

Washington County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 8/30/2018 11:25:42 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 - 10/01/2018																
INTERMEDIATE LUNCH 6-8	Total	1														
CHICKEN CHUNKS-SEC	6 PIECES	1	257	43	585	2.00	1.00	19.0	35	0.0	1	20.0	18.0	13.0	2.00	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:INTERM.	1/2 CUP	1	115	10	212	3.64	3.59	77.4	9970	24.86	*2	3.4	10.51	6.06	0.51	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
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
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
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
ALT INT WEEKLY 1st CHOI	Total	1														
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:INTER	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.55	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
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			995	69	2007	10.18	6.17	1279.2	15231	84.88	*69	51.48	131.25	29.33	7.90	0.00
% of Calories											*27.7%	20.7%	52.7%	26.5%	7.1%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=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
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Portion Values - Detailed

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Tue - 10/02/2018																
INTERMEDIATE LUNCH 6-8	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
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
MIXED FRESH VEGETABLES:INTER	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.55	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- INTERM.	1/2 CUP	1	189	10	539	6.27	3.63	57.1	6001	19.33	*1	5.09	13.93	11.98	1.64	*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
ALT INT WEEKLY 1st CHOICE	Total	1														
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	317	3.6	3	21.12	38.1	12.59	2.52	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
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
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	0.40	43.5	22028	7.78	7	2.23	14.63	6.32	0.55	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
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
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
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
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			1250	86	2889	18.29	8.15	1108.8	23041	94.02	*81	55.95	162.58	40.43	8.47	*0.00
% of Calories											*26.0%	17.9%	52.0%	29.1%	6.1%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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Wed - 10/03/2018																
INTERMEDIATE LUNCH 6-8	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
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	9.00	0.36	20.0	0	0.0	0	2.0	18.0	5.0	2.50	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
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
ALT INT WEEKLY 1st CHOI																
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	1.39	65.8	528	6.26	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	947	2.4	*4	16.0	32.0	26.42	11.35	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
CARROT & CELERY STICKS:IN TER	3/4 CUP	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	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			915	78	2369	11.83	3.64	1199.2	8712	49.92	*60	51.99	116.47	27.66	10.10	*0.00
% of Calories											*26.3%	22.7%	50.9%	27.2%	9.9%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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Thu - 10/04/2018																
INTERMEDIATE LUNCH 6-8	Total	190														
DUTCH WAFFLE	1 EACH	190	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	190	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	190	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	190	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	1	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	140	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	100	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	80	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
ALT INT WEEKLY 1st CHOI																
TACO SALAD :ALT LINE	2 CUP	1	417	52	627	12.15	15.46	405.7	36559	97.89	*0	23.95	41.06	15.74	5.71	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
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
PEAS- 1/4 CUP	1/4 CUP	1	33	0	49	1.87	0.34	69.9	140	4.2	*N/A*	2.33	5.6	0.23	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	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
CRISPY CHICKEN SALAD: ALT-SMAC	2 cup	1	397	60	764	13.24	15.52	253.9	35946	96.09	*0	25.04	44.23	13.0	3.00	0.00
Weighted Daily Average			751	59	1353	6.45	3.27	372.6	1727	11.24	*42	21.21	101.10	29.90	6.19	0.00
% of Calories											*22.2%	11.3%	53.8%	35.8%	7.4%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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Fri - 10/05/2018																
INTERMEDIATE LUNCH 6-8	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
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	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
ALT INT WEEKLY 1st CHOI	Total	1														
EXPRESS BEEF & ONION BURGER: P	SANDWIC	1	316	45	711	3.00	2.93	144.7	344	4.81	*3	20.4	28.21	13.3	4.76	*0.50
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
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-3/4 CUP	12 PIECES	1	210	0	420	3.00	1.08	0.0	0	3.6	0	3.0	24.0	10.5	2.25	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
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
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
Weighted Daily Average % of Calories			999	207	2130	13.32	7.64	1216.0	12088	134.88	*81 *32.4%	48.90 19.6%	139.67 55.9%	28.86 26.0%	8.06 7.3%	*0.25 *0.2%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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Washington County School District

