

# Washington County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Carb (g)	T-Fat (g)
Mon - 10/01/2018									
SECONDARY LUNCH 9-12	Total	1							
CHICKEN CHUNKS-SEC	6 PIECES	1	257	43	585	2.00	1	18.0	13.0
FRENCH FRIES- S.S. 3/4 CUP	4.5 OZ	1	210	0	450	3.00	0	33.0	7.5
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	*2	20.63	6.13
PUDDING,CHOICE	SERVING	1	115	0	133	0.50	15	20.5	3.0
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	*N/A*	13.0	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	8.34	0.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
ALT SEC WEEKLY 1st CHO									
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	1	29.0	11.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	*2	9.82	6.29
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	*0	14.42	0.39
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
Weighted Daily Average			1122	59	2051	16.65	*66	170.43	26.62
% of Calories							*23.4%	60.8%	21.4%
Nutrient Guideline			846						<=30.0

Tue - 10/02/2018									
SECONDARY LUNCH 9-12	Total	1							
TACO SOUP	1 CUP	1	291	50	1127	5.73	*5	25.68	11.61
CHEDDAR/ JACK FANCY SHRED-.5OZ	.5 OZ	1	56	13	86	0.00	0	0.51	4.56
CHIPS-Baked! Tostitos Scoops	BAG	1	110	0	110	2.00	*N/A*	19.0	2.5
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	*2	9.82	6.29
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	248	10	854	10.53	*1	23.86	12.97
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Carb (g)	T-Fat (g)
ALT SEC WEEKLY 1st CHO	Total	1							
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3	38.1	12.59
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	2.67	0.08
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	19.0	3.0
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	7	14.63	6.32
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	*2	20.63	6.13
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	1.0	0.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	4.0
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	*N/A*	13.0	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	8.34	0.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
Weighted Daily Average			1316	84	2883	23.96	*68	185.19	37.98
% of Calories							*20.6%	56.3%	26.0%
Nutrient Guideline			846						<=30.0

Wed - 10/03/2018									
SECONDARY LUNCH 9-12	Total	1							
ROASTED TURKEY: VIP	2.9 OZ	1	107	47	748	0.00	*N/A*	1.34	1.34
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	9.00	0	18.0	5.0
GRAVY, TURKEY: (Custom)	1/4 Cup	1	25	0	290	0.00	*N/A*	4.0	1.0
GREEN BEANS:SEC	1 CUP	1	57	0	719	5.44	*N/A*	12.88	0.29
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	27.16	2.34
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	*N/A*	0.0	4.0
ALT SEC WEEKLY 1st CHO	Total	1							
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	*4	18.57	3.41
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	*4	32.0	26.42
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
CARROT & CELERY STICKS:SEC	1 CUP	1	132	15	235	2.42	*2	8.67	9.18
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			1049	85	2646	16.27	*56	148.39	29.45
% of Calories							*21.5%	56.6%	25.3%
Nutrient Guideline			846						<=30.0

Thu - 10/04/2018									
SECONDARY LUNCH 9-12	Total	8240							
DUTCH WAFFLE	1 EACH	8240	300	20	350	3.00	12	43.0	13.0
SAUSAGE LINK: 1	1 EACH	8000	60	30	100	0.00	*N/A*	0.0	4.5
SCRAMBLED EGGS: SUNNY FRESH	1/4 CUP	1	90	220	250	0.00	*N/A*	2.0	6.0
HASHBROWN PATTY:1/2 CUP	2 EACH	7500	220	0	450	2.00	1	27.0	11.0
PEACHES,FRESH	1 EACH	6500	34	0	0	1.30	7	8.3	0.22
SYRUP	1 EA	1	11	0	81	0.00	*N/A*	4.34	0.0
KETCHUP : P/C	PC	3500	31	0	396	0.00	8	8.34	0.0
MILK : CHOCOLATE MILK	CARTON	5200	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	3030	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	12	12.0	0.0
ALT SEC WEEKLY 1st CHO	Total	1							
TACO SALAD :ALT LINE	2 CUP	1	417	52	627	12.15	*0	41.06	15.74
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	248	10	854	10.53	*1	23.86	12.97
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	27.16	2.34
PEAS- 1/4 CUP	1/4 CUP	1	33	0	49	1.87	*N/A*	5.6	0.23
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	1	2.0	6.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
CRISPY CHICKEN SALAD: ALT-SMAC	2 cup	1	397	60	764	13.24	*0	44.23	13.0
Weighted Daily Average			711	56	1185	5.85	*38	94.73	28.48
% of Calories							*21.4%	53.3%	36.0%
Nutrient Guideline			846						<=30.0

