

# Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 11/01/2018										
ELEMENTARY LUNCH	Total	1								
ORANGE CHICKEN :ELE	2.94 OZ		120	34	232	0.00	*N/A*	9.0	15.75	2.25
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	80	0	70	1.00	*0	2.0	16.48	0.75
NORMANDY-3/4 CUP	3/4 CUP	1	23	0	23	1.50	2	0.75	3.75	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	139	20	324	2.94	*0	2.25	7.2	9.17
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	120	0	115	1.00	*N/A*	2.0	21.0	3.5
SOY SAUCE: PC	PC	1	10	0	500	0.00	*N/A*	0.0	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
SMACKERS: SUNSET ONLY	4.3 OZ SERVI NG	1	278	62	610	3.10	0	18.6	20.67	13.44
Weighted Daily Average			1132	*131	2305	11.68	*53	60.31	144.85	31.83
% of Calories							*18.7%	21.3%	51.2%	25.3%
Nutrient Guideline			645					8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 11/02/2018										
ELEMENTARY LUNCH	Total	1								
6" WW PEPPERONI PIZZA	SERVING	1	350	40	690	4.00	7	22.0	30.0	16.0
DINNER SALAD	1 CUP	1	62	0	87	5.17	*0	3.55	11.53	0.02
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	0.0	19.0	0.0
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0.00	0	0.0	0.0	9.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			944	*75	1466	14.31	*74	51.25	120.53	27.74
% of Calories							*31.2%	21.7%	51.1%	26.4%
Nutrient Guideline			645					8.87		<=30.0

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ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 11/05/2018										
ELEMENTARY LUNCH	Total	1								
MACARONI & CHEESE-E.S.FOODS	6 OZ SERVING	1	298	41	564	2.05	6	17.45	28.74	12.32
GARLIC TOAST-WG	SLICES	1	79	0	179	1.99	0	2.98	14.89	1.99
GREEN BEANS:ELE	3/4 CUP	1	32	0	399	3.02	*N/A*	1.91	7.16	0.16
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	145	20	367	3.64	*1	2.4	8.51	9.06
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			916	*76	1941	12.84	*57	50.44	119.30	26.25
% of Calories							*25.0%	22.0%	52.1%	25.8%
Nutrient Guideline			645					8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 11/06/2018										
ELEMENTARY LUNCH	Total	1								
BEEF TACO STICK	1 EACH	1	345	52	631	3.85	1	20.07	31.87	12.82
REFRIED BEANS	1/2 CUP	1	164	0	546	8.21	0	8.21	23.6	4.62
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	219	20	694	6.27	*0	4.09	11.93	14.98
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	0.89	1.77	0.0
CHOCOLATE CHIP COOKIES	1 EACH	1	136	14	173	1.44	*8	2.19	18.48	6.34
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			1235	*101	2609	22.80	*60	61.14	147.65	41.48
% of Calories							*19.3%	19.8%	47.8%	30.2%
Nutrient Guideline			645					8.87		<=30.0

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Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 11/07/2018										
ELEMENTARY LUNCH	Total	1								
HAM - COBBLE STREET	SLICE	1	140	45	840	0.00	1	13.0	2.0	9.0
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	502	2.00	*3	3.0	23.99	3.56
CASCADE BLEND VEGETABLE-3/4 CU	3/4 CUP	1	30	0	35	2.00	2	1.0	6.99	0.0
WG DINNER ROLL	ROLL	1	90	0	160	2.00	2	4.0	17.0	1.0
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	*N/A*	0.0	0.0	4.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
CHICKEN SANDWICH: SUNSET ONLY	1 each	1	340	30	470	3.00	2	17.0	33.0	16.51
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	*N/A*	0.0	0.0	4.0
Weighted Daily Average			1192	*90	2519	11.14	*60	63.71	142.99	40.79
% of Calories							*20.3%	21.4%	48.0%	30.8%
Nutrient Guideline			645					8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 11/08/2018										
ELEMENTARY LUNCH	Total	1								
CHERRY BLOSSOM CHICKEN-2.94 OZ	2.94 OZ	1	134	41	96	0.75	12	10.53	18.04	2.26
VEGETABLE HARVEST RICE PILAF:E	3/4 CUP	1	130	0	581	2.00	*0	3.0	24.01	2.5
BROCCOLI ; FROZEN (ELE)	3/4 CUP	1	26	0	17	1.73	0	1.73	3.45	2.36
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	139	20	324	2.94	*0	2.25	7.2	9.17
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	11	0.15	*N/A*	0.0	6.97	0.2
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
SMACKERS: SUNSET ONLY	4.3 OZ SERVI NG	1	278	62	610	3.10	0	18.6	20.67	13.44
Weighted Daily Average			1101	*138	2070	12.81	*63	61.82	140.35	32.65
% of Calories							*22.8%	22.5%	51.0%	26.7%
Nutrient Guideline			645					8.87		<=30.0

