

Washington County School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/01/2020															
ELEMENTARY LUNCH	Total	8240													
DUTCH WAFFLE	1 EACH	8240	300	20	350	3.00	1.80	40.0	0.0	12	4.0	43.0	13.0	3.00	0.00
SAUSAGE LINK - CLOVERDALE	SERVING	8000	230	40	340	0.00	0.72	*N/A*	*N/A*	0	8.0	2.0	21.0	7.00	0.00
SCRAMBLED EGGS: SUNNY FR	1/4 CUP	1	90	220	250	0.00	0.80	34.0	0.0	*N/A*	6.0	2.0	6.0	2.00	0.00
ESH															
HASHBROWN PATTY:1/2 CUP	2 EACH	7500	220	0	450	2.00	0.72	0.0	2.4	1	2.0	27.0	11.0	1.50	0.00
SLUSH: TROPICAL TRIO	SERVING	1	80	0	5	0.00	0.00	0.0	90.0	17	0.0	20.0	0.0	0.00	0.00
BLUEBERRIES, FZ	1/2c SERVING	5000	40	0	2	3.00	*N/A*	*N/A*	*N/A*	5	0.0	10.0	0.0	0.00	0.00
SYRUP	1 EA	5000	10	0	80	0.00	0.00	0.0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
KETCHUP : P/C	PC	3500	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F	CARTON	5200	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
REE															
MILK 1% WHITE	CARTON	3030	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			884	66	1441	6.64	*3.15	*339.6	*4.87	*35	21.58	99.35	44.32	11.71	0.00
% of Calories										*15.9%	9.8%	45.0%	45.1%	11.9%	0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

Fri - 10/02/2020															
ELEMENTARY LUNCH	Total	1													
MAX STUFFED CRUST PEPPER	SLICE	1	330	20	870	3.00	1.80	250.0	0.0	4	17.0	35.0	14.0	4.50	0.00
ONI PI															
DINNER SALAD	1 CUP	1	2	0	0	0.10	0.03	1.2	0.96	*0	0.08	0.33	0.02	0.01	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	1.18	0.11	9.2	9.99	*5	0.41	9.29	0.14	0.04	0.00
PUDDING,CHOICE	SERVING	1	115	0	133	0.50	0.54	225.0	0.0	15	1.0	20.5	3.0	1.75	0.00
LEFLEUR'S LITE RANCH- ELE.	CONTAIN	1	100	20	250	0.00	0.00	0.0	0.0	0	0.0	0.0	9.0	2.00	0.00
MILK : CHOCOLATE MILK FAT F	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
REE															
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			803	55	1558	4.78	2.47	1085.4	14.56	*54	34.49	97.12	28.66	9.79	0.00
% of Calories										*26.8%	17.2%	48.4%	32.1%	11.0%	0.0%
Nutrient Guideline			645				3.30	267.00	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
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Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/05/2020															
ELEMENTARY LUNCH	Total	1													
POPCORN CHICKEN - GOLD KIS	4.3 oz	1	293	81	487	3.00	2.00	18.0	0.0	0	18.0	17.0	17.0	3.00	0.00
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	2.00	0.36	0.0	4.8	0	2.0	22.0	5.0	1.50	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	1.18	0.11	9.2	9.99	*5	0.41	9.29	0.14	0.04	0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	34.31	*2	2.42	8.31	6.21	0.57	0.00
SCOOBY-DOO GRAHAM CRACK ER STIC	BAG	1	120	0	115	1.00	0.72	100.0	0.0	*N/A*	2.0	21.0	3.5	1.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			999	106	2115	9.53	4.21	777.3	57.54	*45	40.84	132.72	34.35	7.61	0.00
% of Calories										*17.8%	16.3%	53.1%	30.9%	6.9%	0.0%
Nutrient Guideline			645				3.30	267.00	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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/06/2020															
ELEMENTARY LUNCH	Total	1													
BEEF TACO STICK	1 EACH	1	345	52	631	3.85	2.77	328.8	6.37	1	20.07	31.87	12.82	8.35	0.00
REFRIED BEANS	1/2 CUP	1	164	0	546	8.21	1.85	42.7	25.86	0	8.21	23.6	4.62	1.54	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	1.18	0.11	9.2	9.99	*5	0.41	9.29	0.14	0.04	0.00
CUCUMBERS: 1/2 CUP	1/2 CUP	1	106	20	251	0.42	0.13	8.3	1.9	1	0.35	1.29	9.1	2.05	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	0.0	1	0.25	1.4	0.12	0.01	0.00
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	187	10	184	5.97	1.30	56.4	0.01	*10	3.31	28.69	7.79	3.12	*0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			1065	97	2075	19.81	6.17	1045.5	47.74	*47	48.60	128.13	37.08	16.60	*0.00
% of Calories										*17.7%	18.3%	48.1%	31.3%	14.0%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