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Fri - 10/05/2018									
SECONDARY LUNCH 9-12	Total	1							
WG PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	3	27.0	17.0
MARINARA SAUCE: ELE	1/2 CUP	1	70	298	616	1.99	3	11.93	1.49
DINNER SALAD	1 CUP	1	62	0	87	5.17	*0	11.53	0.02
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	19.0	0.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	1	2.0	6.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
ALT SEC WEEKLY 1st CHO	Total	1							
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	711	3.00	*3	28.21	13.3
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	2.67	0.08
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	1.0	0.0
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	24.0	10.5
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	19.0	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	8.34	0.0
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0	0.33	0.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	4.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
Weighted Daily Average			1092	207	2129	15.53	*77	164.58	29.16
% of Calories							*28.2%	60.3%	24.0%
Nutrient Guideline			846						<=30.0

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Mon - 10/08/2018									
SECONDARY LUNCH 9-12	Total	1							
HAMBURGER 100 % BEEF: SEC	PATTY	1	287	39	440	3.03	3	26.1	10.15
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	2.67	0.08
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	1.0	0.0
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	24.0	10.5
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	*2	20.63	6.13
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0	0.33	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	8.34	0.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
ALT SEC WEEKLY 1st CHO									
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	1	29.0	11.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	*2	9.82	6.29
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	*0	14.42	0.39
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
Weighted Daily Average			1065	57	1887	17.54	*60	155.23	25.23
% of Calories							*22.7%	58.3%	21.3%
Nutrient Guideline			846						<=30.0

Tue - 10/09/2018									
SECONDARY LUNCH 9-12	Total	1							
SOFT FLOUR TACO:SEC	serving	1	255	49	436	2.00	1	23.0	10.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	14	0	6	1.10	2	2.86	0.09
CHEDDAR/ JACK FANCY SHRED-.5OZ	.5 OZ	1	56	13	86	0.00	0	0.51	4.56
REFRIED BEANS	1/2 CUP	1	164	0	546	8.21	0	23.6	4.62
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	248	10	854	10.53	*1	23.86	12.97
SWEET POTATO CAKE: NEUFCHATEL	SERVING	1	217	11	162	1.41	*26	35.9	7.97
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	1.77	0.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0

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ALT SEC WEEKLY 1st CHO	Total	1							
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3	38.1	12.59
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	2.67	0.08
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	19.0	3.0
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	7	14.63	6.32
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	*2	20.63	6.13
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	1.0	0.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	4.0
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	*N/A*	13.0	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	8.34	0.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
Weighted Daily Average			1391	84	2831	25.43	*79	201.51	39.12
% of Calories							*22.6%	57.9%	25.3%
Nutrient Guideline			846						<=30.0

Wed - 10/10/2018									
SECONDARY LUNCH 9-12	Total	1							
WG BREADED 8 PIECE CHICKEN	PIECE	1	215	41	591	1.00	0	11.0	13.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	9.00	0	18.0	5.0
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	24	0	135	0.00	*N/A*	4.76	0.48
CORN :SEC	1 CUP	1	119	0	20	3.97	14	17.86	2.98
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	27.16	2.34
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	*N/A*	0.0	4.0
ALT SEC WEEKLY 1st CHO	Total	1							
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	*4	18.57	3.41
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	*4	32.0	26.42
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
CARROT & CELERY STICKS:SEC	1 CUP	1	132	15	235	2.42	*2	8.67	9.18
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0

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# Washington County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			1133	82	2140	16.04	*63	156.10	36.37
% of Calories							*22.4%	55.1%	28.9%
Nutrient Guideline			846						<=30.0

Mon - 10/15/2018									
SECONDARY LUNCH 9-12	Total	1							
PULLED PORK SANDWICH:SEC	4oz serving	1	309	44	807	5.00	*3	39.0	7.5
FRENCH FRIES- S.S. 3/4 CUP	4.5 OZ	1	210	0	450	3.00	0	33.0	7.5
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	*2	20.63	6.13
BROWNIE CUP, WG:FR016	BROWNIE	1	146	1	72	2.00	14	26.0	4.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	8.34	0.0
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	*N/A*	13.0	0.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
ALT SEC WEEKLY 1st CHO	Total	1							
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	1	29.0	11.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	*2	9.82	6.29
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	*0	14.42	0.39
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
Weighted Daily Average			1163	60	2132	18.90	*66	183.68	24.37
% of Calories							*22.7%	63.2%	18.9%
Nutrient Guideline			846						<=30.0

