

# Washington County School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 8/23/2019 9:21:51 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Tue - 09/03/2019								
INTERMEDIATE LUNCH 6-8	Total	1						
SOFT FLOUR TACO:SEC	1 serving	1	255	49	436	1	17.01	23.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	14	0	6	2	0.95	2.86
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	28	6	43	0	1.52	0.25
REFRIED BEANS	1/2 CUP	1	164	0	546	0	8.21	23.6
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	13	0.0	14.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
SALAD BAR: 2 TUESDAY- INTERM.	1/2 CUP	1	189	10	357	*2	4.32	12.03
BUG BITES	BAG	1	120	0	1151	8	2.0	21.0
SALSA PICANTE	1 OZ	1	9	0	133	0	0.89	1.77
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT INT WEEKLY 1st CHOI								
CHICKEN BITES-SEC	6 PIECES	1	257	43	585	1	20.0	18.0
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	0	3.0	24.0
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	13	0.0	14.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	*N/A*	0.0	13.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			986	*69	2563	*60	45.48	130.87
% of Calories						*24.5%	18.4%	53.1%
Nutrient Guideline			783				15.00	

Wed - 09/04/2019								
INTERMEDIATE LUNCH 6-8	Total	1						
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	59	321	0	17.0	15.0
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	0	2.0	22.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	21	0	266	*N/A*	1.27	4.77
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	*N/A*	0.0	13.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	1	1.0	2.0
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	12	0.0	15.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
ALT INT WEEKLY 1st CHOI	Total	1						
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	*4	16.0	32.0
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	214	*2	2.04	10.53
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			928	81	1972	*51	37.28	117.07
% of Calories						*21.8%	16.1%	50.5%
Nutrient Guideline			783				15.00	

Thu - 09/05/2019								
INTERMEDIATE LUNCH 6-8	Total	1						
LEMON CHICKEN - ASIAN FOOD	SERVING	1	190	45	350	10	11.0	21.0
VEGETABLE HARVEST RICE PILAF:S	1.25 CUP	1	219	0	977	*0	5.05	40.42
CASCADE BLEND VEGETABLE-3/4 CU	3/4 CUP	1	30	0	35	2	1.0	6.99
MANDARIN ORANGE, FESTIVAL, CAN	SERVING	1	40	0	5	10	0.0	10.5
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
SALAD BAR: 3 THURSDAY'S:INTERM	1/2 CUP	1	121	10	185	*1	3.83	11.16
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	11	*N/A*	0.0	6.97
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT INT WEEKLY 1st CHOI	Total	1						
TACO SALAD -TOP N GO :ALT LINE	2 CUP	1	443	37	742	*1	21.99	54.38
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
BEANS, CANNED, BLACK BEAN, LS	1/2 CUP	1	102	0	143	2	7.14	18.37
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	151	20	340	*0	2.83	9.16
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	1	1.0	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			973	76	1748	*51	43.54	136.42
% of Calories						*20.9%	17.9%	56.1%
Nutrient Guideline			783				15.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Fri - 09/06/2019								
INTERMEDIATE LUNCH 6-8	Total	1						
PIZZA, BIG DADDY'S (SCHWAN'S)	1 SLICE	1	320	20	550	*N/A*	19.0	39.0
DINNER SALAD	1 CUP	1	62	0	87	*0	3.55	11.53
PINEAPPLE, TIDBITS, CAN	SERVING	1	35	0	7	8	0.5	9.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
FROZEN JUICE CUP	1 EACH	1	70	0	7	16	0.0	19.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	1	1.0	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT INT WEEKLY 1st CHOI								
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	711	*3	20.4	28.21
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	2	0.91	2.67
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	214	*2	2.04	10.53
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62
PICKLE:, CHIPS	1 OZ.	1	5	0	340	1	0.0	1.0
FROZEN JUICE CUP	1 EACH	1	70	0	7	16	0.0	19.0
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34
MUSTARD:, P/C	1 Each	1	3	0	63	0	0.22	0.33
LIGHT MAYONNAISE	POUCH	1	40	5	85	0	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			882	61	1681	*61	41.02	121.76
% of Calories						*27.6%	18.6%	55.2%
Nutrient Guideline			783				15.00	