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Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/07/2020															
ELEMENTARY LUNCH	Total	1													
HAM - COBBLE STREET	SLICE	1	140	45	840	0.00	0.36	0.0	0.0	1	13.0	2.0	9.0	3.00	0.00
MASHED POTATOES,from Dry mix	1/2 CUP	1	80	0	314	1.00	0.37	22.4	30.04	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	5	0	26	0.00	0.01	1.1	0.0	*0	0.0	1.06	0.18	0.09	0.00
SUNSHINE CARROTS	1/2 C SER VING	1	47	0	80	4.00	0.96	26.7	3.2	*N/A*	0.0	9.34	0.0	0.00	0.00
ROLL: 2 OZ SCHOOL MADE	ROLL	1	138	11	376	4.70	1.36	14.1	0.0	*1	3.93	27.16	2.34	0.80	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	1.18	0.11	9.2	9.99	*5	0.41	9.29	0.14	0.04	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			701	71	1982	10.87	3.16	673.5	46.84	*38	35.34	97.88	19.16	6.43	*0.00
% of Calories										*21.6%	20.2%	55.9%	24.6%	8.3%	*0.0%
Nutrient Guideline			645				3.30	267.00	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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/08/2020															
ELEMENTARY LUNCH	Total	1													
TERIYAKI CHICKEN	2.4 OZ	1	115	70	330	0.00	0.72	0.0	0.0	6	15.0	6.0	3.5	1.00	0.00
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	0	580	2.00	1.44	20.0	4.8	*N/A*	3.0	24.01	2.5	0.00	0.00
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	23	0	23	1.50	0.00	0.0	11.25	2	0.75	3.75	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	1.18	0.11	9.2	9.99	*5	0.41	9.29	0.14	0.04	0.00
BROWNIE CUP, WG	BROWNIE	1	149	2	74	2.00	0.60	0.1	0.5	15	1.6	26.5	4.0	0.70	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			673	87	1312	6.68	2.87	629.3	30.15	*58	36.76	101.55	12.64	3.24	0.00
% of Calories										*34.2%	21.9%	60.4%	16.9%	4.3%	0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

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Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 4

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/09/2020															
ELEMENTARY LUNCH	Total	1													
PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	1.80	150.0	0.0	3	16.0	27.0	17.0	5.00	0.00
MARINARA SAUCE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	8.94	3	1.99	11.93	1.49	0.00	0.00
GARLIC TWIST	2 OZ	1	141	11	384	4.71	1.37	21.2	0.0	*1	4.18	27.29	2.59	0.92	*0.00
DINNER SALAD	1 CUP	1	2	0	0	0.10	0.03	1.2	0.96	*0	0.08	0.33	0.02	0.01	0.00
FROZEN JUICE CUP	1 EACH	1	72	0	8	3.10	0.37	82.7	62.05	17	0.0	19.65	0.0	0.00	0.00
LEFLEUR'S LITE RANCH- ELE.	CONTAIN	1	100	20	250	0.00	0.00	0.0	0.0	0	0.0	0.0	9.0	2.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			894	369	2113	12.91	4.99	894.9	75.56	*54	38.25	118.19	32.60	9.42	*0.00
% of Calories										*24.1%	17.1%	52.9%	32.8%	9.5%	*0.0%
Nutrient Guideline			645				3.30	267.00	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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/12/2020															
ELEMENTARY LUNCH	Total	1													
CHEESEBURGER 100% BEEF :EL	PATTY	1	367	64	790	2.03	34.38	223.7	2.43	3	26.08	23.1	19.15	8.40	0.00
SHREDDED LETTUCE & TOMAT O-DELI	1/2 CUP	1	13	0	6	1.04	0.31	9.6	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	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	2.4	0	2.0	16.0	7.0	1.50	0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	34.31	*2	2.42	8.31	6.21	0.57	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	1.18	0.11	9.2	9.99	*5	0.41	9.29	0.14	0.04	0.00
CHOCOLATE CHIP COOKIES	1 EACH	1	136	14	173	1.44	0.68	37.1	0.0	*8	2.19	18.48	6.34	2.65	*0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	0.0	0.0	0	0.22	0.33	0.22	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0.0	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			1100	108	2520	10.26	36.87	909.6	61.65	*58	50.23	121.29	45.64	15.17	*0.00
% of Calories										*21.2%	18.3%	44.1%	37.3%	12.4%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