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# Washington County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Carb (g)	T-Fat (g)
Tue - 10/16/2018									
SECONDARY LUNCH 9-12	Total	1							
CHILI	3/4 CUP	1	159	24	294	6.63	*N/A*	19.1	3.25
CARROT & CELERY STICKS:SEC	1 CUP	1	132	15	235	2.42	*2	8.67	9.18
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	248	10	854	10.53	*1	23.86	12.97
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	210	0	250	3.99	8	34.94	4.99
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
ALT SEC WEEKLY 1st CHO	Total	1							
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3	38.1	12.59
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	2.67	0.08
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	19.0	3.0
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	7	14.63	6.32
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	*2	20.63	6.13
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	1.0	0.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	4.0
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	*N/A*	13.0	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	8.34	0.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
Weighted Daily Average			1284	67	2535	25.14	*69	189.04	34.21
% of Calories							*21.6%	58.9%	24.0%
Nutrient Guideline			846						<=30.0

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# Washington County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Carb (g)	T-Fat (g)
Wed - 10/17/2018									
SECONDARY LUNCH 9-12	Total	1							
BREADED PORK STEAK	1 EACH	1	293	51	424	2.02	1	17.18	17.18
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	9.00	0	18.0	5.0
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	45	0	222	0.00	*N/A*	5.0	2.0
BROCCOLI : FROZEN (SEC)	1 CUP	1	34	0	23	2.30	0	4.6	3.15
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	27.16	2.34
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	*N/A*	0.0	4.0
ALT SEC WEEKLY 1st CHO									
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	*4	18.57	3.41
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	*4	32.0	26.42
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
CARROT & CELERY STICKS:SEC	1 CUP	1	132	15	235	2.42	*2	8.67	9.18
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
Weighted Daily Average			1140	86	2102	15.71	*57	152.67	39.31
% of Calories							*20.0%	53.6%	31.0%
Nutrient Guideline			846						<=30.0

Thu - 10/18/2018									
SECONDARY LUNCH 9-12	Total	1							
LEMON CHICKEN- 3.92 OZ	3.92 OZ	1	160	55	231	1.00	12	20.05	3.01
VEGETABLE HARVEST RICE PILAF:S	1.25 CUP	1	219	0	977	3.37	*0	40.42	4.21
NORTHWEST BLEND VEGETABLE:ELE	3/4 CUP	1	19	0	17	1.11	2	3.32	0.0
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	*0	14.42	0.39
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	11	0.15	*N/A*	6.97	0.2
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0

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# Washington County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (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	41.06	15.74
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	248	10	854	10.53	*1	23.86	12.97
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	27.16	2.34
PEAS- 1/4 CUP	1/4 CUP	1	33	0	49	1.87	*N/A*	5.6	0.23
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	1	2.0	6.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
CRISPY CHICKEN SALAD: ALT-SMAC	2 cup	1	397	60	764	13.24	*0	44.23	13.0
Weighted Daily Average			1373	114	2512	30.81	*59	201.62	32.01
% of Calories							*17.3%	58.8%	21.0%
Nutrient Guideline			846						<=30.0

Fri - 10/19/2018									
SECONDARY LUNCH 9-12	Total	1							
PIZZA, BIG DADDY'S (SCHWAN'S)	1 SLICE	1	320	20	550	4.00	*N/A*	39.0	10.0
DINNER SALAD	1 CUP	1	62	0	87	5.17	*0	11.53	0.02
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	19.0	0.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	1	2.0	6.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
ALT SEC WEEKLY 1st CHO	Total	1							
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	711	3.00	*3	28.21	13.3
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	2.67	0.08
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	1.0	0.0
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	24.0	10.5
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	19.0	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	8.34	0.0
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0	0.33	0.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	4.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0

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# Washington County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			1072	55	1821	15.03	*74	164.62	24.91
% of Calories							*27.7%	61.4%	20.9%
Nutrient Guideline			846						<=30.0

