 1.80 | 450.0 | 9.0 | 2 | 20.0 | 29.0 | 9.0 | 3.00 | 0.00 |
| MIXED FRESH VEGETABLES:SEC | 1 CUP | 1 | 107 | 10 | 151 | 2.95 | 0.83 | 40.8 | 54.61 | *2 | 3.06 | 9.82 | 6.29 | 0.60 | 0.00 |
| FRUIT BAR :WINTER:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| 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 | | | 987 | *75 | 1725 | 12.48 | 4.07 | 942.9 | 117.68 | *69 | 47.05 | 142.66 | 25.97 | 6.19 | *0.00 |
| % of Calories | | | | | | | | | | *27.9% | 19.1% | 57.8% | 23.7% | 5.6% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

| Tue - 11/17/2020 | | | | | | | | | | | | | | | |
|---------------------------------|---------|---|-----|----|------|------|------|-------|-------|----|-------|-------|------|------|-------|
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | | | | | | |
| SOFT FLOUR TACO:SEC | 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 ACOS | 3/4 CUP | 1 | 14 | 0 | 6 | 1.10 | 0.32 | 10.1 | 7.16 | 2 | 0.95 | 2.86 | 0.09 | 0.01 | 0.00 |
| CHEDDAR/ JACK FANCY SHRED -.5OZ | .5 OZ | 1 | 56 | 13 | 86 | 0.00 | 0.00 | 101.2 | 0.0 | 0 | 3.04 | 0.51 | 4.56 | 3.04 | 0.00 |
| REFRIED BEANS | 1/2 CUP | 1 | 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:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| BUG BITES | BAG | 1 | 120 | 0 | 1151 | 1.00 | 0.72 | 100.0 | 0.0 | 8 | 2.0 | 21.0 | 3.5 | 1.00 | 0.00 |
| SALSA PICANTE | 1 OZ | 1 | 6 | 0 | 158 | 0.19 | 0.00 | 0.0 | 0.0 | 1 | 0.25 | 1.4 | 0.12 | 0.01 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |

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

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 10/20/2020 1:11:33 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 ¹ (g) |
|---------------------------------|----------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| ALT SEC WEEKLY 1st CHO | Total | 1 | | | | | | | | | | | | | |
| SPICY CHICKEN SANDWICH | 1 EACH | 1 | 342 | 30 | 613 | 5.02 | 3.25 | 80.2 | 3.6 | 3 | 21.12 | 38.1 | 12.59 | 2.52 | 0.00 |
| SHREDDED LETTUCE & TOMAT O-DELI | 1/2 CUP | 1 | 13 | 0 | 6 | 1.04 | 0.31 | 9.6 | 6.48 | 2 | 0.91 | 2.67 | 0.08 | 0.01 | 0.00 |
| BEANS, BAKED WITH TOMATO PASTE | 1/2 C SER VING | 1 | 180 | 0 | 550 | 5.00 | 1.80 | 40.0 | *N/A* | 17 | 7.0 | 36.0 | 1.0 | 0.00 | 0.00 |
| CARROT STICKS 1/2 CUP | 1/2 CUP | 1 | 136 | 20 | 311 | 2.46 | 0.26 | 29.0 | 5.19 | 4 | 0.82 | 8.42 | 9.21 | 2.03 | 0.00 |
| FRUIT BAR :WINTER:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| PICKLE:, CHIPS | 1 OZ. | 1 | 5 | 0 | 340 | 0.00 | 0.00 | 0.0 | 0.0 | 1 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| LIGHT MAYONNAISE | POUCH | 1 | 40 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 4.0 | 0.50 | 0.00 |
| BARBAQUE SAUCE: P/C | 1 Each | 1 | 50 | 0 | 430 | 0.00 | 0.36 | 20.0 | 2.4 | *N/A* | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 2.43 | 8 | 0.0 | 10.12 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 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 | | | 1029 | *73 | 2833 | 16.81 | 5.45 | 904.1 | *84.53 | *70 | 47.97 | 148.02 | 27.79 | 8.53 | *0.00 |
| % of Calories | | | | | | | | | | *27.2% | 18.6% | 57.5% | 24.3% | 7.5% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

