

Washington County School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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Generated on: 8/5/2020 9:16:43 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 09/01/2020 | | | | | | | | | | | | | | | | |
| ELEMENTARY LUNCH | Total | 8345 | | | | | | | | | | | | | | |
| NACHO BITES-ELE | 8 BITES | 8345 | 270 | 15 | 440 | 3.00 | 1.44 | 150.0 | 500 | 2.4 | 1 | 11.0 | 32.0 | 10.0 | 4.00 | 0.00 |
| REFRIED BEANS | 1/2 CUP | 1 | 164 | 0 | 546 | 8.21 | 1.85 | 42.7 | 0 | 25.86 | 0 | 8.21 | 23.6 | 4.62 | 1.54 | *0.00 |
| SALSA PICANTE | 1 OZ | 3821 | 6 | 0 | 158 | 0.19 | 0.00 | 0.0 | 89 | 0.0 | 1 | 0.25 | 1.4 | 0.12 | 0.01 | 0.00 |
| FRUIT BAR :FALL:ELE | 1/2 CUP | 1 | 36 | 0 | 1 | 1.18 | 0.11 | 9.2 | 63 | 9.99 | *5 | 0.41 | 9.29 | 0.14 | 0.04 | 0.00 |
| CUCUMBERS: 1/2 CUP | 1/2 CUP | 3730 | 106 | 20 | 251 | 0.42 | 0.13 | 8.3 | 43 | 1.9 | 1 | 0.35 | 1.29 | 9.1 | 2.05 | 0.00 |
| CREAMIES JR. | CREAMIE | 1 | 93 | 16 | 39 | 0.00 | 0.00 | 260.0 | 1988 | 3.45 | *N/A* | 2.0 | 14.0 | 3.5 | 2.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 7438 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 897 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 438 | 29 | 798 | 3.27 | 1.50 | 453.4 | 1059 | 4.58 | *19 | 19.26 | 52.34 | 14.39 | 5.08 | *0.00 |
| % of Calories | | | | | | | | | | | *17.3% | 17.6% | 47.8% | 29.6% | 10.4% | *0.0% |
| Nutrient Guideline | | | 645 | | | | 3.30 | 267.00 | 1055 | 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-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 09/02/2020 | | | | | | | | | | | | | | | | |
| ELEMENTARY LUNCH | Total | 1 | | | | | | | | | | | | | | |
| TERIYAKI BEEF NUGGETS | 4 Nugget | 1 | 160 | 40 | 440 | 1.00 | 1.44 | 20.0 | 20 | 0.0 | 4 | 14.0 | 6.0 | 8.0 | 3.50 | 0.50 |
| MASHED POTATOES,from Dry mix,P | 1/2 CUP | 1 | 80 | 0 | 314 | 1.00 | 0.37 | 22.4 | 5 | 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 | 0.0 | *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 | 370 | 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 | 81 | 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 | 200 | 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 | 63 | 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 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 715 | 66 | 2068 | 9.89 | 4.24 | 694.4 | 1739 | 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 | 1055 | 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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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-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|----------------|----------------|--------------|-------------------------|
| Thu - 09/03/2020 | | | | | | | | | | | | | | | | |
| ELEMENTARY LUNCH | Total | 1 | | | | | | | | | | | | | | |
| GARDEN SALAD | SERVINGS | 1 | 277 | 95 | 247 | 2.31 | 1.76 | 82.6 | 6681 | 13.18 | *3 | 28.01 | 10.22 | 13.05 | 2.93 | *0.00 |
| BREADSTICK, CHEESE WG | SERVING | 1 | 140 | 15 | 270 | 1.00 | 0.72 | 100.0 | 300 | 0.0 | 1 | 7.0 | 15.0 | 6.0 | 2.00 | 0.00 |
| FRUIT BAR :FALL:ELE | 1/2 CUP | 1 | 36 | 0 | 1 | 1.18 | 0.11 | 9.2 | 63 | 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 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average % of Calories | | | 673 | 125 | 823 | 4.49 | 2.59 | 791.8 | 8043 | 26.78 | *39 *23.1% | 51.42 30.6% | 66.51 39.5% | 21.69 29.0% | 6.47 8.7% | *0.00 *0.0% |
| Nutrient Guideline | | | 645 | | | | 3.30 | 267.00 | 1055 | 15.00 | | 8.87 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------------|-----------|---|-----|----|------|------|------|--------|------|-------|---------------|----------------|----------------|----------------|---------------|--------------|
| Fri - 09/04/2020 | | | | | | | | | | | | | | | | |
| ELEMENTARY LUNCH | Total | 1 | | | | | | | | | | | | | | |
| MAX STUFFED CRUST PEPPE RONI PI | SLICE | 1 | 330 | 20 | 870 | 3.00 | 1.80 | 250.0 | 300 | 0.0 | 4 | 17.0 | 35.0 | 14.0 | 4.50 | 0.00 |
| DINNER SALAD | 1 CUP | 1 | 2 | 0 | 0 | 0.10 | 0.03 | 1.2 | 53 | 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 | 63 | 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 | 75 | 0.0 | 15 | 1.0 | 20.5 | 3.0 | 1.75 | 0.00 |
| LEFLEUR'S LITE RANCH- ELE. | CONTAINER | 1 | 100 | 20 | 250 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 9.0 | 2.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average % of Calories | | | 803 | 55 | 1558 | 4.78 | 2.47 | 1085.4 | 1491 | 14.56 | *54 *26.8% | 34.49 17.2% | 97.12 48.4% | 28.66 32.1% | 9.79 11.0% | 0.00 0.0% |
| Nutrient Guideline | | | 645 | | | | 3.30 | 267.00 | 1055 | 15.00 | | 8.87 | | <=30.0 | <10.00 | |