Mon - 10/22/2018									
SECONDARY LUNCH 9-12	Total	1							
CHICKEN BREAST PATTIE SAND :SE	1 each	1	370	30	520	4.00	3	38.0	16.51
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	2.67	0.08
BAKED BEANS:ELE	3/4 CUP	1	150	0	613	3.97	*21	36.04	0.38
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	*2	20.63	6.13
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	19.0	3.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	4.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	1.0	0.0
ALT SEC WEEKLY 1st CHO	Total	1							
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	1	29.0	11.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	*2	9.82	6.29
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	*0	14.42	0.39
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
Weighted Daily Average			1134	55	1908	18.91	*68	172.37	26.85
% of Calories							*24.0%	60.8%	21.3%
Nutrient Guideline			846						<=30.0

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Carb (g)	T-Fat (g)
Tue - 10/23/2018									
SECONDARY LUNCH 9-12	Total	1							
ENCHILADA	BURRITO	1	384	13	1202	8.36	*4	53.68	11.45
CORN :SEC	1 CUP	1	119	0	20	3.97	14	17.86	2.98
SPANISH RICE-1/2 CUP	1/2 cup	1	132	0	639	3.67	*0	25.32	2.02
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	248	10	854	10.53	*1	23.86	12.97
CREAMIES JR.: (CHOICE OF)	CREAMIE	1	93	16	39	0.00	*N/A*	14.0	3.5
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	1.77	0.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
ALT SEC WEEKLY 1st CHO	Total	1							
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3	38.1	12.59
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	2.67	0.08
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	19.0	3.0
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	7	14.63	6.32
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	*2	20.63	6.13
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	1.0	0.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	4.0
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	*N/A*	13.0	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	8.34	0.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
Weighted Daily Average			1403	62	3163	27.07	*73	214.00	35.47
% of Calories							*20.8%	61.0%	22.8%
Nutrient Guideline			846						<=30.0

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# Washington County School District

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Base Menu Spreadsheet

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Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Carb (g)	T-Fat (g)
Wed - 10/24/2018									
SECONDARY LUNCH 9-12	Total	1							
TERIYAKI BEEF NUGGETS: (Sec.)	5 NUGGETS	1	201	50	552	1.25	5	7.53	10.04
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	9.00	0	18.0	5.0
GRAVY, BROWN LOW SODIUM	1/4 CUP	1	30	0	142	0.00	*0	4.0	1.0
SUNSHINE CARROTS: SEC	1 CUP	1	39	0	66	3.20	*N/A*	7.47	0.19
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	27.16	2.34
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	*N/A*	0.0	4.0
ALT SEC WEEKLY 1st CHO									
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	*4	18.57	3.41
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	*4	32.0	26.42
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
CARROT & CELERY STICKS:SEC	1 CUP	1	132	15	235	2.42	*2	8.67	9.18
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
Weighted Daily Average			1089	86	2147	15.78	*59	148.78	33.75
% of Calories							*21.7%	54.7%	27.9%
Nutrient Guideline			846						<=30.0

Thu - 10/25/2018									
SECONDARY LUNCH 9-12	Total	1							
CHICKEN NOODLE SOUP: USDA 1C.	1 CUP	1	166	47	157	3.05	*2	24.61	3.41
GARLIC TWIST	2 OZ	1	141	11	384	4.71	*1	27.29	2.59
TOMATOES, CUCUMBER, CARROTS:SE	1 CUP	1	99	10	131	2.10	*3	12.03	6.22
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	*0	14.42	0.39
BUG BITES	BAG	1	120	0	1151	1.00	8	21.0	3.5
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0

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# Washington County School District

Oct 1, 2018 thru Oct 31, 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)	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	41.06	15.74
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	248	10	854	10.53	*1	23.86	12.97
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	27.16	2.34
PEAS- 1/4 CUP	1/4 CUP	1	33	0	49	1.87	*N/A*	5.6	0.23
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	1	2.0	6.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
CRISPY CHICKEN SALAD: ALT-SMAC	2 cup	1	397	60	764	13.24	*0	44.23	13.0
Weighted Daily Average			1420	120	2806	33.43	*59	208.70	36.16
% of Calories							*16.7%	58.8%	22.9%
Nutrient Guideline			846						<=30.0