| Wed - 11/18/2020 | | | | | | | | | | | | | | | |
|---------------------------------|---------|------|-----|-----|------|-------|------|--------|-------|--------|-------|-------|--------|--------|-------|
| SECONDARY LUNCH 9-12 | Total | 8240 | | | | | | | | | | | | | |
| ROASTED TURKEY: VIP | 2.9 OZ | 8240 | 107 | 47 | 748 | 0.00 | 0.48 | 0.0 | 0.0 | *N/A* | 24.04 | 1.34 | 1.34 | 0.00 | 0.00 |
| BUTTER MASHED POTATOES-se | 2/3 cup | 8240 | 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 | 5000 | 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 | 4500 | 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 |
| ORANGES 1/2 CUP SERVING | 1/2 cup | 1 | 45 | 0 | 0 | 2.30 | 0.10 | 38.4 | 51.07 | 9 | 0.9 | 11.28 | 0.12 | 0.01 | 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 |
| PUMPKIN PIE :(Sara Lee) | Slice | 8000 | 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 | 2500 | 35 | 0 | 40 | 0.00 | 0.00 | 0.0 | 0.0 | *N/A* | 0.0 | 0.0 | 4.0 | 1.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 6592 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1638 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 706 | 101 | 2039 | 11.07 | 2.76 | 412.4 | 3.93 | *36 | 40.19 | 89.36 | 21.33 | 10.88 | *0.00 |
| % of Calories | | | | | | | | | | *20.5% | 22.8% | 50.7% | 27.2% | 13.9% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Washington County School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 11/19/2020 | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | | | | | | |
| ORANGE CHICKEN | 3.6 OZ SE RVING | 1 | 150 | 40 | 280 | 0.00 | 0.72 | 0.0 | 1.2 | 10 | 11.0 | 19.0 | 3.0 | 0.50 | 0.00 |
| RICE: COOKED BROWN (SEC) | 1 CUP | 1 | 160 | 0 | 139 | 2.00 | 0.72 | 2.2 | 0.0 | *0 | 4.0 | 32.96 | 1.5 | 0.00 | *0.00 |
| NORMANDY VEGETABLES | 1 CUP | 1 | 30 | 0 | 30 | 2.00 | 0.00 | 0.0 | 15.0 | 3 | 1.0 | 5.0 | 0.0 | 0.00 | 0.00 |
| FRUIT BAR :WINTER:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| 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 SEC WEEKLY 1st CHO | | | | | | | | | | | | | | | |
| CALZONE, MINI, WG | Total SERVINGS | 1 | 325 | 23 | 490 | 4.00 | 1.80 | 225.0 | *N/A* | 6 | 16.5 | 40.01 | 11.5 | 5.00 | 0.00 |
| MARINARA SAUCE | 1/2 CUP | 1 | 70 | 298 | 616 | 1.99 | 1.43 | 39.7 | 8.94 | 3 | 1.99 | 11.93 | 1.49 | 0.00 | 0.00 |
| FRENCH FRIES- S.S. 3/4 CUP | 6 OZ | 1 | 280 | 0 | 600 | 4.00 | 0.72 | 0.0 | 9.6 | 0 | 4.0 | 44.0 | 10.0 | 3.00 | 0.00 |
| FRUIT BAR :WINTER:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| 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 | | | 952 | *203 | 1884 | 11.84 | 3.48 | 783.7 | *76.25 | *70 | 38.21 | 153.36 | 20.89 | 7.54 | *0.00 |
| % of Calories | | | | | | | | | | *29.2% | 16.1% | 64.4% | 19.7% | 7.1% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | |
|---------------------------------|---------|---|-----|-----|-----|------|------|-------|-------|----|------|-------|------|------|-------|
| Fri - 11/20/2020 | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | | | | | | |
| PEPPERONI PIZZA RIPPERS | SERVING | 1 | 290 | 25 | 550 | 3.00 | 1.80 | 150.0 | 0.0 | 3 | 16.0 | 27.0 | 17.0 | 5.00 | 0.00 |
| MARINARA SAUCE | 1/2 CUP | 1 | 70 | 298 | 616 | 1.99 | 1.43 | 39.7 | 8.94 | 3 | 1.99 | 11.93 | 1.49 | 0.00 | 0.00 |
| MAPLE BITES, WG (2) | SERVING | 1 | 140 | 0 | 150 | 2.00 | 0.72 | 40.0 | 0.0 | 10 | 2.0 | 26.0 | 3.0 | 0.60 | 0.00 |
| DINNER SALAD | 1 CUP | 1 | 2 | 0 | 0 | 0.10 | 0.03 | 1.2 | 0.96 | *0 | 0.08 | 0.33 | 0.02 | 0.01 | 0.00 |
| FRUIT BAR :WINTER:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| 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 |