Oct 1, 2018 thru Oct 31, 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)	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 - 10/08/2018																
INTERMEDIATE LUNCH 6-8	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:INTERM.	1/2 CUP	1	115	10	212	3.64	3.59	77.4	9970	24.86	*2	3.4	10.51	6.06	0.51	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
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
ALT INT WEEKLY 1st CHOI																
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:INTER	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.55	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
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			924	67	1822	10.57	22.75	1188.8	15397	86.94	*63	52.09	115.05	27.44	7.74	0.00
% of Calories											*27.4%	22.6%	49.8%	26.7%	7.5%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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Washington County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

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

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																
INTERMEDIATE LUNCH 6-8	Total	1														
SOFT FLOUR TACO:SEC	1 serving	1	255	49	436	2.00	1.44	120.1	418	0.6	1	17.01	23.0	10.0	3.20	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- INTE RM.	1/2 CUP	1	189	10	539	6.27	3.63	57.1	6001	19.33	*1	5.09	13.93	11.98	1.64	*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
ALT INT WEEKLY 1st CHOI	Total	1														
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	317	3.6	3	21.12	38.1	12.59	2.52	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
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
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	0.40	43.5	22028	7.78	7	2.23	14.63	6.32	0.55	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
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
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
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
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			1279	86	2818	20.05	7.95	1158.2	20401	85.66	*81	58.15	167.16	41.62	9.83	*0.02
% of Calories											*25.4%	18.2%	52.3%	29.3%	6.9%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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Washington County School District

Oct 1, 2018 thru Oct 31, 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)	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 - 10/10/2018																
INTERMEDIATE LUNCH 6-8	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
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	9.00	0.36	20.0	0	0.0	0	2.0	18.0	5.0	2.50	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
ALT INT WEEKLY 1st CHOI																
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	1.39	65.8	528	6.26	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	947	2.4	*4	16.0	32.0	26.42	11.35	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
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	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			992	75	2020	12.14	3.02	1239.1	8496	49.18	*65	46.31	124.06	34.14	11.58	*0.00
% of Calories											*26.1%	18.7%	50.0%	31.0%	10.5%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Mon - 10/15/2018																
INTERMEDIATE LUNCH 6-8	Total	1														
PULLED PORK SANDWICH:SEC	4oz serving	1	309	44	807	5.00	2.44	460.0	394	8.6	*3	23.0	39.0	7.5	2.10	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:INTERM.	1/2 CUP	1	115	10	212	3.64	3.59	77.4	9970	24.86	*2	3.4	10.51	6.06	0.51	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
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
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
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

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Washington County School District

Oct 1, 2018 thru Oct 31, 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)	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)
ALT INT WEEKLY 1st CHOI	Total	1														
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:INTER	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.55	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
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			1037	70	2087	12.43	6.93	1387.3	15384	89.43	*70	53.23	144.50	27.08	7.43	0.00
% of Calories											*26.8%	20.5%	55.7%	23.5%	6.4%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Tue - 10/16/2018																
INTERMEDIATE LUNCH 6-8	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:INTER	3/4 CUP	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	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- INTERM.	1/2 CUP	1	189	10	539	6.27	3.63	57.1	6001	19.33	*1	5.09	13.93	11.98	1.64	*0.00
CINNAMON ROLL W. W.W. BRIDGEFOR	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
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

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Washington County School Distict

Oct 1, 2018 thru Oct 31, 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)	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)
ALT INT WEEKLY 1st CHOI	Total	1														
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	317	3.6	3	21.12	38.1	12.59	2.52	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
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
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	0.40	43.5	22028	7.78	7	2.23	14.63	6.32	0.55	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
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
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
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
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 % of Calories			1182	71	2534	20.09	8.49	1099.4	25899	78.25	*72 *24.2%	53.27 18.0%	155.75 52.7%	37.09 28.2%	7.18 5.5%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Wed - 10/17/2018																
INTERMEDIATE LUNCH 6-8	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
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	9.00	0.36	20.0	0	0.0	0	2.0	18.0	5.0	2.50	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
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
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

