

Washington County School Distict

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/01/2018																
ELEMENTARY LUNCH	Total	1														
POPCORN CHICKEN SMACKERS	4.3 OZ S ERVING	1	278	62	610	3.10	2.07	17.6	174	1.03	0	18.6	20.67	13.44	3.10	0.00
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	2.00	0.36	0.0	0	4.8	0	2.0	22.0	5.0	1.50	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	0.13	4.7	141	33.27	*12	0.37	18.17	0.16	0.05	0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	145	20	367	3.64	3.59	77.4	9965	24.86	*1	2.4	8.51	9.06	2.01	0.00
PUDDING,CHOICE	SERVING	1	115	0	133	0.50	0.54	225.0	75	0.0	15	1.0	20.5	3.0	1.75	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	8	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1133	97	2674	10.85	7.04	1244.7	12580	72.36	*78	49.38	155.19	33.16	9.90	0.00
% of Calories											*27.6%	17.4%	54.8%	26.3%	7.9%	0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Tue - 10/02/2018																
ELEMENTARY LUNCH	Total	1														
TACO SOUP	1 CUP	1	291	50	1127	5.73	3.44	60.2	1016	16.28	*5	19.79	25.68	11.61	3.43	*0.00
CHEDDAR/ JACK FANCY SHRE D.25OZ	.25 OZ	1	28	6	43	0.00	0.00	50.6	63	0.0	0	1.52	0.25	2.28	1.52	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	129	20	299	2.36	0.66	30.1	6005	34.31	*1	1.42	6.31	9.21	2.05	0.00
CHIPS-Baked! Tostitos Scoops	BAG	1	110	0	110	2.00	0.36	0.0	0	0.0	*N/A*	2.0	19.0	2.5	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	0.13	4.7	141	33.27	*12	0.37	18.17	0.16	0.05	0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	219	20	694	6.27	3.63	57.1	5996	19.33	*0	4.09	11.93	14.98	3.14	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
MINI CORN DOGS : SUNSET ONLY	4 EACH	1	166	40	279	1.99	1.19	66.3	3	0.8	1	6.63	19.89	6.63	1.66	0.00
Weighted Daily Average			1317	151	2989	19.95	9.41	1169.0	14725	109.98	*61	60.82	145.23	49.87	13.34	*0.00
% of Calories											*18.6%	18.5%	44.1%	34.1%	9.1%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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

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

Washington County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/03/2018																
ELEMENTARY LUNCH	Total	1														
ROASTED TURKEY: VIP	2.9 OZ	1	107	47	748	0.00	0.48	0.0	0	0.0	*N/A*	24.04	1.34	1.34	0.00	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	0.37	22.4	5	30.04	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, TURKEY: (Custom)	1/4 Cup	1	25	0	290	0.00	0.00	0.0	0	0.0	*N/A*	1.0	4.0	1.0	0.00	0.00
GREEN BEANS:ELE	3/4 CUP	1	32	0	399	3.02	1.43	41.4	555	6.84	*N/A*	1.91	7.16	0.16	0.03	*N/A*
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	0.13	4.7	141	33.27	*12	0.37	18.17	0.16	0.05	0.00
WG DINNER ROLL	ROLL	1	90	0	160	2.00	1.08	40.0	10	2.4	2	4.0	17.0	1.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
CHICKEN SANDWICH: SUNSET ONLY	1 each	1	340	30	470	3.00	2.88	80.0	110	3.6	2	17.0	33.0	16.51	3.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
Weighted Daily Average			1083	92	2860	10.64	6.37	1088.5	2521	82.15	*59	75.33	141.69	27.66	5.58	*0.00
% of Calories											*21.9%	27.8%	52.3%	23.0%	4.6%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Thu - 10/04/2018																
ELEMENTARY LUNCH	Total	8240														
DUTCH WAFFLE	1 EACH	8240	300	20	350	3.00	1.80	40.0	60	0.0	12	4.0	43.0	13.0	3.00	0.00
SAUSAGE LINK: 1	1 EACH	8000	60	30	100	0.00	0.36	20.0	0	0.0	*N/A*	6.0	0.0	4.5	1.00	0.00
SCRAMBLED EGGS: SUNNY FRESH	1/4 CUP	1	90	220	250	0.00	0.80	34.0	330	0.0	*N/A*	6.0	2.0	6.0	2.00	0.00
HASHBROWN PATTY:1/2 CUP	2 EACH	7500	220	0	450	2.00	0.72	0.0	5	2.4	1	2.0	27.0	11.0	1.50	0.00
PEACHES,FRESH	1 EACH	5000	34	0	0	1.30	0.22	5.2	284	5.74	7	0.79	8.3	0.22	0.02	0.00
SYRUP	1 EA	5000	11	0	81	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.34	0.0	0.00	0.00
KETCHUP : P/C	PC	3500	31	0	396	0.00	0.00	0.0	625	0.0	8	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	5200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	3030	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			712	56	1234	5.61	2.94	362.6	1002	7.31	*37	20.13	95.83	28.43	5.90	0.00
% of Calories											*20.6%	11.3%	53.9%	36.0%	7.5%	0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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