Mon - 09/09/2019								
INTERMEDIATE LUNCH 6-8	Total	1						
CHICKEN BREAST PATTIE SAND: EL	1 each	1	340	30	470	2	17.0	33.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	2	0.91	2.67
BAKED BEANS	3/4 CUP	1	150	0	613	*21	4.83	36.04
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	12	0.0	16.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
SALAD BAR: MONDAYS:INTERM.	1/2 CUP	1	127	10	228	*2	3.98	12.48
LIGHT MAYONNAISE	POUCH	1	40	5	85	0	0.0	0.0
PICKLE:, CHIPS	1 OZ.	1	5	0	340	1	0.0	1.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
ALT INT WEEKLY 1st CHOI	Total	1						
DOMINOS PIZZA	SLICE	1	280	25	450	2	20.0	29.0
MIXED FRESH VEGETABLES:INTER	3/4 CUP	1	99	10	144	*2	2.42	8.31
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	157	20	383	*1	2.98	10.48
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			975	65	1759	*59	43.69	130.24
% of Calories						*24.4%	17.9%	53.4%
Nutrient Guideline			783				15.00	

Tue - 09/10/2019								
INTERMEDIATE LUNCH 6-8	Total	1						
ENCHILADA	BURRITO	1	384	13	1202	*4	20.05	53.68
CORN, ELE	1/2 CUP	1	65	0	15	3	2.0	15.0
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	13	0.0	14.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
SALAD BAR: 2 TUESDAY- INTERM.	1/2 CUP	1	189	10	357	*2	4.32	12.03
CREAMIES JR.	CREAMIE	1	93	16	39	*N/A*	2.0	14.0
SALSA PICANTE	1 OZ	1	9	0	133	0	0.89	1.77
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT INT WEEKLY 1st CHOI	Total	1						
CHICKEN BITES-SEC	6 PIECES	1	257	43	585	1	20.0	18.0
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	0	3.0	24.0
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	13	0.0	14.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	*N/A*	0.0	13.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			967	*56	2099	*59	42.66	136.85
% of Calories						*24.2%	17.6%	56.6%
Nutrient Guideline			783				15.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Wed - 09/11/2019								
INTERMEDIATE LUNCH 6-8	Total	1						
TERIYAKI BEEF NUGGETS: (Elem.)	4 Nugget	1	160	40	440	4	14.0	6.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	0	2.0	18.0
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	25	0	326	*N/A*	0.98	3.93
SUNSHINE CARROTS;ELE	3/4 CUP	1	30	0	51	*N/A*	0.0	5.75
WG DINNER ROLL	ROLL	1	90	0	160	2	4.0	17.0
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	*N/A*	0.0	0.0
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	12	0.0	15.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	57	*0	1	10	0.81	14.31
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT INT WEEKLY 1st CHOI								
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	*4	16.0	32.0
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	214	*2	2.04	10.53
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			890	*69	1787	*51	37.34	112.36
% of Calories						*23.1%	16.8%	50.5%
Nutrient Guideline			783				15.00	

Thu - 09/12/2019								
INTERMEDIATE LUNCH 6-8	Total	1						
ORANGE CHICKEN	3.6 OZ SERVING	1	150	40	280	10	11.0	19.0
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	80	0	70	*0	2.0	16.48
NORMANDY VEGETABLES	3/4 CUP	1	23	0	23	2	0.75	3.75
MANDARIN ORANGE, FESTIVAL, CAN	SERVING	1	40	0	5	10	0.0	10.5
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
SALAD BAR: 3 THURSDAY'S:INTERM	1/2 CUP	1	121	10	185	*1	3.83	11.16
COOKIE, COWBOY	1 oz.	1	202	15	164	*15	3.31	29.34
SOY SAUCE: PC	PC	1	10	0	500	*N/A*	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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ALT INT WEEKLY 1st CHOI	Total	1						
TACO SALAD -TOP N GO :ALT LINE	2 CUP	1	443	37	742	*1	21.99	54.38
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
BEANS, CANNED, BLACK BEAN, LS	1/2 CUP	1	102	0	143	2	7.14	18.37
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	151	20	340	*0	2.83	9.16
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	1	1.0	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			970	81	1580	*58	43.55	133.01
% of Calories						*24.1%	18.0%	54.9%
Nutrient Guideline			783				15.00	

