

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 11/01/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
ORANGE CHICKEN :ELE	2.94 OZ	1	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:INTERM	1/2 CUP	1	109	10	169	2.94	*1	3.25	9.2	6.17
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
ALT INT WEEKLY 1st CHOI										
TACO SALAD: ALT LINE TORTILLA	2 CUPS	1	541	52	771	14.07	*1	26.82	61.21	18.62
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
BLACK BEANS	1/2 CUP	1	153	0	517	9.25	2	9.25	27.52	1.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	1	1.0	2.0	6.0
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
CRISPY CHICKEN SALAD: ALT-SMAC	2 cup	1	397	60	764	13.24	*0	25.04	44.23	13.0
Weighted Daily Average			1243	*108	2221	25.11	*54	66.39	164.17	32.95
% of Calories							*17.5%	21.4%	52.8%	23.9%
Nutrient Guideline			783					15.00		<=30.0

Fri - 11/02/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
CALZONE CHEESE	1 EACH	1	250	10	420	4.00	4	19.0	33.01	5.0
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
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	1	1.0	2.0	6.0
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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

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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)
ALT INT WEEKLY 1st CHOI	Total	1								
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	711	3.00	*3	20.4	28.21	13.3
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	214	3.05	*2	2.04	10.53	7.67
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
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
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
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	0.0	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			944	*56	1720	13.88	*78	50.27	137.31	22.26
% of Calories							*33.1%	21.3%	58.2%	21.2%
Nutrient Guideline			783					15.00		<=30.0

Mon - 11/05/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
MACARONI & CHEESE-E.S.FOODS	6 OZ SERVIN	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:INTERM.	1/2 CUP	1	115	10	212	3.64	*2	3.4	10.51	6.06
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
ALT INT WEEKLY 1st CHOI	Total	1								
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	1	21.0	29.0	11.0
MIXED FRESH VEGETABLES:INTER	3/4 CUP	1	99	10	144	2.36	*2	2.42	8.31	6.21
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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Weighted Daily Average			892	*68	1649	11.99	*56	51.49	113.56	26.12
% of Calories							*25.2%	23.1%	50.9%	26.4%
Nutrient Guideline			783					15.00		<=30.0

Tue - 11/06/2018										
INTERMEDIATE LUNCH 6-8	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- INTERM.	1/2 CUP	1	189	10	539	6.27	*1	5.09	13.93	11.98
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
ALT INT WEEKLY 1st CHOI	Total	1								
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3	21.12	38.1	12.59
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	3.0	24.0	10.5
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	7	2.23	14.63	6.32
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	219	20	694	6.27	*0	4.09	11.93	14.98
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	0.0	4.0
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			1301	*86	3028	21.98	*66	59.59	161.66	44.84
% of Calories							*20.4%	18.3%	49.7%	31.0%
Nutrient Guideline			783					15.00		<=30.0

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Wed - 11/07/2018										
INTERMEDIATE LUNCH 6-8	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
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
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	*N/A*	0.0	0.0	4.0
ALT INT WEEKLY 1st CHOI										
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	*4	2.24	18.57	3.41
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	*4	16.0	32.0	26.42
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	214	3.05	*2	2.04	10.53	7.67
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			921	*75	2122	8.35	*59	46.35	115.55	30.26
% of Calories							*25.8%	20.1%	50.2%	29.6%
Nutrient Guideline			783					15.00		<=30.0

Thu - 11/08/2018										
INTERMEDIATE LUNCH 6-8	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:S	1.25 CUP	1	219	0	977	3.37	*0	5.05	40.42	4.21
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:INTERM	1/2 CUP	1	109	10	169	2.94	*1	3.25	9.2	6.17
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

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ALT INT WEEKLY 1st CHOI	Total	1								
TACO SALAD: ALT LINE TORTILLA	SERVING	1	541	52	771	14.07	*1	26.82	61.21	18.62
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
BLACK BEANS	1/2 CUP	1	153	0	517	9.25	2	9.25	27.52	1.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	1	1.0	2.0	6.0
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
CRISPY CHICKEN SALAD: ALT-SMAC	2 cup	1	397	60	764	13.24	*0	25.04	44.23	13.0
Weighted Daily Average			1272	*111	2302	26.36	*59	68.17	170.12	34.22
% of Calories							*18.6%	21.4%	53.5%	24.2%
Nutrient Guideline			783					15.00		<=30.0