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Washington County School District

Oct 1, 2018 thru Oct 31, 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)	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)
ALT INT WEEKLY 1st CHOI	Total	1														
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	1.39	65.8	528	6.26	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	947	2.4	*4	16.0	32.0	26.42	11.35	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
CARROT & CELERY STICKS:IN TER	3/4 CUP	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	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			1015	80	1982	12.19	3.41	1961.7	11381	123.90	*61	47.96	123.03	37.18	13.29	*0.00
% of Calories											*23.9%	18.9%	48.5%	33.0%	11.8%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Thu - 10/18/2018																
INTERMEDIATE LUNCH 6-8	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:S	1.25 CUP	1	219	0	977	3.37	2.43	34.0	4211	8.09	*0	5.05	40.42	4.21	0.00	0.00
NORTHWEST BLEND VEGETA BLE: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:IN TERM	1/2 CUP	1	109	10	169	2.94	2.34	57.2	6432	23.91	*1	3.25	9.2	6.17	0.53	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
ALT INT WEEKLY 1st CHOI	Total	1														
TACO SALAD :ALT LINE	2 CUP	1	417	52	627	12.15	15.46	405.7	36559	97.89	*0	23.95	41.06	15.74	5.71	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
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
PEAS- 1/4 CUP	1/4 CUP	1	33	0	49	1.87	0.34	69.9	140	4.2	*N/A*	2.33	5.6	0.23	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	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
CRISPY CHICKEN SALAD: ALT-SMAC	2 cup	1	397	60	764	13.24	15.52	253.9	35946	96.09	*0	25.04	44.23	13.0	3.00	0.00

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Washington County School District

Oct 1, 2018 thru Oct 31, 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)	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)
Weighted Daily Average % of Calories			1196	111	2121	21.87	20.49	1369.3	46714	171.65	*62 *20.7%	64.35 21.5%	158.18 52.9%	31.65 23.8%	8.57 6.4%	0.00 0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Fri - 10/19/2018																
INTERMEDIATE LUNCH 6-8	Total	1														
PIZZA, BIG DADDY'S (SCHWA N'S)	1 SLICE	1	320	20	550	4.00	2.70	200.0	400	1.2	*N/A*	19.0	39.0	10.0	3.50	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
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	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
ALT INT WEEKLY 1st CHOI	Total	1														
EXPRESS BEEF & ONION BUR GER: P	SANDWIC	1	316	45	711	3.00	2.93	144.7	344	4.81	*3	20.4	28.21	13.3	4.76	*0.50
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-3/4 CUP	12 PIECES	1	210	0	420	3.00	1.08	0.0	0	3.6	0	3.0	24.0	10.5	2.25	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
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
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
Weighted Daily Average % of Calories			979	55	1822	12.83	7.37	1221.1	11908	131.01	*78 *31.8%	49.41 20.2%	139.70 57.1%	24.61 22.6%	7.31 6.7%	*0.25 *0.2%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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Washington County School District

Oct 1, 2018 thru Oct 31, 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)	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 - 10/22/2018																
INTERMEDIATE LUNCH 6-8	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:INTERM.	1/2 CUP	1	115	10	212	3.64	3.59	77.4	9970	24.86	*2	3.4	10.51	6.06	0.51	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
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
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
ALT INT WEEKLY 1st CHOICE																
PIZZA HUT: PEPPERONI PIZZA	Total	1														
MIXED FRESH VEGETABLES:INTER	SLICE	1	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
FRUIT BAR :FALL:ELE	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.55	0.00
SALAD BAR: MONDAYS: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	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
MILK 1% WHITE	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 FAT FREE 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
Weighted Daily Average			1028	65	1913	12.43	7.28	1214.4	15270	87.44	*71	52.36	136.19	30.81	7.07	*0.00
% of Calories											*27.6%	20.4%	53.0%	27.0%	6.2%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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Washington County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