Fri - 09/13/2019								
INTERMEDIATE LUNCH 6-8	Total	1						
PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3	16.0	27.0
MARINARA SAUCE	1/2 CUP	1	70	298	616	3	1.99	11.93
GARLIC TWIST	2 OZ	1	141	11	384	*1	4.18	27.29
DINNER SALAD	1 CUP	1	62	0	87	*0	3.55	11.53
PINEAPPLE, TIDBITS, CAN	SERVING	1	35	0	7	8	0.5	9.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
FROZEN JUICE CUP	1 EACH	1	70	0	7	16	0.0	19.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	1	1.0	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT INT WEEKLY 1st CHOI	Total	1						
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	711	*3	20.4	28.21
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	2	0.91	2.67
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	214	*2	2.04	10.53
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62
PICKLE:, CHIPS	1 OZ.	1	5	0	340	1	0.0	1.0
FROZEN JUICE CUP	1 EACH	1	70	0	7	16	0.0	19.0
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34
MUSTARD:, P/C	1 Each	1	3	0	63	0	0.22	0.33
LIGHT MAYONNAISE	POUCH	1	40	5	85	0	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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Weighted Daily Average			972	219	2181	*65	42.60	135.37
% of Calories						*26.6%	17.5%	55.7%
Nutrient Guideline			783				15.00	

Mon - 09/16/2019								
INTERMEDIATE LUNCH 6-8	Total	1						
MINI CORN DOG NUGGETS ( SEC)	6 EACH	1	250	60	420	1	10.0	30.0
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	280	0	2.0	16.0
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	12	0.0	16.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
SALAD BAR: MONDAYS:INTERM.	1/2 CUP	1	127	10	228	*2	3.98	12.48
JELL-O	GEL CUP	1	100	0	45	22	0.0	25.0
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34
MUSTARD:, P/C	1 Each	1	3	0	63	0	0.22	0.33
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT INT WEEKLY 1st CHOI	Total	1						
DOMINOS PIZZA	SLICE	1	280	25	450	2	20.0	29.0
MIXED FRESH VEGETABLES:INTER	3/4 CUP	1	99	10	144	*2	2.42	8.31
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	157	20	383	*1	2.98	10.48
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			898	78	1513	*62	37.42	123.90
% of Calories						*27.6%	16.7%	55.2%
Nutrient Guideline			783				15.00	

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# Washington County School District

Sep 3, 2019 thru Sep 30, 2019

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)	Sugars (g)	Protn (g)	Carb (g)
Tue - 09/17/2019								
INTERMEDIATE LUNCH 6-8	Total	1						
CHICKEN CARNITA BURRITO	SERVING	1	238	76	673	*0	20.52	20.25
LETTUCE & TOMATO:1/4 CUP-TACOS	1/4 CUP	1	7	0	3	1	0.48	1.43
REFRIED BEANS	1/2 CUP	1	164	0	546	0	8.21	23.6
CHIPS-Baked! Tostitos Scoops	BAG	1	110	0	110	*N/A*	2.0	19.0
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	13	0.0	14.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
SALAD BAR: 2 TUESDAY- INTERM.	1/2 CUP	1	189	10	357	*2	4.32	12.03
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	158	10	180	*10	1.89	22.26
SALSA PICANTE	1 OZ	1	9	0	133	0	0.89	1.77
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT INT WEEKLY 1st CHOI								
CHICKEN BITES-SEC	6 PIECES	1	257	43	585	1	20.0	18.0
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	0	3.0	24.0
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	13	0.0	14.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	*N/A*	0.0	13.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			1035	*84	2228	*61	47.18	138.78
% of Calories						*23.5%	18.2%	53.7%
Nutrient Guideline			783				15.00	

Wed - 09/18/2019								
INTERMEDIATE LUNCH 6-8	Total	1						
BREADED PORK STEAK	1 EACH	1	293	51	424	1	16.17	17.18
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	0	2.0	18.0
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	45	0	222	*N/A*	1.0	5.0
CORN, ELE	1/2 CUP	1	65	0	15	3	2.0	15.0
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	12	0.0	15.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
WG DINNER ROLL	ROLL	1	90	0	160	2	4.0	17.0
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	*N/A*	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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# Washington County School District

Sep 3, 2019 thru Sep 30, 2019

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)	Sugars (g)	Protn (g)	Carb (g)
ALT INT WEEKLY 1st CHOI	Total	1						
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	*4	16.0	32.0
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	214	*2	2.04	10.53
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			974	74	1709	*49	39.23	120.60
% of Calories						*20.1%	16.1%	49.5%
Nutrient Guideline			783				15.00	