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

Washington County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/05/2018																
ELEMENTARY LUNCH	Total	1														
WG PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	1.80	150.0	15	0.0	3	16.0	27.0	17.0	5.00	0.00
MARINARA SAUCE: ELE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	745	8.94	3	1.99	11.93	1.49	0.00	0.00
DINNER SALAD	1 CUP	1	62	0	87	5.17	6.75	118.6	17926	47.38	*0	3.55	11.53	0.02	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	0.13	4.7	141	33.27	*12	0.37	18.17	0.16	0.05	0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	0.36	80.0	350	60.0	16	0.0	19.0	0.0	0.00	0.00
LEFLEUR'S LITE RANCH- ELE.	CONTAIN ER	1	100	20	250	0.00	0.00	0.0	0	0.0	0	0.0	0.0	9.0	2.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			965	358	1949	14.77	10.47	1293.1	20678	155.60	*76	46.91	131.62	30.17	8.55	0.00
% of Calories											*31.7%	19.4%	54.5%	28.1%	8.0%	0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Mon - 10/08/2018																
ELEMENTARY LUNCH	Total	1														
HAMBURGER 100% BEEF :ELE	PATTY	1	257	39	390	2.03	34.38	73.7	10	2.43	2	21.08	21.1	10.15	3.40	0.00
SHREDDED LETTUCE & TOMA TO-DELI	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	280	2.00	0.72	0.0	0	2.4	0	2.0	16.0	7.0	1.50	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	0.13	4.7	141	33.27	*12	0.37	18.17	0.16	0.05	0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	145	20	367	3.64	3.59	77.4	9965	24.86	*1	2.4	8.51	9.06	2.01	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	8	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	0.0	0	0.0	0	0.22	0.33	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			969	74	2280	10.54	39.12	1065.4	12774	75.43	*68	51.98	120.12	28.95	8.47	0.00
% of Calories											*28.0%	21.5%	49.6%	26.9%	7.9%	0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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

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

Washington County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/09/2018																
ELEMENTARY LUNCH	Total	1														
SOFT FLOUR TACO: ELE	servings	1	225	49	411	2.00	1.44	120.1	413	0.6	0	17.01	19.0	9.5	2.70	0.00
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	14	0	6	1.10	0.32	10.1	569	7.16	2	0.95	2.86	0.09	0.01	0.00
CHEDDAR/ JACK FANCY SHRE D.25OZ	.25 OZ	1	28	6	43	0.00	0.00	50.6	63	0.0	0	1.52	0.25	2.28	1.52	0.00
REFRIED BEANS	1/2 CUP	1	164	0	546	8.21	1.85	42.7	0	25.86	0	8.21	23.6	4.62	1.54	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	0.13	4.7	141	33.27	*12	0.37	18.17	0.16	0.05	0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	219	20	694	6.27	3.63	57.1	5996	19.33	*0	4.09	11.93	14.98	3.14	*0.00
SWEET POTATO CAKE: NEUF CHATEL	SERVING	1	217	11	162	1.41	0.45	16.1	778	0.25	*26	1.56	35.9	7.97	1.94	*0.03
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0.00	0.0	89	0.0	0	0.89	1.77	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1250	101	2435	21.48	7.83	1201.4	9551	92.47	*82	59.59	157.49	42.10	12.40	*0.03
% of Calories											*26.4%	19.1%	50.4%	30.3%	8.9%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Wed - 10/10/2018																
ELEMENTARY LUNCH	Total	1														
WG BREADED 8 PIECE CHICKEN	PIECE	1	215	41	591	1.00	0.18	120.0	78	0.6	0	12.0	11.0	13.0	3.00	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	0.37	22.4	5	30.04	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	24	0	135	0.00	0.01	1.1	0	0.0	*N/A*	0.95	4.76	0.48	0.00	0.00
CORN :ELE	3/4 CUP	1	79	0	13	2.65	0.48	0.0	46	4.76	9	2.65	11.91	1.98	0.00	0.00
WG DINNER ROLL	ROLL	1	90	0	160	2.00	1.08	40.0	10	2.4	2	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	0.13	4.7	141	33.27	*12	0.37	18.17	0.16	0.05	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
Weighted Daily Average			898	56	1692	8.26	2.24	1088.3	1981	77.08	*67	46.97	123.86	24.12	5.55	*0.00
% of Calories											*29.7%	20.9%	55.2%	24.2%	5.6%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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

