

Washington County School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 9/16/2020 8:46:45 AM

	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															
INTERMEDIATE LUNCH 6-8	Total	190													
DUTCH WAFFLE	1 EACH	190	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	190	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	190	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	190	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 SER	1	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	1	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	140	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	100	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	80	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI	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
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
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
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
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
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
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			965	68	1542	5.05	*3.26	*326.9	*95.74	*51	21.73	115.13	45.99	12.12	0.00
% of Calories										*20.9%	9.0%	47.7%	42.9%	11.3%	0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/02/2020															
INTERMEDIATE LUNCH 6-8	Total	1													
WILD MIKE'S PEPPERONI CHEE SY B	SERVINGS	1	340	35	580	3.00	1.80	400.0	9.0	4	20.0	34.0	18.0	9.00	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
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
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	0.0	1	1.0	2.0	6.0	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
ALT INT WEEKLY 1st CHOI	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
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
CHIPS: DORITOS	bag	1	131	0	181	2.01	0.36	20.0	0.0	0	2.01	19.62	5.03	0.75	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
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
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			889	72	1749	6.63	19.18	1048.9	25.44	*52	43.06	106.13	33.89	12.75	0.00
% of Calories										*23.3%	19.4%	47.7%	34.3%	12.9%	0.0%
Nutrient Guideline			783				4.50	400.00	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 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 - 10/05/2020															
INTERMEDIATE LUNCH 6-8	Total	1													
CHICKEN BITES-SEC	6 PIECES	1	257	43	585	2.00	1.00	19.0	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	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 CRACKER 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
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
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
MILK : CHOCOLATE MILK FAT FREE	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
ALT INT WEEKLY 1st CHOI															
DOMINOS PIZZA	Total SLICE	1	280	25	450	3.00	1.80	450.0	9.0	2	20.0	29.0	9.0	3.00	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
MILK : CHOCOLATE MILK FAT FREE	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			799	59	1556	7.53	2.89	933.8	57.22	*42	40.84	106.16	24.10	5.86	0.00
% of Calories										*21.0%	20.4%	53.1%	27.1%	6.6%	0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Tue - 10/06/2020															
INTERMEDIATE LUNCH 6-8	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
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
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 FREE	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

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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-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	3.6	3	21.12	38.1	12.59	2.52	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
BEANS, BAKED WITH TOMATO PASTE	1/2 C SER VING	1	180	0	550	5.00	1.80	40.0	*N/A*	17	7.0	36.0	1.0	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
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
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
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
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
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			995	74	2369	16.02	6.00	902.2	*38.12	*56	47.02	135.16	28.69	10.58	*0.00
% of Calories										*22.6%	18.9%	54.3%	25.9%	9.6%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Wed - 10/07/2020																
INTERMEDIATE LUNCH 6-8	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	
BUTTER MASHED POTATOES-se	2/3 cup	1	130	5	420	9.00	0.36	20.0	0.0	0	2.0	18.0	5.0	2.50	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 CUP	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	