Thu - 09/19/2019								
INTERMEDIATE LUNCH 6-8	Total	1						
CHICKEN NOODLE SOUP:ELE	3/4 CUP	1	134	36	325	*2	8.75	19.73
CORNMEAL SUPER STAR	1 EA	1	148	11	91	12	2.8	23.0
TOMATO, CUCUMBER, CARROTS:INTE	3/4 CUP	1	95	10	130	*2	1.77	11.38
MANDARIN ORANGE, FESTIVAL, CAN	SERVING	1	40	0	5	10	0.0	10.5
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
SALAD BAR: 3 THURSDAY'S:INTERM	1/2 CUP	1	121	10	185	*1	3.83	11.16
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT INT WEEKLY 1st CHOI	Total	1						
TACO SALAD -TOP N GO :ALT LINE	2 CUP	1	443	37	742	*1	21.99	54.38
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
BEANS, CANNED, BLACK BEAN, LS	1/2 CUP	1	102	0	143	2	7.14	18.37
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	151	20	340	*0	2.83	9.16
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	1	1.0	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			926	82	1334	*53	41.68	125.78
% of Calories						*22.9%	18.0%	54.3%
Nutrient Guideline			783				15.00	

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# Washington County School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Fri - 09/20/2019								
INTERMEDIATE LUNCH 6-8	Total	1						
PIZZA, BIG DADDY'S (SCHWAN'S)	1 SLICE	1	320	20	550	*N/A*	19.0	39.0
DINNER SALAD	1 CUP	1	62	0	87	*0	3.55	11.53
PINEAPPLE, TIDBITS, CAN	SERVING	1	35	0	7	8	0.5	9.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
FROZEN JUICE CUP	1 EACH	1	70	0	7	16	0.0	19.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	1	1.0	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT INT WEEKLY 1st CHOI								
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	711	*3	20.4	28.21
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	2	0.91	2.67
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	214	*2	2.04	10.53
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62
PICKLE:, CHIPS	1 OZ.	1	5	0	340	1	0.0	1.0
FROZEN JUICE CUP	1 EACH	1	70	0	7	16	0.0	19.0
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34
MUSTARD:, P/C	1 Each	1	3	0	63	0	0.22	0.33
LIGHT MAYONNAISE	POUCH	1	40	5	85	0	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			882	61	1681	*61	41.02	121.76
% of Calories						*27.6%	18.6%	55.2%
Nutrient Guideline			783				15.00	

Mon - 09/23/2019								
INTERMEDIATE LUNCH 6-8	Total	1						
CHICKEN BITES-SEC	6 PIECES	1	257	43	585	1	20.0	18.0
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	0	2.0	22.0
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	12	0.0	16.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
SALAD BAR: MONDAYS:INTERM.	1/2 CUP	1	127	10	228	*2	3.98	12.48
PUDDING,CHOICE	SERVING	1	115	0	133	15	1.0	20.5
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	*N/A*	0.0	13.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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# Washington County School District

Sep 3, 2019 thru Sep 30, 2019

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)	Sugars (g)	Protn (g)	Carb (g)
ALT INT WEEKLY 1st CHOI	Total	1						
DOMINOS PIZZA	SLICE	1	280	25	450	2	20.0	29.0
MIXED FRESH VEGETABLES:INTER	3/4 CUP	1	99	10	144	*2	2.42	8.31
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	157	20	383	*1	2.98	10.48
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			933	69	1833	*58	42.81	124.99
% of Calories						*25.0%	18.4%	53.6%
Nutrient Guideline			783				15.00	