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Tue - 10/13/2020															
ELEMENTARY LUNCH	Total	1													
TACO SOUP	1 CUP	1	257	50	1050	6.33	3.47	75.5	13.97	*5	19.5	21.74	9.97	3.40	*0.00
CHEDDAR/ JACK FANCY SHRED .25OZ	.25 OZ	1	28	6	43	0.00	0.00	50.6	0.0	0	1.52	0.25	2.28	1.52	0.00
CINNAMON ROLL W. W.W. BRID GFOR	ROLL	1	210	0	250	3.99	1.44	20.0	1.2	8	5.99	34.94	4.99	1.00	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	129	20	299	2.36	0.66	30.1	34.31	*1	1.42	6.31	9.21	2.07	0.00
FRUIT, CANNED K-8 OPTION	SERVINGS	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	0.0	0.00	0.00
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	161	20	380	2.04	0.37	0.4	*2.89	*0	1.03	2.14	14.01	3.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			1069	112	2332	15.72	*6.11	*781.5	*61.22	*58	45.71	113.63	42.96	12.49	*0.00
% of Calories										*21.8%	17.1%	42.5%	36.2%	10.5%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

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Wed - 10/14/2020															
ELEMENTARY LUNCH	Total	1													
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	59	321	3.00	1.00	15.0	0.0	0	17.0	15.0	14.0	3.00	0.00
MASHED POTATOES,from Dry mix	1/2 CUP	1	80	0	314	1.00	0.37	22.4	30.04	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	19	0	135	0.00	0.01	1.1	0.0	*1	0.95	2.86	0.48	0.00	0.00
CORN 1/2 CUP	1/2 CUP	1	65	0	15	2.00	*N/A*	*N/A*	*N/A*	3	2.0	15.0	1.0	0.00	0.00
CRUMB SQUARE-DAVE'S BAKER	1 EACH	1	283	32	215	3.00	1.20	16.0	0.1	16	2.1	47.0	9.0	1.20	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	1.18	0.11	9.2	9.99	*5	0.41	9.29	0.14	0.04	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			1007	106	1736	10.18	*3.05	*683.8	*46.14	*56	40.47	151.17	28.11	5.74	*0.00
% of Calories										*22.2%	16.1%	60.0%	25.1%	5.1%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/19/2020															
ELEMENTARY LUNCH	Total	1													
HOT DOG W/ BUN	1 EACH	1	220	55	450	2.00	2.16	120.0	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	4.8	0	2.0	22.0	5.0	1.50	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	1.18	0.11	9.2	9.99	*5	0.41	9.29	0.14	0.04	0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	34.31	*2	2.42	8.31	6.21	0.57	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	0.0	0.0	0	0.22	0.33	0.22	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	0.00	0.00
JELL-O	GEL CUP	1	100	0	45	0.00	0.00	0.0	0.0	22	0.0	25.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			859	80	1686	7.75	3.29	759.3	63.54	*69	34.06	129.05	24.57	6.11	0.00
% of Calories										*31.9%	15.9%	60.1%	25.7%	6.4%	0.0%
Nutrient Guideline			645				3.30	267.00	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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/20/2020															
ELEMENTARY LUNCH	Total servings	1													
SOFT FLOUR TACO: ELE	1/2 CUP	1	225	49	411	2.00	1.44	120.1	0.6	0	17.01	19.0	9.5	2.70	0.00
SHREDDED LETTUCE & TOMAT O-DELI	1/2 CUP	1	13	0	6	1.04	0.31	9.6	6.48	2	0.91	2.67	0.08	0.01	0.00
CHEDDAR/ JACK FANCY SHRED .25OZ	.25 OZ	1	28	6	43	0.00	0.00	50.6	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	25.86	0	8.21	23.6	4.62	1.54	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	1.18	0.11	9.2	9.99	*5	0.41	9.29	0.14	0.04	0.00
CUCUMBER & CARROTS: ELE	3/4 CUP	1	121	20	284	1.65	0.51	21.8	3.03	*1	0.62	4.75	9.15	2.05	0.00
BUG BITES	BAG	1	120	0	1151	1.00	0.72	100.0	0.0	8	2.0	21.0	3.5	1.00	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			933	90	2905	15.25	4.95	954.0	49.56	*46	46.92	113.96	31.88	10.37	*0.00
% of Calories										*19.5%	20.1%	48.8%	30.7%	10.0%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/21/2020															
ELEMENTARY LUNCH	Total	1													
ROASTED TURKEY: VIP	2.9 OZ	1	107	47	748	0.00	0.48	0.0	0.0	*N/A*	24.04	1.34	1.34	0.00	0.00
MASHED POTATOES,from Dry mix	1/2 CUP	1	80	0	314	1.00	0.37	22.4	30.04	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, TURKEY	1/4 Cup	1	25	0	290	0.00	0.00	0.0	0.0	*N/A*	1.0	4.0	1.0	0.00	0.00
GREEN BEANS: 1/2 C.	1/2 CUP	1	21	0	266	2.01	0.95	27.6	4.56	*N/A*	1.27	4.77	0.11	0.02	*N/A*
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	1.18	0.11	9.2	9.99	*5	0.41	9.29	0.14	0.04	0.00
ROLL: 2 OZ SCHOOL MADE	ROLL	1	138	11	376	4.70	1.36	14.1	0.0	*1	3.93	27.16	2.34	0.80	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			662	72	2340	8.89	3.27	673.3	48.20	*37	48.66	95.59	12.42	3.36	*0.00
% of Calories										*22.2%	29.4%	57.8%	16.9%	4.6%	*0.0%
Nutrient Guideline			645				3.30	267.00	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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/22/2020															
ELEMENTARY LUNCH	Total	1													
ORANGE CHICKEN	3.6 OZ SE RVING	1	150	40	280	0.00	0.72	0.0	1.2	10	11.0	19.0	3.0	0.50	0.00