Fri - 11/09/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
FOUR MEAT PRIMO PIZZA	SLICE	1	370	40	650	3.00	9	20.0	36.0	17.0
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
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	1	1.0	2.0	6.0
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
ALT INT WEEKLY 1st CHOI	Total	1								
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	711	3.00	*3	20.4	28.21	13.3
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	214	3.05	*2	2.04	10.53	7.67
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
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
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
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	0.0	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

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Weighted Daily Average			1004	*71	1835	13.38	*81	50.76	138.81	28.26
% of Calories							*32.1%	20.2%	55.3%	25.3%
Nutrient Guideline			783					15.00		<=30.0

Mon - 11/12/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
CHICKEN CHUNKS-SEC	6 PIECES	1	257	43	585	2.00	1	20.0	18.0	13.0
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:INTERM.	1/2 CUP	1	115	10	212	3.64	*2	3.4	10.51	6.06
PUDDING,CHOICE	SERVING	1	115	0	133	0.50	15	1.0	20.5	3.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	0.0
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	*N/A*	0.0	13.0	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
ALT INT WEEKLY 1st CHOI	Total	1								
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	1	21.0	29.0	11.0
MIXED FRESH VEGETABLES:INTER	3/4 CUP	1	99	10	144	2.36	*2	2.42	8.31	6.21
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			984	*69	2000	10.71	*65	51.82	129.09	29.39
% of Calories							*26.5%	21.1%	52.5%	26.9%
Nutrient Guideline			783					15.00		<=30.0

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Washington County School District

Nov 1, 2018 thru Nov 30, 2018

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 11/13/2018										
INTERMEDIATE LUNCH 6-8	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:INTER	3/4 CUP	1	99	10	144	2.36	*2	2.42	8.31	6.21
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
SALAD BAR: 2 TUESDAY- INTERM.	1/2 CUP	1	189	10	539	6.27	*1	5.09	13.93	11.98
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
ALT INT WEEKLY 1st CHOI										
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3	21.12	38.1	12.59
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	3.0	24.0	10.5
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	7	2.23	14.63	6.32
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	219	20	694	6.27	*0	4.09	11.93	14.98
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	0.0	4.0
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			1312	*104	2765	20.07	*63	62.97	154.28	48.50
% of Calories							*19.1%	19.2%	47.1%	33.3%
Nutrient Guideline			783					15.00		<=30.0

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Washington County School District

Nov 1, 2018 thru Nov 30, 2018

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 11/14/2018										
INTERMEDIATE LUNCH 6-8	Total	420								
ROASTED TURKEY: VIP	2.9 OZ	420	107	47	748	0.00	*N/A*	24.04	1.34	1.34
MASHED POTATOES,from Dry mix,P	1/2 CUP	400	80	0	314	1.00	1	2.0	17.03	1.0
GRAVY, TURKEY: (Custom)	1/4 Cup	400	25	0	290	0.00	*N/A*	1.0	4.0	1.0
GREEN BEANS:ELE	3/4 CUP	250	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	400	300	45	380	1.00	20	5.0	46.0	11.0
WHIP TOPPING: ON TOP	1 TBSP	300	25	0	0	0.00	*N/A*	0.0	2.0	2.0
MARGARINE REDDIES: (1)	1 Patty	0	35	0	40	0.00	*N/A*	0.0	0.0	4.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	400	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	10	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
ALT INT WEEKLY 1st CHOI										
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	*4	2.24	18.57	3.41
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	*4	16.0	32.0	26.42
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	214	3.05	*2	2.04	10.53	7.67
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			650	*95	2101	3.73	*38	40.85	90.68	15.36
% of Calories							*23.3%	25.2%	55.8%	21.3%
Nutrient Guideline			783					15.00		<=30.0

