

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 10/23/2018 9:21:17 AM

	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										
SECONDARY LUNCH 9-12	Total	1								
ORANGE CHICKEN :SEC	3.92 OZ	1	162	45	312	0.00	*N/A*	12.13	21.22	3.03
RICE: COOKED BROWN (SEC)	1 CUP	1	160	0	139	2.00	*0	4.0	32.96	1.5
NORMANDY-3/4 CUP	3/4 CUP	1	23	0	23	1.50	2	0.75	3.75	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	*0	4.51	14.42	0.39
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 SEC WEEKLY 1st CHO										
TACO SALAD :ALT LINE	2 CUP	1	417	52	627	12.15	*0	23.95	41.06	15.74
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	248	10	854	10.53	*1	8.17	23.86	12.97
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
PEAS- 1/4 CUP	1/4 CUP	1	33	0	49	1.87	*N/A*	2.33	5.6	0.23
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			1343	*109	2435	30.56	*62	70.29	192.36	32.29
% of Calories							*18.4%	20.9%	57.3%	21.6%
Nutrient Guideline			846					16.70		<=30.0

Fri - 11/02/2018										
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
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
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 2

Generated on: 10/23/2018 9:21:17 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT SEC WEEKLY 1st CHO	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
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	3.0	24.0	10.5
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
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			987	*50	1752	15.34	*85	50.42	148.27	22.39
% of Calories							*34.3%	20.4%	60.1%	20.4%
Nutrient Guideline			846					16.70		<=30.0

Mon - 11/05/2018										
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	57	0	719	5.44	*N/A*	3.44	12.88	0.29
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	*2	6.87	20.63	6.13
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 SEC WEEKLY 1st CHO	Total	1								
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	1	21.0	29.0	11.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	*2	3.06	9.82	6.29
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	*0	4.51	14.42	0.39
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			956	*58	1781	18.95	*65	56.04	138.92	22.14
% of Calories							*27.2%	23.4%	58.1%	20.8%
Nutrient Guideline			846					16.70		<=30.0

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 3

Generated on: 10/23/2018 9:21:17 AM

	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										
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	248	10	854	10.53	*1	8.17	23.86	12.97
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 SEC WEEKLY 1st CHO	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
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	7	2.23	14.63	6.32
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	*2	6.87	20.63	6.13
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
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			1310	*81	2883	26.13	*77	62.70	182.20	37.36
% of Calories							*23.5%	19.1%	55.6%	25.7%
Nutrient Guideline			846					16.70		<=30.0

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 4

Generated on: 10/23/2018 9:21:17 AM

	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										
SECONDARY LUNCH 9-12	Total	1								
HAM - COBBLE STREET	SLICE	1	140	45	840	0.00	1	13.0	2.0	9.0
SCALLOPED POTATOES:SEC	3/4 CUP	1	223	0	703	2.80	*4	4.2	33.59	4.98
CASCADE BLEND VEGETABLE-1 CUP	1 CUP	1	41	0	47	2.70	3	1.35	9.46	0.0
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
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 SEC WEEKLY 1st CHO										
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:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
CARROT & CELERY STICKS:SEC	1 CUP	1	132	15	235	2.42	*2	2.28	8.67	9.18
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			1040	*81	2348	12.11	*69	47.88	139.46	32.61
% of Calories							*26.5%	18.4%	53.6%	28.2%
Nutrient Guideline			846					16.70		<=30.0

Thu - 11/08/2018										
SECONDARY LUNCH 9-12	Total	1								
CHERRY BLOSSOM CHICKEN-3.92 OZ	3.92 OZ	1	178	55	128	1.00	16	14.04	24.06	3.01
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:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	*0	4.51	14.42	0.39
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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 5

Generated on: 10/23/2018 9:21:17 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT SEC WEEKLY 1st CHO	Total	1								
TACO SALAD :ALT LINE	2 CUP	1	417	52	627	12.15	*0	23.95	41.06	15.74
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	248	10	854	10.53	*1	8.17	23.86	12.97
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
PEAS- 1/4 CUP	1/4 CUP	1	33	0	49	1.87	*N/A*	2.33	5.6	0.23
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			1334	*114	2457	31.43	*69	71.26	190.34	33.16
% of Calories							*20.6%	21.4%	57.1%	22.4%
Nutrient Guideline			846					16.70		<=30.0

Fri - 11/09/2018										
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
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 SEC WEEKLY 1st CHO	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
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	3.0	24.0	10.5
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 6

Generated on: 10/23/2018 9:21:17 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			1046	*65	1867	14.84	*87	50.92	149.77	28.39
% of Calories							*33.3%	19.5%	57.2%	24.4%
Nutrient Guideline			846					16.70		<=30.0