Tue - 09/24/2019								
INTERMEDIATE LUNCH 6-8	Total	1						
BEEF TACO STICK	1 EACH	1	345	52	631	1	20.07	31.87
REFRIED BEANS	1/2 CUP	1	164	0	546	0	8.21	23.6
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	13	0.0	14.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
SALAD BAR: 2 TUESDAY- INTERM.	1/2 CUP	1	189	10	357	*2	4.32	12.03
SWEET POTATO CAKE: NEUFCHATEL	SERVING	1	217	11	162	*26	1.56	35.9
SALSA PICANTE	1 OZ	1	9	0	133	0	0.89	1.77
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT INT WEEKLY 1st CHOI	Total	1						
CHICKEN BITES-SEC	6 PIECES	1	257	43	585	1	20.0	18.0
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	0	3.0	24.0
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	13	0.0	14.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	8	0.66	12.59
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	*N/A*	0.0	13.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			1059	*73	2141	*69	45.56	141.20
% of Calories						*26.0%	17.2%	53.3%
Nutrient Guideline			783				15.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Wed - 09/25/2019								
INTERMEDIATE LUNCH 6-8	Total	1						
HAM - COBBLE STREET	SLICE	1	140	45	840	1	13.0	2.0
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	502	*3	3.0	23.99
SUNSHINE CARROTS;ELE	3/4 CUP	1	30	0	51	*N/A*	0.0	5.75
ROLL: 2 OZ SCHOOL MADE	ROLL	1	138	11	376	*1	3.93	27.16
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	*N/A*	0.0	0.0
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	12	0.0	15.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT INT WEEKLY 1st CHOI	Total	1						
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	*4	16.0	32.0
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	214	*2	2.04	10.53
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			896	74	1973	*49	36.61	113.97
% of Calories						*21.7%	16.3%	50.9%
Nutrient Guideline			783				15.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Thu - 09/26/2019								
INTERMEDIATE LUNCH 6-8	Total	1						
TERIYAKI CHICKEN	2.8 OZ	1	90	40	320	*N/A*	12.0	6.0
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	0	580	*N/A*	3.0	24.01
NORMANDY VEGETABLES	3/4 CUP	1	23	0	23	2	0.75	3.75
MANDARIN ORANGE, FESTIVAL, CAN	SERVING	1	40	0	5	10	0.0	10.5
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
SALAD BAR: 3 THURSDAY'S:INTERM	1/2 CUP	1	121	10	185	*1	3.83	11.16
BROWNIE CUP, WG	BROWNIE	1	146	1	72	14	1.5	26.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
ALT INT WEEKLY 1st CHOI	Total	1						
TACO SALAD -TOP N GO :ALT LINE	2 CUP	1	443	37	742	*1	21.99	54.38
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
BEANS, CANNED, BLACK BEAN, LS	1/2 CUP	1	102	0	143	2	7.14	18.37
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	151	20	340	*0	2.83	9.16
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	1	1.0	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			932	74	1558	*53	43.64	128.61
% of Calories						*22.7%	18.7%	55.2%
Nutrient Guideline			783				15.00	

Fri - 09/27/2019								
INTERMEDIATE LUNCH 6-8	Total	1						
PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3	16.0	27.0
MARINARA SAUCE	1/2 CUP	1	70	298	616	3	1.99	11.93
DINNER SALAD	1 CUP	1	62	0	87	*0	3.55	11.53
PINEAPPLE, TIDBITS, CAN	SERVING	1	35	0	7	8	0.5	9.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
FROZEN JUICE CUP	1 EACH	1	70	0	7	16	0.0	19.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	1	1.0	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT INT WEEKLY 1st CHOI	Total	1						
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	711	*3	20.4	28.21
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	2	0.91	2.67
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	214	*2	2.04	10.53
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62
PICKLE:, CHIPS	1 OZ.	1	5	0	340	1	0.0	1.0
FROZEN JUICE CUP	1 EACH	1	70	0	7	16	0.0	19.0
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34
MUSTARD:, P/C	1 Each	1	3	0	63	0	0.22	0.33
LIGHT MAYONNAISE	POUCH	1	40	5	85	0	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			902	213	1989	*64	40.51	121.72
% of Calories						*28.4%	18.0%	54.0%
Nutrient Guideline			783				15.00	

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

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

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

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# Washington County School District

Sep 3, 2019 thru Sep 30, 2019

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)	Sugars (g)	Protn (g)	Carb (g)
Mon - 09/30/2019								
INTERMEDIATE LUNCH 6-8	Total	1						
MACARONI & CHEESE-E.S.FOODS	6 OZ SERVING	1	298	41	564	6	17.45	28.74
LIL SMOKIES	5 LINKS	1	140	30	350	1	8.0	1.0
TEXAS TOAST BC	SLICE	1	90	0	100	1	3.0	14.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	21	0	266	*N/A*	1.27	4.77
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	12	0.0	16.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
SALAD BAR: MONDAYS:INTERM.	1/2 CUP	1	127	10	228	*2	3.98	12.48
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
ALT INT WEEKLY 1st CHOI	Total	1						
DOMINOS PIZZA	SLICE	1	280	25	450	2	20.0	29.0
MIXED FRESH VEGETABLES:INTER	3/4 CUP	1	99	10	144	*2	2.42	8.31
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	*9	0.83	18.58
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	157	20	383	*1	2.98	10.48
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			910	83	1551	*50	46.17	108.32
% of Calories						*22.1%	20.3%	47.6%
Nutrient Guideline			783				15.00	

Weighted Average			944	*87	1844	*57	41.95	126.18
						*54.5%	17.8%	53.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	944		783	121%				
Cholesterol (mg)	87				Missing			
Sodium 1 (mg)	1844						1844	
Sodium 2 (mg)	1844						1844	
Sugars (g)	57	24.22%			Missing			
Protein (g)	41.95	17.77%	15.00	280%				
Carbohydrate (g)	126.18	53.44%						

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