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

Washington County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/15/2018																
ELEMENTARY LUNCH	Total	1														
HOT DOG W/ BUN	1 EACH	1	220	55	450	2.00	2.16	120.0	10	8.4	2	13.0	22.0	10.5	2.50	0.00
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	2.00	0.36	0.0	0	4.8	0	2.0	22.0	5.0	1.50	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	0.13	4.7	141	33.27	*12	0.37	18.17	0.16	0.05	0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	145	20	367	3.64	3.59	77.4	9965	24.86	*1	2.4	8.51	9.06	2.01	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	8	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	0.0	0	0.0	0	0.22	0.33	0.0	0.00	0.00
RELISH- DILL PICKLE	SERVING	1	0	0	45	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
BROWNIE CUP, WG:FR016	BROWNIE	1	146	1	72	2.00	0.60	0.1	23	0.5	14	1.5	26.0	4.0	0.70	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1060	91	2131	11.47	6.83	1102.3	12264	77.82	*79	44.49	149.35	31.22	8.25	0.00
% of Calories											*29.9%	16.8%	56.4%	26.5%	7.0%	0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Tue - 10/16/2018																
ELEMENTARY LUNCH	Total	1														
CHILI	3/4 CUP	1	159	24	294	6.63	2.87	60.1	976	14.45	*N/A*	12.34	19.1	3.25	1.26	0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	153	22	369	3.05	0.84	41.9	11895	3.41	*1	1.04	8.53	10.67	2.16	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	0.13	4.7	141	33.27	*12	0.37	18.17	0.16	0.05	0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	219	20	694	6.27	3.63	57.1	5996	19.33	*0	4.09	11.93	14.98	3.14	*0.00
CINNAMON ROLL W. W.W. BRI	ROLL	1	210	0	250	3.99	1.44	20.0	40	1.2	8	5.99	34.94	4.99	1.00	0.00
DGFOR																
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1116	82	2045	21.55	8.91	1083.7	20548	77.65	*63	48.83	136.67	36.55	9.10	*0.00
% of Calories											*22.6%	17.5%	49.0%	29.5%	7.3%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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