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	80	0	70	1.00	0.36	1.1	0.0	*0	2.0	16.48	0.75	0.00	*0.00
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	23	0	23	1.50	0.00	0.0	11.25	2	0.75	3.75	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	1.18	0.11	9.2	9.99	*5	0.41	9.29	0.14	0.04	0.00
COOKIE, COWBOY	1 oz.	1	202	15	164	2.08	1.01	45.0	0.0	*15	3.31	29.34	8.48	3.38	*0.00
SOY SAUCE: PC	PC	1	10	0	500	0.00	0.00	0.0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			721	70	1342	5.76	2.19	655.3	26.04	*62	33.47	109.87	14.86	5.42	*0.00
% of Calories										*34.3%	18.6%	61.0%	18.6%	6.8%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/23/2020															
ELEMENTARY LUNCH	Total	1													
PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	1.80	150.0	0.0	3	16.0	27.0	17.0	5.00	0.00
MARINARA SAUCE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	8.94	3	1.99	11.93	1.49	0.00	0.00
DINNER SALAD	1 CUP	1	2	0	0	0.10	0.03	1.2	0.96	*0	0.08	0.33	0.02	0.01	0.00
MAPLE BITES, WG (2)	SERVING	1	140	0	150	2.00	0.72	40.0	0.0	10	2.0	26.0	3.0	0.60	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	1.18	0.11	9.2	9.99	*5	0.41	9.29	0.14	0.04	0.00
LEFLEUR'S LITE RANCH- ELE.	CONTAIN	1	100	20	250	0.00	0.00	0.0	0.0	0	0.0	0.0	9.0	2.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			857	358	1872	8.27	4.09	840.2	23.50	*51	36.48	106.54	33.15	9.14	0.00
% of Calories										*23.7%	17.0%	49.7%	34.8%	9.6%	0.0%
Nutrient Guideline			645				3.30	267.00	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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/26/2020															
ELEMENTARY LUNCH	Total	1													
MINI CORN DOG NUGGETS (ELEM)	4 EACH	1	167	40	280	2.00	1.20	66.7	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	2.4	0	2.0	16.0	7.0	1.50	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	1.18	0.11	9.2	9.99	*5	0.41	9.29	0.14	0.04	0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	34.31	*2	2.42	8.31	6.21	0.57	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	0.0	0.0	0	0.22	0.33	0.22	0.00	0.00
SWEET CAKE	SERVING	1	284	22	243	1.93	0.60	21.9	0.33	*32	2.16	44.83	11.43	4.94	*0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			990	87	1649	9.68	3.29	727.9	53.87	*77	29.88	140.88	34.17	10.21	*0.00
% of Calories										*31.1%	12.1%	56.9%	31.1%	9.3%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/27/2020															
ELEMENTARY LUNCH	Total	1													
CHILI	3/4 CUP	1	123	24	247	3.88	2.33	49.7	13.98	*N/A*	10.1	12.43	3.11	1.24	0.00
ROLL: 2 OZ SCHOOL MADE	ROLL	1	138	11	376	4.70	1.36	14.1	0.0	*1	3.93	27.16	2.34	0.80	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	1.18	0.11	9.2	9.99	*5	0.41	9.29	0.14	0.04	0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	153	22	369	3.05	0.84	41.9	3.41	*1	1.04	8.53	10.67	2.16	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			669	72	1298	12.81	4.63	714.8	30.98	*36	31.48	89.42	18.75	5.74	*0.00
% of Calories										*21.8%	18.8%	53.5%	25.2%	7.7%	*0.0%
Nutrient Guideline			645				3.30	267.00	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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/28/2020															
ELEMENTARY LUNCH	Total	1													
TERIYAKI BEEF NUGGETS	4 Nugget	1	160	40	440	1.00	1.44	20.0	0.0	4	14.0	6.0	8.0	3.50	0.50
MASHED POTATOES,from Dry mix	1/2 CUP	1	80	0	314	1.00	0.37	22.4	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	*N/A*	0.98	3.93	0.98	0.00	0.00
GREEN BEANS: 1/2 C.	1/2 CUP	1	21	0	266	2.01	0.95	27.6	4.56	*N/A*	1.27	4.77	0.11	0.02	*N/A*
ROLL: 2 OZ SCHOOL MADE	ROLL	1	138	11	376	4.70	1.36	14.1	0.0	*1	3.93	27.16	2.34	0.80	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	1.18	0.11	9.2	9.99	*5	0.41	9.29	0.14	0.04	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			715	66	2068	9.89	4.24	694.4	48.20	*41	38.60	100.18	19.07	6.86	*0.50
% of Calories										*22.8%	21.6%	56.1%	24.0%	8.6%	*0.6%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/29/2020															
ELEMENTARY LUNCH	Total	1													
CHICKEN NOODLE SOUP: USDA 1C.	1 CUP	1	240	75	397	3.54	1.68	39.0	1.69	*2	18.66	28.35	5.44	1.25	*0.00
BREADSTICK, CHEESE WG	SERVING	1	140	15	270	1.00	0.72	100.0	0.0	1	7.0	15.0	6.0	2.00	0.00
TOMATOES, CUCUMBER, CARR	3/4 CUP	1	125	20	285	1.89	0.54	20.2	6.88	*1	0.77	9.38	9.17	2.03	0.00
OTS:EL															
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	1.18	0.11	9.2	9.99	*5	0.41	9.29	0.14	0.04	0.00
MILK : CHOCOLATE MILK FAT F	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
REE															
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			761	125	1258	7.60	3.05	768.4	22.16	*39	42.84	94.02	23.25	6.82	*0.00
% of Calories										*20.5%	22.5%	49.4%	27.5%	8.1%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