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ALT INT WEEKLY 1st CHOI	Total	1													
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	2.4	*4	16.0	32.0	26.42	13.04	0.00
SOUP, TOMATO (Campbells)(Sec)	1 Cup	1	70	0	654	1.00	0.72	3.6	6.0	9	2.0	16.0	0.0	0.00	0.00
GOLDFISH CRACKERS	SERVING	1	100	0	170	1.00	0.72	20.0	0.0	0	2.0	14.0	4.0	0.50	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
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			852	75	2242	13.20	3.40	857.0	36.55	*43	37.09	105.22	31.21	12.28	*0.00
% of Calories										*20.3%	17.4%	49.4%	33.0%	13.0%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Thu - 10/08/2020															
INTERMEDIATE LUNCH 6-8	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
ALT INT WEEKLY 1st CHOI	Total	1													
CALZONE, MINI, WG	SERVINGS	1	325	23	490	4.00	1.80	225.0	*N/A*	6	16.5	40.01	11.5	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
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
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
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			802	216	1751	9.10	3.62	766.7	*47.11	*56	38.04	117.60	19.74	5.92	0.00
% of Calories										*27.7%	19.0%	58.7%	22.2%	6.6%	0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/09/2020															
INTERMEDIATE LUNCH 6-8 PEPPERONI PIZZA RIPPERS	Total SERVING	1													
MARINARA SAUCE	1/2 CUP	1	290	25	550	3.00	1.80	150.0	0.0	3	16.0	27.0	17.0	5.00	0.00
GARLIC TWIST	2 OZ	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	141	11	384	4.71	1.37	21.2	0.0	*1	4.18	27.29	2.59	0.92	*0.00
FROZEN JUICE CUP	1 EACH	1	2	0	0	0.10	0.03	1.2	0.96	*0	0.08	0.33	0.02	0.01	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	72	0	8	3.10	0.37	82.7	62.05	17	0.0	19.65	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	70	10	95	0.00	0.00	0.0	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK 1% WHITE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOI	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
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
CHIPS: DORITOS	bag	1	131	0	181	2.01	0.36	20.0	0.0	0	2.01	19.62	5.03	0.75	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
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
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			930	222	2171	10.69	20.44	878.6	51.44	*52	43.44	117.17	33.86	10.31	*0.00
% of Calories										*22.3%	18.7%	50.4%	32.8%	10.0%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/12/2020															
INTERMEDIATE LUNCH 6-8	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	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
O-DELI															
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
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
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
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
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
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
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	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
ALT INT WEEKLY 1st CHOI	Total	1													
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	1.80	450.0	9.0	2	20.0	29.0	9.0	3.00	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
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			868	79	1710	8.40	19.72	999.4	59.28	*48	44.53	99.94	31.74	10.14	*0.00
% of Calories										*22.3%	20.5%	46.1%	32.9%	10.5%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/13/2020															
INTERMEDIATE LUNCH 6-8	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
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, CANNED K-8 OPTION	1/4 C SERVING	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	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
ALT INT WEEKLY 1st CHOICE	Total	1													
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	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	6.48	2	0.91	2.67	0.08	0.01	0.00
BEANS, BAKED WITH TOMATO PASTE	1/2 C SERVING	1	180	0	550	5.00	1.80	40.0	*N/A*	17	7.0	36.0	1.0	0.00	0.00
FRUIT BAR :FALL:ELEMENT	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
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
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
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
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
MILK : CHOCOLATE MILK FAT FREE	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			902	66	2230	12.95	*5.79	*770.0	*43.41	*62	45.56	127.83	23.13	6.28	*0.00
% of Calories										*27.6%	20.2%	56.7%	23.1%	6.3%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

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Portion Values - Detailed

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Wed - 10/14/2020															
INTERMEDIATE LUNCH 6-8	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
BUTTER MASHED POTATOES-se	2/3 cup	1	130	5	420	9.00	0.36	20.0	0.0	0	2.0	18.0	5.0	2.50	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
ALT INT WEEKLY 1st CHOI															
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	2.4	*4	16.0	32.0	26.42	13.04	0.00
SOUP, TOMATO (Campbells)(Sec)	1 Cup	1	70	0	654	1.00	0.72	3.6	6.0	9	2.0	16.0	0.0	0.00	0.00
GOLDFISH CRACKERS	SERVING	1	100	0	170	1.00	0.72	20.0	0.0	0	2.0	14.0	4.0	0.50	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
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			1005	93	2119	12.85	*3.34	*862.1	*36.20	*52	39.65	131.87	35.69	11.94	0.00
% of Calories										*20.8%	15.8%	52.5%	32.0%	10.7%	0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