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

Washington County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/17/2018																
ELEMENTARY LUNCH	Total	1														
BREADED PORK STEAK	1 EACH	1	293	51	424	2.02	1.45	20.2	5	0.0	1	16.17	17.18	17.18	4.55	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	0.37	22.4	5	30.04	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	45	0	222	0.00	0.01	1.1	1	0.0	*N/A*	1.0	5.0	2.0	1.50	0.00
BROCCOLI ; FROZEN (ELE)	3/4 CUP	1	26	0	17	1.73	0.00	1545.0	5888	154.8	0	1.73	3.45	2.36	0.37	0.00
WG DINNER ROLL	ROLL	1	90	0	160	2.00	1.08	40.0	10	2.4	2	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	0.13	4.7	141	33.27	*12	0.37	18.17	0.16	0.05	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
CHICKEN SANDWICH: SUNSET ONLY	1 each	1	340	30	470	3.00	2.88	80.0	110	3.6	2	17.0	33.0	16.51	3.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
Weighted Daily Average % of Calories			1283	96	2086	11.36	5.92	2613.5	7860	230.11	*60 *18.8%	67.27 21.0%	154.82 48.3%	46.71 32.8%	11.96 8.4%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/18/2018																
ELEMENTARY LUNCH	Total	1														
LEMON CHICKEN- 2.94 OZ	2.94 OZ	1	120	41	173	0.75	0.81	0.0	0	0.0	9	10.53	15.04	2.26	2.26	0.00
VEGETABLE HARVEST RICE P ILAF:E	3/4 CUP	1	130	0	581	2.00	1.44	20.2	2501	4.8	*0	3.0	24.01	2.5	0.00	0.00
NORTHWEST BLEND VEGETABLE:ELE	3/4 CUP	1	19	0	17	1.11	0.40	11.1	414	8.29	2	0.55	3.32	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	0.13	4.7	141	33.27	*12	0.37	18.17	0.16	0.05	0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	139	20	324	2.94	2.34	57.2	6427	23.91	*0	2.25	7.2	9.17	2.03	0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	11	0.15	0.00	0.0	0	0.0	*N/A*	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
SMACKERS: SUNSET ONLY	4.3 OZ SERVING	1	278	62	610	3.10	2.07	17.6	174	1.03	0	18.6	20.67	13.44	3.10	0.00
Weighted Daily Average % of Calories			1093	138	2153	11.66	7.19	1010.8	11158	77.30	*65 *23.8%	60.31 22.1%	139.38 51.0%	30.22 24.9%	8.96 7.4%	0.00 0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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

Washington County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/19/2018																
ELEMENTARY LUNCH	Total	1														
MAX STUFFED CRUST PEPPE RONI PI	SLICE	1	319	35	759	3.00	1.80	249.6	0	0.0	5	16.97	36.93	11.98	5.99	0.00
DINNER SALAD	1 CUP	1	62	0	87	5.17	6.75	118.6	17926	47.38	*0	3.55	11.53	0.02	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	0.13	4.7	141	33.27	*12	0.37	18.17	0.16	0.05	0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	0.36	80.0	350	60.0	16	0.0	19.0	0.0	0.00	0.00
LEFLEUR'S LITE RANCH- ELE.	CONTAIN ER	1	100	20	250	0.00	0.00	0.0	0	0.0	0	0.0	0.0	9.0	2.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			925	70	1541	12.78	9.03	1352.9	19917	146.65	*75 *32.6%	45.89 19.8%	129.63 56.0%	23.66 23.0%	9.54 9.3%	0.00 0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/22/2018																
ELEMENTARY LUNCH	Total	1														
CHICKEN BREAST PATTIE SAND: EL	1 each	1	340	30	470	3.00	2.88	80.0	110	3.6	2	17.0	33.0	16.51	3.00	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	0.00
BAKED BEANS:ELE	3/4 CUP	1	150	0	613	3.97	1.27	44.9	271	2.24	*21	4.83	36.04	0.38	0.07	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	0.13	4.7	141	33.27	*12	0.37	18.17	0.16	0.05	0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	145	20	367	3.64	3.59	77.4	9965	24.86	*1	2.4	8.51	9.06	2.01	0.00
CHIPS : VARIETY	BAG	1	110	0	143	1.00	0.00	0.0	0	0.0	2	2.0	19.0	3.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			1177	70	2463	14.26	8.18	1116.6	12520	76.44	*83 *28.3%	52.52 17.9%	162.40 55.2%	35.69 27.3%	7.14 5.5%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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