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Washington County School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 10/20/2020 1:11:33 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 ¹ (g) |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| ALT SEC WEEKLY 1st CHO | Total | 1 | | | | | | | | | | | | | |
| CHEESEBURGER 100% BEEF :EL | PATTY | 1 | 367 | 64 | 790 | 2.03 | 34.38 | 223.7 | 2.43 | 3 | 26.08 | 23.1 | 19.15 | 8.40 | 0.00 |
| SHREDDED LETTUCE & TOMAT | 1/2 CUP | 1 | 13 | 0 | 6 | 1.04 | 0.31 | 9.6 | 6.48 | 2 | 0.91 | 2.67 | 0.08 | 0.01 | 0.00 |
| O-DELI | | | | | | | | | | | | | | | |
| TATER TOTS-3/4 CUP | 12 PIECES | 1 | 210 | 0 | 420 | 3.00 | 1.08 | 0.0 | 3.6 | 0 | 3.0 | 24.0 | 10.5 | 2.25 | 0.00 |
| CHIPS: DORITOS | bag | 1 | 131 | 0 | 181 | 2.01 | 0.36 | 20.0 | 0.0 | 0 | 2.01 | 19.62 | 5.03 | 0.75 | 0.00 |
| FRUIT BAR :WINTER:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| PICKLE:, CHIPS | 1 OZ. | 1 | 5 | 0 | 340 | 0.00 | 0.00 | 0.0 | 0.0 | 1 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 2.43 | 8 | 0.0 | 10.12 | 0.0 | 0.00 | 0.00 |
| MUSTARD:, P/C | 1 Each | 1 | 3 | 0 | 63 | 0.22 | 0.00 | 0.0 | 0.0 | 0 | 0.22 | 0.33 | 0.22 | 0.00 | 0.00 |
| LIGHT MAYONNAISE | POUCH | 1 | 40 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 4.0 | 0.50 | 0.00 |
| MILK : CHOCOLATE MILK FAT F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| REE | | | | | | | | | | | | | | | |
| MILK 1% WHITE | CARTON | 1 | 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 | *216 | 2122 | 11.50 | 20.34 | 869.8 | 70.09 | *63 | 43.96 | 131.23 | 36.15 | 10.61 | *0.00 |
| % of Calories | | | | | | | | | | *24.9% | 17.4% | 52.0% | 32.2% | 9.5% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

| Mon - 11/23/2020 | | | | | | | | | | | | | | | |
|-----------------------------|-----------|---|-----|----|-----|------|------|-------|-------|-----|------|-------|-------|------|-------|
| SECONDARY LUNCH 9-12 | 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-3/4 CUP | 12 PIECES | 1 | 210 | 0 | 420 | 3.00 | 1.08 | 0.0 | 3.6 | 0 | 3.0 | 24.0 | 10.5 | 2.25 | 0.00 |
| FRUIT BAR :WINTER:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| 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 SEC WEEKLY 1st CHO | Total | 1 | | | | | | | | | | | | | |
| DOMINOS PIZZA | SLICE | 1 | 280 | 25 | 450 | 3.00 | 1.80 | 450.0 | 9.0 | 2 | 20.0 | 29.0 | 9.0 | 3.00 | 0.00 |
| MIXED FRESH VEGETABLES:SEC | 1 CUP | 1 | 107 | 10 | 151 | 2.95 | 0.83 | 40.8 | 54.61 | *2 | 3.06 | 9.82 | 6.29 | 0.60 | 0.00 |
| FRUIT BAR :WINTER:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| 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: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|---------------|----------------|-----------------|----------------|--------------|-------------------------|
| Weighted Daily Average % of Calories | | | 956 | *78 | 1419 | 12.04 | 3.67 | 949.0 | 110.41 | *71 *29.5% | 37.75 15.8% | 135.38 56.7% | 29.74 28.0% | 8.53 8.0% | *0.00 *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