Fri - 10/30/2020															
ELEMENTARY LUNCH	Total	1													
MAX STUFFED CRUST PEPPER	SLICE	1	330	20	870	3.00	1.80	250.0	0.0	4	17.0	35.0	14.0	4.50	0.00
ONI PI															
DINNER SALAD	1 CUP	1	2	0	0	0.10	0.03	1.2	0.96	*0	0.08	0.33	0.02	0.01	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	1.18	0.11	9.2	9.99	*5	0.41	9.29	0.14	0.04	0.00
COOKIE: HALLOWEEN	1 EACH	1	172	6	78	1.00	0.72	10.0	0.0	15	1.7	26.9	6.7	1.80	0.00
LEFLEUR'S LITE RANCH- ELE.	CONTAIN	1	100	20	250	0.00	0.00	0.0	0.0	0	0.0	0.0	9.0	2.00	0.00
MILK : CHOCOLATE MILK FAT F	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
REE															
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			860	62	1504	5.28	2.65	870.4	14.56	*54	35.19	103.52	32.36	9.84	0.00
% of Calories										*25.0%	16.4%	48.2%	33.9%	10.3%	0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

Weighted Average			861	113	1855	9.93	*5.44	*773.9	*41.34	*51	38.49	112.20	28.50	8.60	*0.03
										*52.9%	17.9%	52.1%	29.8%	9.0%	*0.0%

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

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

ELEMENTARY LUNCH

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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)	
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall		Overage									
Calories	861		645		134%													
Cholesterol (mg)	113																	
Sodium 1 (mg)	1855								1855									
Sodium 2 (mg)	1855								1855									
Fiber (g)	9.93																	
Iron (mg)	5.44		3.30		165%	Missing												
Calcium (mg)	773.9		267.00		290%	Missing												
Sugars (g)	51	23.53%				Missing												
Vitamin C (mg)	41.34		15.00		276%	Missing												
Protein (g)	38.49	17.88%	8.87		434%													
Carbohydrate (g)	112.20	52.13%																
Total Fat (g)	28.50	29.79%	<=30.00%															
Saturated Fat (g)	8.60	8.99%	<10.00%															
Trans Fat ¹ (g)	0.03	0.03%				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
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