Mon - 11/12/2018										
SECONDARY LUNCH 9-12	Total	1								
CHICKEN CHUNKS-SEC	6 PIECES	1	257	43	585	2.00	1	20.0	18.0	13.0
FRENCH FRIES- S.S. 3/4 CUP	4.5 OZ	1	210	0	450	3.00	0	3.0	33.0	7.5
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	*2	6.87	20.63	6.13
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
ALT SEC WEEKLY 1st CHO	Total	1								
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	1	21.0	29.0	11.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	*2	3.06	9.82	6.29
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	*0	4.51	14.42	0.39
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			1071	*59	2047	16.96	*74	56.11	157.08	26.59
% of Calories							*27.7%	21.0%	58.7%	22.3%
Nutrient Guideline			846					16.70		<=30.0

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 7

Generated on: 10/23/2018 9:21:17 AM

	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										
SECONDARY LUNCH 9-12	Total	1								
WHITE CHICKEN CHILI: SEC new	1.25 CUP	1	465	86	796	8.39	*0	37.29	36.45	19.16
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	2 EACH	1	296	22	182	3.00	*N/A*	5.6	46.0	10.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	*2	3.06	9.82	6.29
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	248	10	854	10.53	*1	8.17	23.86	12.97
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 SEC WEEKLY 1st CHO	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
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	7	2.23	14.63	6.32
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	*2	6.87	20.63	6.13
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
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			1445	*113	2749	26.11	*74	71.53	190.73	45.48
% of Calories							*20.4%	19.8%	52.8%	28.3%
Nutrient Guideline			846					16.70		<=30.0

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 8

Generated on: 10/23/2018 9:21:17 AM

	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										
SECONDARY LUNCH 9-12	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	3/4 CUP	8240	122	0	479	1.53	2	3.05	25.94	1.53
GRAVY, TURKEY: (Custom)	1/4 Cup	5000	25	0	290	0.00	*N/A*	1.0	4.0	1.0
GREEN BEANS:ELE	3/4 CUP	4500	32	0	399	3.02	*N/A*	1.91	7.16	0.16
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
DELUXE FRUIT SALAD	1/2 CUP	1	97	1	107	1.06	*13	1.71	22.14	0.42
PUMPKIN PIE :(Sara Lee)	Slice	8000	300	45	380	1.00	20	5.0	46.0	11.0
WHIP TOPPING: ON TOP	1 TBSP	3500	25	0	0	0.00	*N/A*	0.0	2.0	2.0
MARGARINE REDDIES: (1)	1 Patty	2500	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
ALT SEC WEEKLY 1st CHO										
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:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
CARROT & CELERY STICKS:SEC	1 CUP	1	132	15	235	2.42	*2	2.28	8.67	9.18
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			690	*96	2171	4.15	*38	41.60	97.54	16.80
% of Calories							*21.9%	24.1%	56.5%	21.9%
Nutrient Guideline			846					16.70		<=30.0

Thu - 11/15/2018										
SECONDARY LUNCH 9-12	Total	1								
TERIYAKI CHICKEN:SEC	4.2 oz	1	180	80	640	0.00	*N/A*	24.0	12.0	4.0
VEGETABLE BROWN RICE : SEC	8 OZ	1	219	0	977	3.37	*N/A*	5.05	40.42	4.21
NORMANDY-3/4 CUP	3/4 CUP	1	23	0	23	1.50	2	0.75	3.75	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	*0	4.51	14.42	0.39
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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 9

Generated on: 10/23/2018 9:21:17 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT SEC WEEKLY 1st CHO	Total	1								
TACO SALAD :ALT LINE	2 CUP	1	417	52	627	12.15	*0	23.95	41.06	15.74
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	248	10	854	10.53	*1	8.17	23.86	12.97
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
PEAS- 1/4 CUP	1/4 CUP	1	33	0	49	1.87	*N/A*	2.33	5.6	0.23
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			1377	*126	3285	31.25	*66	76.75	191.48	34.13
% of Calories							*19.2%	22.3%	55.6%	22.3%
Nutrient Guideline			846					16.70		<=30.0

Fri - 11/16/2018										
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
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 SEC WEEKLY 1st CHO	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
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	3.0	24.0	10.5
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 10

Generated on: 10/23/2018 9:21:17 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			1041	*207	2125	15.84	*86	49.91	151.23	29.13
% of Calories							*32.9%	19.2%	58.1%	25.2%
Nutrient Guideline			846					16.70		<=30.0

Mon - 11/19/2018										
SECONDARY LUNCH 9-12	Total	1								
HAMBURGER 100 % BEEF: SEC	PATTY	1	287	39	440	3.03	3	22.08	26.1	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-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	3.0	24.0	10.5
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	*2	6.87	20.63	6.13
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 SEC WEEKLY 1st CHO	Total	1								
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	1	21.0	29.0	11.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	*2	3.06	9.82	6.29
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	*0	4.51	14.42	0.39
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			1014	*57	1882	17.85	*69	57.21	141.88	25.21
% of Calories							*27.2%	22.6%	56.0%	22.4%
Nutrient Guideline			846					16.70		<=30.0