| Tue - 11/24/2020 | | | | | | | | | | | | | | | |
|--------------------------------------|----------------|---|------|-----|------|-------|------|--------|--------|---------------|----------------|-----------------|----------------|--------------|----------------|
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | | | | | | |
| ENCHILADA | BURRITO | 1 | 384 | 13 | 1202 | 8.36 | 3.91 | 213.9 | 4.93 | *4 | 20.05 | 53.68 | 11.45 | 4.06 | *0.00 |
| REFRIED BEANS | 1/2 CUP | 1 | 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:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| CUCUMBERS: 1/2 CUP | 1/2 CUP | 1 | 106 | 20 | 251 | 0.42 | 0.13 | 8.3 | 1.9 | 1 | 0.35 | 1.29 | 9.1 | 2.05 | 0.00 |
| CREAMIES JR. | CREAMIE | 1 | 93 | 16 | 39 | 0.00 | 0.00 | 260.0 | 3.45 | *N/A* | 2.0 | 14.0 | 3.5 | 2.00 | 0.00 |
| SALSA PICANTE | 1 OZ | 1 | 6 | 0 | 158 | 0.19 | 0.00 | 0.0 | 0.0 | 1 | 0.25 | 1.4 | 0.12 | 0.01 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| ALT SEC WEEKLY 1st CHO | Total | 1 | | | | | | | | | | | | | |
| SPICY CHICKEN SANDWICH | 1 EACH | 1 | 342 | 30 | 613 | 5.02 | 3.25 | 80.2 | 3.6 | 3 | 21.12 | 38.1 | 12.59 | 2.52 | 0.00 |
| SHREDDED LETTUCE & TOMAT O-DELI | 1/2 CUP | 1 | 13 | 0 | 6 | 1.04 | 0.31 | 9.6 | 6.48 | 2 | 0.91 | 2.67 | 0.08 | 0.01 | 0.00 |
| BEANS, BAKED WITH TOMATO PASTE | 1/2 C SER VING | 1 | 180 | 0 | 550 | 5.00 | 1.80 | 40.0 | *N/A* | 17 | 7.0 | 36.0 | 1.0 | 0.00 | 0.00 |
| CARROT STICKS 1/2 CUP | 1/2 CUP | 1 | 136 | 20 | 311 | 2.46 | 0.26 | 29.0 | 5.19 | 4 | 0.82 | 8.42 | 9.21 | 2.03 | 0.00 |
| FRUIT BAR :WINTER:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| PICKLE:, CHIPS | 1 OZ. | 1 | 5 | 0 | 340 | 0.00 | 0.00 | 0.0 | 0.0 | 1 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| LIGHT MAYONNAISE | POUCH | 1 | 40 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 4.0 | 0.50 | 0.00 |
| BARBAQUE SAUCE: P/C | 1 Each | 1 | 50 | 0 | 430 | 0.00 | 0.36 | 20.0 | 2.4 | *N/A* | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 2.43 | 8 | 0.0 | 10.12 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT F REE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 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 % of Calories | | | 1099 | *67 | 2739 | 19.15 | 6.22 | 979.5 | *85.79 | *67 *24.4% | 47.67 17.4% | 158.81 57.8% | 30.73 25.2% | 8.96 7.3% | *0.00 *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