Fri - 10/26/2018									
SECONDARY LUNCH 9-12	Total	1							
WG PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	3	27.0	17.0
MARINARA SAUCE: SEC	3/4 CUP	1	104	447	924	2.98	4	17.89	2.24
DINNER SALAD	1 CUP	1	62	0	87	5.17	*0	11.53	0.02
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	19.0	0.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	1	2.0	6.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
ALT SEC WEEKLY 1st CHO	Total	1							
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	711	3.00	*3	28.21	13.3
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	2.67	0.08
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	1.0	0.0
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	24.0	10.5
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	19.0	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	8.34	0.0
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0	0.33	0.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	4.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0

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# Washington County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			1110	281	2283	16.02	*78	167.56	29.53
% of Calories							*28.1%	60.4%	24.0%
Nutrient Guideline			846						<=30.0

Mon - 10/29/2018									
SECONDARY LUNCH 9-12	Total	1							
MINI CORN DOG NUGGETS ( SEC)	6 EACH	1	250	60	420	3.00	1	30.0	10.0
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	0	24.0	10.5
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	*2	20.63	6.13
KETCHUP : P/C	PC	1	31	0	396	0.00	8	8.34	0.0
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0	0.33	0.0
JELL-O	GEL CUP	1	100	0	45	0.00	22	25.0	0.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
ALT SEC WEEKLY 1st CHO	Total	1							
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	1	29.0	11.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	*2	9.82	6.29
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	*0	14.42	0.39
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
Weighted Daily Average			1087	68	1726	17.01	*69	167.85	25.12
% of Calories							*25.4%	61.7%	20.8%
Nutrient Guideline			846						<=30.0

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# Washington County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Carb (g)	T-Fat (g)
Tue - 10/30/2018									
SECONDARY LUNCH 9-12	Total	1							
CHICKEN FAJITA WRAP: SEC	WRAP	1	290	66	1286	4.00	*0	24.04	11.8
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	14	0	6	1.10	2	2.86	0.09
REFRIED BEANS	1/2 CUP	1	164	0	546	8.21	0	23.6	4.62
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	248	10	854	10.53	*1	23.86	12.97
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	158	10	180	2.40	*10	22.26	7.44
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	1.77	0.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
ALT SEC WEEKLY 1st CHO	Total	1							
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3	38.1	12.59
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	2.67	0.08
CHIPS : VARIETY	BAG	1	110	0	143	1.00	2	19.0	3.0
CARROT STICKS:INTER	3/4 CUP	1	124	10	186	3.69	7	14.63	6.32
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	*2	20.63	6.13
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	1.0	0.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	4.0
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	*N/A*	13.0	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	8.34	0.0
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
Weighted Daily Average			1352	85	3221	26.92	*70	194.95	37.47
% of Calories							*20.7%	57.7%	24.9%
Nutrient Guideline			846						<=30.0

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# Washington County School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Carb (g)	T-Fat (g)
Wed - 10/31/2018									
SECONDARY LUNCH 9-12	Total	1							
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	59	321	3.00	0	15.0	14.0
SCALLOPED POTATOES:SEC	3/4 CUP	1	223	0	703	2.80	*4	33.59	4.98
CASCADE BLEND VEGETABLE-1 CUP	1 CUP	1	41	0	47	2.70	3	9.46	0.0
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	*1	27.16	2.34
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	*N/A*	0.0	4.0
COOKIE: HALLOWEEN	1 EACH	1	172	6	78	1.00	15	26.9	6.7
ALT SEC WEEKLY 1st CHO	Total	1							
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	*4	18.57	3.41
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	*4	32.0	26.42
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	7	3.82	*9	43.08	0.46
CARROT & CELERY STICKS:SEC	1 CUP	1	132	15	235	2.42	*2	8.67	9.18
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	18	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	12.0	0.0
COOKIE: HALLOWEEN	1 EACH	1	172	6	78	1.00	15	26.9	6.7
Weighted Daily Average			1320	95	2171	14.30	*75	186.21	41.84
% of Calories							*22.7%	56.4%	28.5%
Nutrient Guideline			846						<=30.0

Weighted Average			1182	93	2299	19.63	*66	172.77	32.07
							*50.2%	58.5%	24.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1182		846	140%				
Cholesterol (mg)	93							
Sodium 1 (mg)	2299						2299	
Sodium 2 (mg)	2299						2299	
Fiber (g)	19.63							
Sugars (g)	66	22.30%			Missing			
Carbohydrate (g)	172.77	58.46%						
Total Fat (g)	32.07	24.41%	<=30.00%					

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