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

Washington County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 8

Generated on: 8/30/2018 11:24:23 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/23/2018																
ELEMENTARY LUNCH	Total	8345														
NACHO BITES-ELE	8 BITES	8345	270	15	440	3.00	1.44	150.0	500	2.4	1	11.0	32.0	10.0	4.00	0.00
SPANISH RICE-1/2 CUP	1/2 cup	5282	132	0	639	3.67	0.46	8.2	227	2.43	*0	4.75	25.32	2.02	0.14	*0.00
SALSA PICANTE	1 OZ	3821	9	0	133	0.89	0.00	0.0	89	0.0	0	0.89	1.77	0.0	0.00	0.00
CREAMIES JR.: (CHOICE OF)	CREAMIE	8249	93	16	39	0.00	0.00	260.0	1988	3.45	*N/A*	2.0	14.0	3.5	2.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	6000	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	3730	219	20	694	6.27	3.63	57.1	5996	19.33	*0	4.09	11.93	14.98	3.14	*0.00
MILK : CHOCOLATE MILK	CARTON	7438	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	897	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			711	*45	1430	10.07	3.48	748.5	5921	37.08	*25	26.73	98.64	21.87	7.67	*0.00
% of Calories											*13.8%	15.0%	55.5%	27.7%	9.7%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Wed - 10/24/2018																
ELEMENTARY LUNCH	Total	1														
TERIYAKI BEEF NUGGETS: (Ei em.)	4 Nugget	1	160	40	440	1.00	1.44	20.0	20	0.0	4	14.0	6.0	8.0	3.50	0.05
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	0.37	22.4	5	30.04	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	25	0	326	0.00	0.01	1.1	0	0.0	*N/A*	0.98	3.93	0.98	0.00	0.00
SUNSHINE CARROTS;ELE	3/4 CUP	1	30	0	51	2.46	0.59	16.4	1443	1.97	*N/A*	0.0	5.75	0.14	0.03	0.00
WG DINNER ROLL	ROLL	1	90	0	160	2.00	1.08	40.0	10	2.4	2	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	0.13	4.7	141	33.27	*12	0.37	18.17	0.16	0.05	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
CHICKEN SANDWICH: SUNSE T ONLY	1 each	1	340	30	470	3.00	2.88	80.0	110	3.6	2	17.0	33.0	16.51	3.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
Weighted Daily Average			1134	85	2239	11.08	6.50	1084.7	3429	77.28	*63	63.36	144.88	34.29	9.08	*0.05
% of Calories											*22.3%	22.3%	51.1%	27.2%	7.2%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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

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

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

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

Washington County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 9

Generated on: 8/30/2018 11:24:23 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/25/2018																
ELEMENTARY LUNCH	Total	1														
CHICKEN NOODLE SOUP:ELE	3/4 CUP	1	135	38	146	2.44	0.94	34.9	1612	1.35	*1	7.96	19.94	2.79	0.51	*0.00
GARLIC TWIST	2 OZ	1	141	11	384	4.71	1.37	21.2	92	0.0	*1	4.18	27.29	2.59	0.61	*0.00
TOMATOES, CUCUMBER, CAR ROTS:EL	3/4 CUP	1	125	20	285	1.89	0.54	20.2	6197	6.88	*1	0.77	9.38	9.17	2.01	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	0.13	4.7	141	33.27	*12	0.37	18.17	0.16	0.05	0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	139	20	324	2.94	2.34	57.2	6427	23.91	*0	2.25	7.2	9.17	2.03	0.00
BUG BITES	BAG	1	120	0	1151	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			1033	104	2729	14.60	6.03	1138.2	16470	71.41	*66 *25.6%	42.54 16.5%	146.98 56.9%	29.89 26.0%	7.70 6.7%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Fri - 10/26/2018																
ELEMENTARY LUNCH	Total	1														
WG PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	1.80	150.0	15	0.0	3	16.0	27.0	17.0	5.00	0.00
MARINARA SAUCE: ELE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	745	8.94	3	1.99	11.93	1.49	0.00	0.00
DINNER SALAD	1 CUP	1	62	0	87	5.17	6.75	118.6	17926	47.38	*0	3.55	11.53	0.02	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	0.13	4.7	141	33.27	*12	0.37	18.17	0.16	0.05	0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	0.36	80.0	350	60.0	16	0.0	19.0	0.0	0.00	0.00
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0.00	0.00	0.0	0	0.0	0	0.0	0.0	9.0	2.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			965	358	1949	14.77	10.47	1293.1	20678	155.60	*76 *31.7%	46.91 19.4%	131.62 54.5%	30.17 28.1%	8.55 8.0%	0.00 0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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