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Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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Fri - 11/09/2018										
ELEMENTARY LUNCH	Total	1								
4" ROUND CHEESE PIZZA- TONY'S	1 EACH	1	279	30	438	2.99	13	15.94	28.9	11.96
DINNER SALAD	1 CUP	1	62	0	87	5.17	*0	3.55	11.53	0.02
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	0.0	19.0	0.0
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0.00	0	0.0	0.0	9.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			873	*65	1215	13.30	*80	45.20	119.43	23.70
% of Calories							*36.5%	20.7%	54.7%	24.4%
Nutrient Guideline			645					8.87		<=30.0

Mon - 11/12/2018										
ELEMENTARY LUNCH	Total	1								
POPCORN CHICKEN SMACKERS	4.3 OZ SERVING	1	278	62	610	3.10	0	18.6	20.67	13.44
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	2.00	0	2.0	22.0	5.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	145	20	367	3.64	*1	2.4	8.51	9.06
PUDDING,CHOICE	SERVING	1	115	0	133	0.50	15	1.0	20.5	3.0
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	*N/A*	0.0	13.0	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			1122	*97	2667	11.38	*74	49.71	153.03	33.22
% of Calories							*26.5%	17.7%	54.6%	26.7%
Nutrient Guideline			645					8.87		<=30.0

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Tue - 11/13/2018										
ELEMENTARY LUNCH	Total	1								
WHITE CHICKEN CHILI: ELE new	1 CUP	1	372	69	637	6.71	*0	29.83	29.16	15.32
CHEDDAR/ JACK FANCY SHRED-.5OZ	.5 OZ	1	56	13	86	0.00	0	3.04	0.51	4.56
CORNMEAL SUPER STAR, WG:FR017	1 EA	1	148	11	91	1.50	*N/A*	2.8	23.0	5.0
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	129	20	299	2.36	*1	1.42	6.31	9.21
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	219	20	694	6.27	*0	4.09	11.93	14.98
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
MINI CORN DOGS : SUNSET ONLY	4 EACH	1	166	40	279	1.99	1	6.63	19.89	6.63
Weighted Daily Average			1453	*187	2517	20.97	*52	73.52	150.80	58.43
% of Calories							*14.4%	20.2%	41.5%	36.2%
Nutrient Guideline			645					8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 11/14/2018										
ELEMENTARY LUNCH	Total	8240								
ROASTED TURKEY: VIP	2.9 OZ	8240	107	47	748	0.00	*N/A*	24.04	1.34	1.34
MASHED POTATOES,from Dry mix,P	1/2 CUP	8240	80	0	314	1.00	1	2.0	17.03	1.0
GRAVY, TURKEY: (Custom)	1/4 Cup	8240	25	0	290	0.00	*N/A*	1.0	4.0	1.0
GREEN BEANS:ELE	3/4 CUP	8240	32	0	399	3.02	*N/A*	1.91	7.16	0.16
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
WG DINNER ROLL	ROLL	1	90	0	160	2.00	2	4.0	17.0	1.0
DELUXE FRUIT SALAD	1/2 CUP	1	97	1	107	1.06	*13	1.71	22.14	0.42
PUMPKIN PIE :(Sara Lee)	Slice	8240	300	45	380	1.00	20	5.0	46.0	11.0
WHIP TOPPING: ON TOP	1 TBSP	8240	25	0	0	0.00	*N/A*	0.0	2.0	2.0
MARGARINE REDDIES: (1)	1 Patty	8240	35	0	40	0.00	*N/A*	0.0	0.0	4.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	6592	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1638	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			720	*98	2340	5.02	*38	41.95	95.93	20.99
% of Calories							*21.0%	23.3%	53.3%	26.2%
Nutrient Guideline			645					8.87		<=30.0