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 11/20/2018										
SECONDARY LUNCH 9-12	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-.5OZ	.5 OZ	1	56	13	86	0.00	0	3.04	0.51	4.56
REFRIED BEANS	1/2 CUP	1	164	0	546	8.21	0	8.21	23.6	4.62
TORTILLA CHIPS	13 CHIPS	1	140	0	120	2.00	*N/A*	2.0	20.0	5.0
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	248	10	854	10.53	*1	8.17	23.86	12.97
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 SEC WEEKLY 1st CHO										
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
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	7	2.23	14.63	6.32
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	*2	6.87	20.63	6.13
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
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			1410	*84	2886	26.74	*87	63.86	198.16	41.59
% of Calories							*24.7%	18.1%	56.2%	26.5%
Nutrient Guideline			846					16.70		<=30.0

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 11/26/2018										
SECONDARY LUNCH 9-12	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. 3/4 CUP	4.5 OZ	1	210	0	450	3.00	0	3.0	33.0	7.5
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	*2	6.87	20.63	6.13
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 SEC WEEKLY 1st CHO										
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	1	21.0	29.0	11.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	*2	3.06	9.82	6.29
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	*0	4.51	14.42	0.39
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			1112	*60	2127	19.21	*75	57.86	170.33	24.34
% of Calories							*26.8%	20.8%	61.2%	19.7%
Nutrient Guideline			846					16.70		<=30.0

Tue - 11/27/2018										
SECONDARY LUNCH 9-12	Total	1								
CHILI	3/4 CUP	1	159	24	294	6.63	*N/A*	12.34	19.1	3.25
CARROT & CELERY STICKS:SEC	1 CUP	1	132	15	235	2.42	*2	2.28	8.67	9.18
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	248	10	854	10.53	*1	8.17	23.86	12.97
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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 13

Generated on: 10/23/2018 9:21:17 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
ALT SEC WEEKLY 1st CHO	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
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	2.0	19.0	3.0
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	7	2.23	14.63	6.32
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	*2	6.87	20.63	6.13
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
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			1234	*67	2530	25.45	*78	57.34	175.69	34.18
% of Calories							*25.2%	18.6%	57.0%	24.9%
Nutrient Guideline			846					16.70		<=30.0

Wed - 11/28/2018										
SECONDARY LUNCH 9-12	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 (SEC)	1 CUP	1	34	0	23	2.30	0	2.3	4.6	3.15
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
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
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	*N/A*	0.0	0.0	4.0
ALT SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
CARROT & CELERY STICKS:SEC	1 CUP	1	132	15	235	2.42	*2	2.28	8.67	9.18
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
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 14

Generated on: 10/23/2018 9:21:17 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			1089	*86	2098	16.02	*65	49.34	139.32	39.28
% of Calories							*24.0%	18.1%	51.2%	32.5%
Nutrient Guideline			846					16.70		<=30.0

Thu - 11/29/2018										
SECONDARY LUNCH 9-12	Total	1								
LEMON CHICKEN- 3.92 OZ	3.92 OZ	1	160	55	231	1.00	12	14.04	20.05	3.01
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:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	*0	4.51	14.42	0.39
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 SEC WEEKLY 1st CHO	Total	1								
TACO SALAD :ALT LINE	2 CUP	1	417	52	627	12.15	*0	23.95	41.06	15.74
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	248	10	854	10.53	*1	8.17	23.86	12.97
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	3.93	27.16	2.34
PEAS- 1/4 CUP	1/4 CUP	1	33	0	49	1.87	*N/A*	2.33	5.6	0.23
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			1322	*114	2507	31.13	*68	70.67	188.27	31.98
% of Calories							*20.5%	21.4%	57.0%	21.8%
Nutrient Guideline			846					16.70		<=30.0

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 15

Generated on: 10/23/2018 9:21:17 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 11/30/2018										
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
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 SEC WEEKLY 1st CHO										
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
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	3.0	24.0	10.5
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	*17	1.39	29.73	0.44
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			1021	*55	1817	15.34	*83	50.42	151.27	24.89
% of Calories							*32.3%	19.7%	59.2%	21.9%
Nutrient Guideline			846					16.70		<=30.0
Weighted Average			1150	*89	2302	20.81	*72	58.53	162.86	30.63
							*56.6%	20.4%	56.7%	24.0%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 16

Generated on: 10/23/2018 9:21:17 AM

Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal)	Cholst (mg) Miss Data	Sodm (mg) Shortfall	Fiber (g) Overage	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g) Error Messages (if any)
Calories	1150		846	136%								
Cholesterol (mg)	89					Missing						
Sodium 1 (mg)	2302								2302			
Sodium 2 (mg)	2302								2302			
Fiber (g)	20.81											
Sugars (g)	72	25.16%				Missing						
Protein (g)	58.53	20.36%	16.70	350%								
Carbohydrate (g)	162.86	56.66%										
Total Fat (g)	30.63	23.98%	<=30.00%									

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.