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

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

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

Washington County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 10

Generated on: 8/30/2018 11:24:23 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/29/2018																
ELEMENTARY LUNCH	Total	1														
MINI CORN DOG NUGGETS (ELEM)	4 EACH	1	167	40	280	2.00	1.20	66.7	3	0.8	1	6.67	20.0	6.67	1.67	0.00
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	280	2.00	0.72	0.0	0	2.4	0	2.0	16.0	7.0	1.50	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	0.13	4.7	141	33.27	*12	0.37	18.17	0.16	0.05	0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	145	20	367	3.64	3.59	77.4	9965	24.86	*1	2.4	8.51	9.06	2.01	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	8	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	0.0	0	0.0	0	0.22	0.33	0.0	0.00	0.00
JELL-O	GEL CUP	1	100	0	45	0.00	0.00	0.0	110	0.0	22	0.0	25.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			960	75	1869	9.47	5.63	1048.8	12344	67.32	*86	36.66	140.35	25.39	6.72	0.00
% of Calories											*35.8%	15.3%	58.5%	23.8%	6.3%	0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/30/2018																
ELEMENTARY LUNCH	Total	1														
CHEESE QUESADILLA	1 EACH	1	330	45	530	2.00	1.80	500.3	500	3.6	2	18.01	25.01	18.01	11.01	0.00
REFRIED BEANS	1/2 CUP	1	164	0	546	8.21	1.85	42.7	0	25.86	0	8.21	23.6	4.62	1.54	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	0.13	4.7	141	33.27	*12	0.37	18.17	0.16	0.05	0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	219	20	694	6.27	3.63	57.1	5996	19.33	*0	4.09	11.93	14.98	3.14	*0.00
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0.00	0.0	89	0.0	0	0.89	1.77	0.0	0.00	0.00
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	158	10	180	2.40	0.79	42.1	525	0.01	*10	1.89	22.26	7.44	1.70	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1255	90	2522	21.38	8.20	1546.9	8752	88.07	*67	58.45	146.74	47.71	18.93	*0.00
% of Calories											*21.3%	18.6%	46.8%	34.2%	13.6%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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

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

Washington County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 11

Generated on: 8/30/2018 11:24:23 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/31/2018																
ELEMENTARY LUNCH	Total	1														
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	59	321	3.00	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	502	2.00	0.37	41.1	148	6.0	*3	3.0	23.99	3.56	1.69	*0.00
CASCADE BLEND VEGETABLE	3/4 CUP	1	30	0	35	2.00	0.00	20.0	0	0.0	2	1.0	6.99	0.0	0.00	0.00
-3/4 CU																
WG DINNER ROLL	ROLL	1	90	0	160	2.00	1.08	40.0	10	2.4	2	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	8	1.62	0.13	4.7	141	33.27	*12	0.37	18.17	0.16	0.05	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
COOKIE: HALLOWEEN	1 EACH	1	172	6	78	1.00	0.72	10.0	50	0.0	15	1.7	26.9	6.7	1.80	0.00
Weighted Daily Average			1115	80	1575	11.61	3.29	1030.8	2110	47.67	*76	52.07	152.05	31.92	9.04	*0.00
% of Calories											*27.4%	18.7%	54.6%	25.8%	7.3%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Weighted Average			1055	*113	2135	13.25	8.34	1175.4	10942	90.61	*67	50.34	138.31	32.85	9.16	*0.00
											*57.5%	19.1%	52.4%	28.0%	7.8%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1055		645	164%				
Cholesterol (mg)	113				Missing			
Sodium 1 (mg)	2135					2135		
Sodium 2 (mg)	2135					2135		
Fiber (g)	13.25							
Iron (mg)	8.34		3.30	253%				
Calcium (mg)	1175.4		267.00	440%				
Vitamin A (IU)	10942		1055	1037%				
Sugars (g)	67	25.54%			Missing			
Vitamin C (mg)	90.61		15.00	604%				
Protein (g)	50.34	19.09%	8.87	568%				
Carbohydrate (g)	138.31	52.44%						
Total Fat (g)	32.85	28.02%	<=30.00%					
Saturated Fat (g)	9.16	7.81%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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

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

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.