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Thu - 11/15/2018										
ELEMENTARY LUNCH	Total	1								
TERIYAKI CHICKEN:ELE	2.8 OZ	1	90	40	320	0.00	*N/A*	12.0	6.0	2.0
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	0	580	2.00	*N/A*	3.0	24.01	2.5
NORMANDY-3/4 CUP	3/4 CUP	1	23	0	23	1.50	2	0.75	3.75	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	139	20	324	2.94	*0	2.25	7.2	9.17
BUG BITES	BAG	1	120	0	1151	1.00	8	2.0	21.0	3.5
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
SMACKERS: SUNSET ONLY	4.3 OZ SERVI NG	1	278	62	610	3.10	0	18.6	20.67	13.44
Weighted Daily Average			1142	*137	3439	12.68	*61	64.32	142.64	33.33
% of Calories							*21.3%	22.5%	50.0%	26.3%
Nutrient Guideline			645					8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 11/16/2018										
ELEMENTARY LUNCH	Total	1								
WG PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	3	16.0	27.0	17.0
MARINARA SAUCE: ELE	1/2 CUP	1	70	298	616	1.99	3	1.99	11.93	1.49
DINNER SALAD	1 CUP	1	62	0	87	5.17	*0	3.55	11.53	0.02
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	0.0	19.0	0.0
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0.00	0	0.0	0.0	9.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			954	*358	1942	15.30	*73	47.24	129.46	30.23
% of Calories							*30.5%	19.8%	54.3%	28.5%
Nutrient Guideline			645					8.87		<=30.0

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# Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 11/19/2018										
ELEMENTARY LUNCH	Total	1								
HAMBURGER 100% BEEF :ELE	PATTY	1	257	39	390	2.03	2	21.08	21.1	10.15
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	280	2.00	0	2.0	16.0	7.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	145	20	367	3.64	*1	2.4	8.51	9.06
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	0.0
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0	0.22	0.33	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			957	*74	2274	11.07	*64	52.32	117.95	29.02
% of Calories							*26.8%	21.9%	49.3%	27.3%
Nutrient Guideline			645					8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 11/20/2018										
ELEMENTARY LUNCH	Total	1								
SOFT FLOUR TACO: ELE	servings	1	225	49	411	2.00	0	17.01	19.0	9.5
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	14	0	6	1.10	2	0.95	2.86	0.09
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	28	6	43	0.00	0	1.52	0.25	2.28
REFRIED BEANS	1/2 CUP	1	164	0	546	8.21	0	8.21	23.6	4.62
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	219	20	694	6.27	*0	4.09	11.93	14.98
SWEET POTATO CAKE: NEUFCHATEL	SERVING	1	217	11	162	1.41	*26	1.56	35.9	7.97
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	0.89	1.77	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			1238	*101	2428	22.01	*79	59.93	155.32	42.17
% of Calories							*25.4%	19.4%	50.2%	30.6%
Nutrient Guideline			645					8.87		<=30.0