Thu - 11/15/2018										
INTERMEDIATE LUNCH 6-8	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:INTERM	1/2 CUP	1	109	10	169	2.94	*1	3.25	9.2	6.17
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

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Washington County School District

Nov 1, 2018 thru Nov 30, 2018

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT INT WEEKLY 1st CHOI	Total	1								
TACO SALAD: ALT LINE TORTILLA	SERVING	1	541	52	771	14.07	*1	26.82	61.21	18.62
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
BLACK BEANS	1/2 CUP	1	153	0	517	9.25	2	9.25	27.52	1.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	1	1.0	2.0	6.0
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
CRISPY CHICKEN SALAD: ALT-SMAC	2 cup	1	397	60	764	13.24	*0	25.04	44.23	13.0
Weighted Daily Average			1248	*111	2789	25.61	*58	68.39	163.06	33.70
% of Calories							*18.7%	21.9%	52.3%	24.3%
Nutrient Guideline			783					15.00		<=30.0

Fri - 11/16/2018										
INTERMEDIATE LUNCH 6-8	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
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	1	1.0	2.0	6.0
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
ALT INT WEEKLY 1st CHOI	Total	1								
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	711	3.00	*3	20.4	28.21	13.3
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	214	3.05	*2	2.04	10.53	7.67
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
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
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
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	0.0	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

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Washington County School District

Nov 1, 2018 thru Nov 30, 2018

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			999	*213	2093	14.38	*79	49.76	140.27	29.00
% of Calories							*31.7%	19.9%	56.2%	26.1%
Nutrient Guideline			783					15.00		<=30.0

Mon - 11/19/2018										
INTERMEDIATE LUNCH 6-8	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:INTERM.	1/2 CUP	1	115	10	212	3.64	*2	3.4	10.51	6.06
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0	0.22	0.33	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
ALT INT WEEKLY 1st CHOI	Total	1								
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	1	21.0	29.0	11.0
MIXED FRESH VEGETABLES:INTER	3/4 CUP	1	99	10	144	2.36	*2	2.42	8.31	6.21
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			912	*67	1816	11.10	*60	52.42	112.89	27.51
% of Calories							*26.1%	23.0%	49.5%	27.1%
Nutrient Guideline			783					15.00		<=30.0

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

Portion Values - Detailed

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Tue - 11/20/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
SOFT FLOUR TACO:SEC	1 serving	1	255	49	436	2.00	1	17.01	23.0	10.0
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- INTERM.	1/2 CUP	1	189	10	539	6.27	*1	5.09	13.93	11.98
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
ALT INT WEEKLY 1st CHOI										
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3	21.12	38.1	12.59
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	3.0	24.0	10.5
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	7	2.23	14.63	6.32
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	219	20	694	6.27	*0	4.09	11.93	14.98
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	0.0	4.0
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			1317	*86	2950	21.58	*76	58.99	167.49	45.43
% of Calories							*23.1%	17.9%	50.9%	31.0%
Nutrient Guideline			783					15.00		<=30.0

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Washington County School District

Nov 1, 2018 thru Nov 30, 2018

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 11/26/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
PULLED PORK SANDWICH:SEC	4oz serving	1	309	44	807	5.00	*3	23.0	39.0	7.5
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:INTERM.	1/2 CUP	1	115	10	212	3.64	*2	3.4	10.51	6.06
BROWNIE CUP, WG:FR016	BROWNIE	1	146	1	72	2.00	14	1.5	26.0	4.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	0.0
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	*N/A*	0.0	13.0	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
ALT INT WEEKLY 1st CHOI										
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	1	21.0	29.0	11.0
MIXED FRESH VEGETABLES:INTER	3/4 CUP	1	99	10	144	2.36	*2	2.42	8.31	6.21
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			1025	*70	2081	12.96	*66	53.57	142.34	27.14
% of Calories							*25.6%	20.9%	55.5%	23.8%
Nutrient Guideline			783					15.00		<=30.0