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

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)
Tue - 10/23/2018																
INTERMEDIATE LUNCH 6-8	Total	1														
ENCHILADA	BURRITO	1	384	13	1202	8.36	3.91	213.9	848	4.93	*4	20.05	53.68	11.45	4.06	*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
SPANISH RICE-1/2 CUP	1/2 cup	1	132	0	639	3.67	0.46	8.2	227	2.43	*0	4.75	25.32	2.02	0.14	*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- INTE RM.	1/2 CUP	1	189	10	539	6.27	3.63	57.1	6001	19.33	*1	5.09	13.93	11.98	1.64	*0.00
CREAMIES JR.: (CHOICE OF)	CREAMIE	1	93	16	39	0.00	0.00	260.0	1988	3.45	*N/A*	2.0	14.0	3.5	2.00	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
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
ALT INT WEEKLY 1st CHOI																
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	317	3.6	3	21.12	38.1	12.59	2.52	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
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
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	0.40	43.5	22028	7.78	7	2.23	14.63	6.32	0.55	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
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
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
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
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			1284	67	3168	21.04	8.34	1279.5	21041	76.52	*73	58.25	176.80	38.61	8.82	*0.00
% of Calories											*22.8%	18.1%	55.1%	27.1%	6.2%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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Washington County School District

Oct 1, 2018 thru Oct 31, 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)	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 - 10/24/2018																
INTERMEDIATE LUNCH 6-8	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
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	9.00	0.36	20.0	0	0.0	0	2.0	18.0	5.0	2.50	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
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
ALT INT WEEKLY 1st CHOI																
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	1.39	65.8	528	6.26	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	947	2.4	*4	16.0	32.0	26.42	11.35	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
CARROT & CELERY STICKS:IN TER	3/4 CUP	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	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			940	75	2059	12.05	3.70	1197.3	9166	47.49	*62	46.01	118.06	30.98	11.84	*0.03
% of Calories											*26.5%	19.6%	50.2%	29.7%	11.3%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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Washington County School District

Oct 1, 2018 thru Oct 31, 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)	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)
Thu - 10/25/2018																
INTERMEDIATE LUNCH 6-8	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
TOMATO, CUCUMBER, CARR	3/4 CUP	1	95	10	130	1.89	0.54	20.2	6202	6.88	*2	1.77	11.38	6.17	0.51	0.00
OTS:INTE																
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:IN	1/2 CUP	1	109	10	169	2.94	2.34	57.2	6432	23.91	*1	3.25	9.2	6.17	0.53	0.00
TERM																
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
ALT INT WEEKLY 1st CHOI																
TACO SALAD :ALT LINE	2 CUP	1	417	52	627	12.15	15.46	405.7	36559	97.89	*0	23.95	41.06	15.74	5.71	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
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
PEAS- 1/4 CUP	1/4 CUP	1	33	0	49	1.87	0.34	69.9	140	4.2	*N/A*	2.33	5.6	0.23	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	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
CRISPY CHICKEN SALAD: ALT-SMAC	2 cup	1	397	60	764	13.24	15.52	253.9	35946	96.09	*0	25.04	44.23	13.0	3.00	0.00
Weighted Daily Average			1246	120	2438	24.21	20.45	1434.9	48605	167.58	*63	64.24	165.11	35.84	8.74	*0.00
% of Calories											*20.2%	20.6%	53.0%	25.9%	6.3%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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Washington County School District