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Mon - 10/19/2020															
INTERMEDIATE LUNCH 6-8	Total	1													
CHICKEN SANDWICH 2020 ELEM	SANDWIC	1	331	65	652	3.00	2.89	100.1	2.4	4	26.07	36.05	9.53	1.50	0.00
SHREDDED LETTUCE & TOMAT	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
O-DELI															
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
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
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
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
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
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
ALT INT WEEKLY 1st CHOI	Total	1													
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	1.80	450.0	9.0	2	20.0	29.0	9.0	3.00	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
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			830	73	1555	8.05	3.45	919.1	60.46	*56	43.33	112.52	22.65	5.36	0.00
% of Calories										*26.9%	20.9%	54.2%	24.6%	5.8%	0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/20/2020															
INTERMEDIATE LUNCH 6-8	Total	1													
SOFT FLOUR TACO:SEC	1 serving	1	255	49	436	2.00	1.44	120.1	0.6	1	17.01	23.0	10.0	3.20	0.00
LETTUCE & TOMATO:3/4 CUP-T	3/4 CUP	1	14	0	6	1.10	0.32	10.1	7.16	2	0.95	2.86	0.09	0.01	0.00
ACOS															
CHEDDAR/ JACK FANCY SHRED	.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
.25OZ															
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: INTER	3/4 CUP	1	91	10	129	1.65	0.51	21.8	3.03	*2	1.62	6.75	6.15	0.55	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	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
ALT INT WEEKLY 1st CHOI															
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	3.6	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMAT	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
O-DELI															
BEANS, BAKED WITH TOMATO	1/2 C SERV	1	180	0	550	5.00	1.80	40.0	*N/A*	17	7.0	36.0	1.0	0.00	0.00
PASTE	VING														
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
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
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
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
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
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			930	65	2719	13.77	5.40	856.7	*39.37	*56	46.70	131.17	24.85	6.97	*0.00
% of Calories										*24.3%	20.1%	56.4%	24.0%	6.7%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/21/2020															
INTERMEDIATE LUNCH 6-8	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
BUTTER MASHED POTATOES-se	2/3 cup	1	130	5	420	9.00	0.36	20.0	0.0	0	2.0	18.0	5.0	2.50	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*
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
ALT INT WEEKLY 1st CHOI															
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	2.4	*4	16.0	32.0	26.42	13.04	0.00
SOUP, TOMATO (Campbells)(Sec)	1 Cup	1	70	0	654	1.00	0.72	3.6	6.0	9	2.0	16.0	0.0	0.00	0.00
GOLDFISH CRACKERS	SERVING	1	100	0	170	1.00	0.72	20.0	0.0	0	2.0	14.0	4.0	0.50	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
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			832	76	2421	12.21	3.46	856.8	37.23	*43	43.74	104.08	27.85	10.75	*0.00
% of Calories										*20.5%	21.0%	50.0%	30.1%	11.6%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Thu - 10/22/2020															
INTERMEDIATE LUNCH 6-8	Total	1													
ORANGE CHICKEN	3.6 OZ SERVING	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

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

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-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													
CALZONE, MINI, WG	SERVINGS	1	325	23	490	4.00	1.80	225.0	*N/A*	6	16.5	40.01	11.5	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
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
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
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			826	208	1766	8.64	3.28	779.7	*45.06	*58	36.40	121.76	20.85	7.01	*0.00
% of Calories										*28.0%	17.6%	59.0%	22.7%	7.6%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Fri - 10/23/2020															
INTERMEDIATE LUNCH 6-8	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
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	0.0	1	1.0	2.0	6.0	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
ALT INT WEEKLY 1st CHOI	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
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
CHIPS: DORITOS	bag	1	131	0	181	2.01	0.36	20.0	0.0	0	2.01	19.62	5.03	0.75	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
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
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

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			912	216	2051	8.37	19.98	851.3	25.42	*50 *22.0%	42.56 18.7%	111.34 48.9%	34.13 33.7%	10.17 10.0%	0.00 0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Mon - 10/26/2020															
INTERMEDIATE LUNCH 6-8	Total	1													
MINI CORN DOG NUGGETS (SE	6 EACH	1	250	60	420	3.00	1.80	100.0	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	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
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
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
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
ALT INT WEEKLY 1st CHOI	Total	1													
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	1.80	450.0	9.0	2	20.0	29.0	9.0	3.00	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
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 % of Calories			854	78	1344	8.61	3.23	925.2	55.59	*58 *27.1%	36.02 16.9%	114.74 53.7%	27.67 29.2%	8.08 8.5%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Tue - 10/27/2020															
INTERMEDIATE LUNCH 6-8	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:INTE	3/4 CUP	1	123	12	214	3.05	0.84	41.9	3.41	*2	2.04	10.53	7.67	0.66	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