Tue - 11/27/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
CHILI	3/4 CUP	1	159	24	294	6.63	*N/A*	12.34	19.1	3.25
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	214	3.05	*2	2.04	10.53	7.67
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
SALAD BAR: 2 TUESDAY- INTERM.	1/2 CUP	1	189	10	539	6.27	*1	5.09	13.93	11.98
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

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Washington County School District

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Base Menu Spreadsheet

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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)
ALT INT WEEKLY 1st CHOI	Total	1								
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3	21.12	38.1	12.59
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	3.0	24.0	10.5
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	7	2.23	14.63	6.32
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	219	20	694	6.27	*0	4.09	11.93	14.98
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	0.0	4.0
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			1220	*71	2665	21.62	*67	54.11	156.08	40.90
% of Calories							*21.8%	17.7%	51.2%	30.2%
Nutrient Guideline			783					15.00		<=30.0

Wed - 11/28/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
BREADED PORK STEAK	1 EACH	1	293	51	424	2.02	1	16.17	17.18	17.18
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	9.00	0	2.0	18.0	5.0
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
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
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
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	*N/A*	0.0	0.0	4.0
ALT INT WEEKLY 1st CHOI	Total	1								
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	*4	2.24	18.57	3.41
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	*4	16.0	32.0	26.42
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	*8	0.71	16.0	0.23
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	214	3.05	*2	2.04	10.53	7.67
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

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Weighted Daily Average			1003	*80	1975	12.72	*57	48.30	120.87	37.25
% of Calories							*22.7%	19.3%	48.2%	33.4%
Nutrient Guideline			783					15.00		<=30.0

Thu - 11/29/2018										
INTERMEDIATE LUNCH 6-8	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:S	1.25 CUP	1	219	0	977	3.37	*0	5.05	40.42	4.21
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:INTERM	1/2 CUP	1	109	10	169	2.94	*1	3.25	9.2	6.17
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
ALT INT WEEKLY 1st CHOI	Total	1								
TACO SALAD: ALT LINE TORTILLA	SERVING	1	541	52	771	14.07	*1	26.82	61.21	18.62
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
BLACK BEANS	1/2 CUP	1	153	0	517	9.25	2	9.25	27.52	1.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	1	1.0	2.0	6.0
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
CRISPY CHICKEN SALAD: ALT-SMAC	2 cup	1	397	60	764	13.24	*0	25.04	44.23	13.0
Weighted Daily Average			1262	*111	2340	26.05	*58	67.58	168.55	33.04
% of Calories							*18.5%	21.4%	53.4%	23.6%
Nutrient Guideline			783					15.00		<=30.0

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Fri - 11/30/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
PIZZA, BIG DADDY'S (SCHWAN'S)	1 SLICE	1	320	20	550	4.00	*N/A*	19.0	39.0	10.0
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
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	1	1.0	2.0	6.0
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
ALT INT WEEKLY 1st CHOI										
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	711	3.00	*3	20.4	28.21	13.3
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	214	3.05	*2	2.04	10.53	7.67
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
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
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
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	0.0	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			979	*61	1785	13.88	*76	50.26	140.31	24.76
% of Calories							*31.1%	20.5%	57.3%	22.8%
Nutrient Guideline			783					15.00		<=30.0

Weighted Average			1078	*90	2223	16.60	*64	55.37	141.42	32.15
							*53.4%	20.5%	52.5%	26.8%

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Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Cholst (mg) Shortfall	Sodm (mg) Overage	Fiber (g) Overage	Sugars (g) Overage	Protn (g) Error Messages (if any)	Carb (g) Error Messages (if any)	T-Fat (g) Error Messages (if any)
Calories	1078		783	138%								
Cholesterol (mg)	90				Missing							
Sodium 1 (mg)	2223							2223				
Sodium 2 (mg)	2223							2223				
Fiber (g)	16.60											
Sugars (g)	64	23.75%			Missing							
Protein (g)	55.37	20.54%	15.00	369%								
Carbohydrate (g)	141.42	52.46%										
Total Fat (g)	32.15	26.83%	<=30.00%									

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