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# Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 11/26/2018										
ELEMENTARY LUNCH	Total	1								
HOT DOG W/ BUN	1 EACH	1	220	55	450	2.00	2	13.0	22.0	10.5
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	2.00	0	2.0	22.0	5.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	145	20	367	3.64	*1	2.4	8.51	9.06
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	0.0
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0	0.22	0.33	0.0
RELISH- DILL PICKLE	SERVING	1	0	0	45	0.00	0	0.0	0.0	0.0
BROWNIE CUP, WG:FR016	BROWNIE	1	146	1	72	2.00	14	1.5	26.0	4.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			1048	*91	2125	12.00	*75	44.83	147.18	31.29
% of Calories							*28.8%	17.1%	56.2%	26.9%
Nutrient Guideline			645					8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 11/27/2018										
ELEMENTARY LUNCH	Total	1								
CHILI	3/4 CUP	1	159	24	294	6.63	*N/A*	12.34	19.1	3.25
CARROT & CELERY STICKS:ELE	3/4 CUP	1	153	22	369	3.05	*1	1.04	8.53	10.67
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	219	20	694	6.27	*0	4.09	11.93	14.98
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	210	0	250	3.99	8	5.99	34.94	4.99
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			1104	*82	2039	22.08	*59	49.17	134.50	36.62
% of Calories							*21.5%	17.8%	48.7%	29.8%
Nutrient Guideline			645					8.87		<=30.0

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Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 11/28/2018										
ELEMENTARY LUNCH	Total	1								
BREADED PORK STEAK	1 EACH	1	293	51	424	2.02	1	16.17	17.18	17.18
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	1	2.0	17.03	1.0
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	45	0	222	0.00	*N/A*	1.0	5.0	2.0
BROCCOLI ; FROZEN (ELE)	3/4 CUP	1	26	0	17	1.73	0	1.73	3.45	2.36
WG DINNER ROLL	ROLL	1	90	0	160	2.00	2	4.0	17.0	1.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
CHICKEN SANDWICH: SUNSET ONLY	1 each	1	340	30	470	3.00	2	17.0	33.0	16.51
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	*N/A*	0.0	0.0	4.0
Weighted Daily Average			1272	*96	2079	11.89	*57	67.61	152.66	46.77
% of Calories							*17.8%	21.3%	48.0%	33.1%
Nutrient Guideline			645					8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 11/29/2018										
ELEMENTARY LUNCH	Total	1								
LEMON CHICKEN- 2.94 OZ	2.94 OZ	1	120	41	173	0.75	9	10.53	15.04	2.26
VEGETABLE HARVEST RICE PILAF:E	3/4 CUP	1	130	0	581	2.00	*0	3.0	24.01	2.5
NORTHWEST BLEND VEGETABLE:ELE	3/4 CUP	1	19	0	17	1.11	2	0.55	3.32	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	139	20	324	2.94	*0	2.25	7.2	9.17
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	11	0.15	*N/A*	0.0	6.97	0.2
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
SMACKERS: SUNSET ONLY	4.3 OZ SERVI NG	1	278	62	610	3.10	0	18.6	20.67	13.44
Weighted Daily Average			1081	*138	2146	12.19	*61	60.64	137.21	30.28
% of Calories							*22.7%	22.4%	50.8%	25.2%
Nutrient Guideline			645					8.87		<=30.0

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Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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Fri - 11/30/2018										
ELEMENTARY LUNCH	Total	1								
MAX STUFFED CRUST PEPPERONI PI	SLICE	1	319	35	759	3.00	5	16.97	36.93	11.98
DINNER SALAD	1 CUP	1	62	0	87	5.17	*0	3.55	11.53	0.02
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	0.0	19.0	0.0
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0.00	0	0.0	0.0	9.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			914	*70	1535	13.31	*72	46.22	127.46	23.72
% of Calories							*31.4%	20.2%	55.8%	23.4%
Nutrient Guideline			645					8.87		<=30.0

Weighted Average			1074	*116	2192	14.15	*64	55.33	135.75	33.71
							*53.4%	20.6%	50.6%	28.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1074		645	167%				
Cholesterol (mg)	116				Missing			
Sodium 1 (mg)	2192						2192	
Sodium 2 (mg)	2192						2192	
Fiber (g)	14.15							
Sugars (g)	64	23.75%			Missing			
Protein (g)	55.33	20.61%	8.87	624%				
Carbohydrate (g)	135.75	50.57%						
Total Fat (g)	33.71	28.26%	<=30.00%					

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