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

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-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	3.6	3	21.12	38.1	12.59	2.52	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
BEANS, BAKED WITH TOMATO PASTE	1/2 C SER VING	1	180	0	550	5.00	1.80	40.0	*N/A*	17	7.0	36.0	1.0	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
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
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
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
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
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			783	56	1903	12.52	5.23	736.9	*29.74	*51	38.96	116.80	18.03	4.40	*0.00
% of Calories										*26.2%	19.9%	59.7%	20.7%	5.1%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Wed - 10/28/2020															
INTERMEDIATE LUNCH 6-8	Total	1													
TERIYAKI BEEF NUGGETS	5 NUGGET	1	200	50	550	1.25	1.80	25.0	0.0	5	17.5	7.5	10.0	4.37	0.63
BUTTER MASHED POTATOES-se	2/3 cup	1	130	5	420	9.00	0.36	20.0	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	*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*
WG DINNER ROLL	ROLL	1	90	0	160	2.00	1.08	40.0	2.4	2	4.0	17.0	1.0	0.00	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
ALT INT WEEKLY 1st CHOI	Total	1													
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	2.4	*4	16.0	32.0	26.42	13.04	0.00
SOUP, TOMATO (Campbells)(Sec)	1 Cup	1	70	0	654	1.00	0.72	3.6	6.0	9	2.0	16.0	0.0	0.00	0.00
GOLDFISH CRACKERS	SERVING	1	100	0	170	1.00	0.72	20.0	0.0	0	2.0	14.0	4.0	0.50	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
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

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			855	72	2232	11.49	3.98	882.9	38.43	*45 *21.3%	40.50 18.9%	102.04 47.7%	31.50 33.2%	12.54 13.2%	*0.31 *0.3%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Thu - 10/29/2020															
INTERMEDIATE LUNCH 6-8	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
TOMATO, CUCUMBER, CARROT S:INTE	3/4 CUP	1	95	10	130	1.89	0.54	20.2	6.88	*2	1.77	11.38	6.17	0.53	0.00
FRUIT, CANNED K-8 OPTION	1/4 C SERVING	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	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
ALT INT WEEKLY 1st CHOI	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
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
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
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
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
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
MILK : CHOCOLATE MILK FAT FREE	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 % of Calories			821	110	1498	9.53	*4.37	*786.6	*47.47	*48 *23.4%	43.92 21.4%	109.73 53.5%	23.89 26.2%	6.32 6.9%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/30/2020															
INTERMEDIATE LUNCH 6-8	Total	1													
WILD MIKE'S PEPPERONI CHEE SY B	SERVINGS	1	340	35	580	3.00	1.80	400.0	9.0	4	20.0	34.0	18.0	9.00	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
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
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	0.0	1	1.0	2.0	6.0	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
ALT INT WEEKLY 1st CHOI	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
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
CHIPS: DORITOS	bag	1	131	0	181	2.01	0.36	20.0	0.0	0	2.01	19.62	5.03	0.75	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
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
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 % of Calories			1004	79	1761	7.38	19.63	946.4	25.44	*59 *23.6%	44.26 17.6%	122.78 48.9%	39.09 35.0%	13.67 12.3%	0.00 0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	
Weighted Average			883	103	1935	10.15	*7.98	*844.4	*44.74	*52 *52.9%	40.87 18.5%	115.46 52.3%	28.93 29.5%	9.17 9.4%	*0.02 *0.0%

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Base Menu Spreadsheet

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

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	883		783		113%												
Cholesterol (mg)	103																
Sodium 1 (mg)	1935								1935								
Sodium 2 (mg)	1935								1935								
Fiber (g)	10.15																
Iron (mg)	7.98		4.50		177%	Missing											
Calcium (mg)	844.4		400.00		211%	Missing											
Sugars (g)	52	23.53%				Missing											
Vitamin C (mg)	44.74		16.70		268%	Missing											
Protein (g)	40.87	18.52%	15.00		272%												
Carbohydrate (g)	115.46	52.32%															
Total Fat (g)	28.93	29.49%	<=30.00%														
Saturated Fat (g)	9.17	9.35%	<10.00%														
Trans Fat ¹ (g)	0.02	0.02%				Missing											

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