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Washington County School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 11/30/2020 | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | 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. 3/4 CUP | 6 OZ | 1 | 280 | 0 | 600 | 4.00 | 0.72 | 0.0 | 9.6 | 0 | 4.0 | 44.0 | 10.0 | 3.00 | 0.00 |
| FRUIT BAR :WINTER:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| FRESH MIXED VEGETABLE CUP | 3/4 CUP | 1 | 99 | 10 | 144 | 2.36 | 0.66 | 30.1 | 34.31 | *2 | 2.42 | 8.31 | 6.21 | 0.57 | 0.00 |
| SCOOBY-DOO GRAHAM CRACKER STIC | BAG | 1 | 120 | 0 | 115 | 1.00 | 0.72 | 100.0 | 0.0 | *N/A* | 2.0 | 21.0 | 3.5 | 1.00 | 0.00 |
| BARBAQUE SAUCE: P/C | 1 Each | 1 | 50 | 0 | 430 | 0.00 | 0.36 | 20.0 | 2.4 | *N/A* | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 2.43 | 8 | 0.0 | 10.12 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| ALT SEC WEEKLY 1st CHO | Total | 1 | | | | | | | | | | | | | |
| DOMINOS PIZZA | SLICE | 1 | 280 | 25 | 450 | 3.00 | 1.80 | 450.0 | 9.0 | 2 | 20.0 | 29.0 | 9.0 | 3.00 | 0.00 |
| MIXED FRESH VEGETABLES:SEC | 1 CUP | 1 | 107 | 10 | 151 | 2.95 | 0.83 | 40.8 | 54.61 | *2 | 3.06 | 9.82 | 6.29 | 0.60 | 0.00 |
| FRUIT BAR :WINTER:SEC | 1 CUP | 1 | 99 | *0 | 2 | 3.81 | 0.28 | 27.7 | 54.07 | 17 | 1.32 | 25.18 | 0.41 | 0.10 | *0.00 |
| 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 | | | 936 | *59 | 1711 | 11.46 | 3.33 | 957.6 | 113.84 | *55 | 43.06 | 133.80 | 26.91 | 6.69 | *0.00 |
| % of Calories | | | | | | | | | | *23.3% | 18.4% | 57.2% | 25.9% | 6.4% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |
| Weighted Average | | | 990 | *108 | 2093 | 14.01 | *7.91 | *874.9 | *86.84 | *63 | 43.94 | 138.60 | 29.83 | 9.43 | *0.00 |
| | | | | | | | | | | *57.4% | 17.7% | 56.0% | 27.1% | 8.6% | *0.0% |

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Washington County School District

Nov 2, 2020 thru Nov 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

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| Nutrient | Menu AVG | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | CalcM (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) | Error Messages (if any) |
|----------------------------|----------|--------------|---------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------------------------|
| | | % of Cals | Weekly Target | | % of Target | Miss Data | Shortfall | | Overage | | | | | | | | |
| Calories | 990 | | 846 | | 117% | | | | | | | | | | | | |
| Cholesterol (mg) | 108 | | | | | Missing | | | | | | | | | | | |
| Sodium 1 (mg) | 2093 | | | | | | | | 2093 | | | | | | | | |
| Sodium 2 (mg) | 2093 | | | | | | | | 2093 | | | | | | | | |
| Fiber (g) | 14.01 | | | | | | | | | | | | | | | | |
| Iron (mg) | 7.91 | | 4.50 | | 176% | Missing | | | | | | | | | | | |
| Calcium (mg) | 874.9 | | 400.00 | | 219% | Missing | | | | | | | | | | | |
| Sugars (g) | 63 | 25.52% | | | | Missing | | | | | | | | | | | |
| Vitamin C (mg) | 86.84 | | 19.20 | | 452% | Missing | | | | | | | | | | | |
| Protein (g) | 43.94 | 17.75% | 16.70 | | 263% | | | | | | | | | | | | |
| Carbohydrate (g) | 138.60 | 55.98% | | | | | | | | | | | | | | | |
| Total Fat (g) | 29.83 | 27.11% | <=30.00% | | | | | | | | | | | | | | |
| Saturated Fat (g) | 9.43 | 8.57% | <10.00% | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.00 | 0.00% | | | | Missing | | | | | | | | | | | |

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