Oct 1, 2018 thru Oct 31, 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)	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 - 10/26/2018																
INTERMEDIATE LUNCH 6-8	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
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	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
ALT INT WEEKLY 1st CHOI	Total	1														
EXPRESS BEEF & ONION BURGER: P	SANDWIC	1	316	45	711	3.00	2.93	144.7	344	4.81	*3	20.4	28.21	13.3	4.76	*0.50
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
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-3/4 CUP	12 PIECES	1	210	0	420	3.00	1.08	0.0	0	3.6	0	3.0	24.0	10.5	2.25	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
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
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
Weighted Daily Average % of Calories			999	207	2130	13.32	7.64	1216.0	12088	134.88	*81 *32.4%	48.90 19.6%	139.67 55.9%	28.86 26.0%	8.06 7.3%	*0.25 *0.2%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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Washington County School District

Oct 1, 2018 thru Oct 31, 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)	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																
INTERMEDIATE LUNCH 6-8	Total	1														
MINI CORN DOG NUGGETS (SEC)	6 EACH	1	250	60	420	3.00	1.80	100.0	5	1.2	1	10.0	30.0	10.0	2.50	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:INTERM.	1/2 CUP	1	115	10	212	3.64	3.59	77.4	9970	24.86	*2	3.4	10.51	6.06	0.51	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
ALT INT WEEKLY 1st CHOI																
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:INTER	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.55	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
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			961	78	1687	10.54	6.30	1197.2	15183	83.08	*73	46.09	130.17	27.33	7.28	0.00
% of Calories											*30.2%	19.2%	54.2%	25.6%	6.8%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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Washington County School District

Oct 1, 2018 thru Oct 31, 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)	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)
Tue - 10/30/2018																
INTERMEDIATE LUNCH 6-8	Total	1														
CHICKEN FAJITA WRAP:ELE	WRAP	1	205	49	974	3.00	1.74	156.6	351	0.0	*0	16.26	17.78	7.6	3.04	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
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- INTE RM.	1/2 CUP	1	189	10	539	6.27	3.63	57.1	6001	19.33	*1	5.09	13.93	11.98	1.64	*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
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
ALT INT WEEKLY 1st CHOI	Total	1														
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	317	3.6	3	21.12	38.1	12.59	2.52	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
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
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	0.40	43.5	22028	7.78	7	2.23	14.63	6.32	0.55	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
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
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
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
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			1211	82	3075	21.05	8.27	1164.1	20209	85.25	*73	57.18	157.60	39.01	8.87	*0.00
% of Calories											*24.0%	18.9%	52.1%	29.0%	6.6%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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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)	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 - 10/31/2018																
INTERMEDIATE LUNCH 6-8	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																
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
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
ALT INT WEEKLY 1st CHOI																
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	1.39	65.8	528	6.26	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	947	2.4	*4	16.0	32.0	26.42	11.35	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
CARROT & CELERY STICKS:IN	3/4 CUP	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	0.00
TER																
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
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			1162	88	1948	10.32	3.91	1216.6	8589	49.50	*78	49.71	151.11	39.39	12.98	*0.00
% of Calories											*26.8%	17.1%	52.0%	30.5%	10.1%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	
Weighted Average			1064	90	2208	14.63	8.34	1224.8	17454	91.56	*69	51.29	140.63	32.75	8.92	*0.04
											*58.7%	19.3%	52.9%	27.7%	7.5%	*0.0%

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Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	1064		783	136%													
Cholesterol (mg)	90																
Sodium 1 (mg)	2208								2208								
Sodium 2 (mg)	2208								2208								
Fiber (g)	14.63																
Iron (mg)	8.34		4.50	185%													
Calcium (mg)	1224.8		400.00	306%													
Vitamin A (IU)	17454		1500	1164%													
Sugars (g)	69	26.08%				Missing											
Vitamin C (mg)	91.56		16.70	548%													
Protein (g)	51.29	19.28%	15.00	342%													
Carbohydrate (g)	140.63	52.87%															
Total Fat (g)	32.75	27.70%	<=30.00%														
Saturated Fat (g)	8.92	7.55%	<10.00%														
Trans Fat ¹ (g)	0.04	0.03%				Missing											

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