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

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 09/08/2020 | | | | | | | | | | | | | | | | |
| ELEMENTARY LUNCH | Total | 1 | | | | | | | | | | | | | | |
| BEEF TACO STICK | 1 EACH | 1 | 345 | 52 | 631 | 3.85 | 2.77 | 328.8 | 252 | 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 | 0 | 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 | 63 | 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 | 43 | 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 | 89 | 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 | 1598 | 0.01 | *10 | 3.31 | 28.69 | 7.79 | 3.12 | *0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 1065 | 97 | 2075 | 19.81 | 6.17 | 1045.5 | 3044 | 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 | 1055 | 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-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-----------------------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 09/09/2020 | | | | | | | | | | | | | | | | |
| ELEMENTARY LUNCH | Total | 1 | | | | | | | | | | | | | | |
| HAM - COBBLE STREET | SLICE | 1 | 140 | 45 | 840 | 0.00 | 0.36 | 0.0 | 0 | 0.0 | 1 | 13.0 | 2.0 | 9.0 | 3.00 | 0.00 |
| MASHED POTATOES,from Dry mix,P | 1/2 CUP | 1 | 80 | 0 | 314 | 1.00 | 0.37 | 22.4 | 5 | 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 | 0.0 | 1.06 | 0.18 | 0.09 | 0.00 |
| SUNSHINE CARROTS 1/2 CUP | 1/2 C SE R VING | 1 | 47 | 0 | 80 | 4.00 | 0.96 | 26.7 | 2335 | 3.2 | *N/A* | 0.0 | 9.34 | 0.0 | 0.00 | 0.00 |
| ROLL: 2 OZ SCHOOL MADE MARGARINE REDDIES: (1) | ROLL | 1 | 138 | 11 | 376 | 4.70 | 1.36 | 14.1 | 81 | 0.0 | *1 | 3.93 | 27.16 | 2.34 | 0.80 | *0.00 |
| FRUIT BAR :FALL:ELE | 1 Patty | 1 | 35 | 0 | 40 | 0.00 | 0.00 | 0.0 | 200 | 0.0 | *N/A* | 0.0 | 0.0 | 4.0 | 1.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | 1/2 CUP | 1 | 36 | 0 | 1 | 1.18 | 0.11 | 9.2 | 63 | 9.99 | *5 | 0.41 | 9.29 | 0.14 | 0.04 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 701 | 71 | 1982 | 10.87 | 3.16 | 673.5 | 3683 | 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 | 1055 | 15.00 | | 8.87 | | <=30.0 | <10.00 | |

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 09/10/2020 | | | | | | | | | | | | | | | | |
| ELEMENTARY LUNCH | Total | 1 | | | | | | | | | | | | | | |
| TERIYAKI CHICKEN | 2.4 OZ | 1 | 115 | 70 | 330 | 0.00 | 0.72 | 0.0 | 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 | 2501 | 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 | 563 | 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 | 63 | 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 | 23 | 0.5 | 15 | 1.6 | 26.5 | 4.0 | 0.70 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 673 | 87 | 1312 | 6.68 | 2.87 | 629.3 | 4150 | 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 | 1055 | 15.00 | | 8.87 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|-----------|---|-----|-----|------|-------|------|--------|------|-------|--------|-------|--------|--------|--------|-------|
| Fri - 09/11/2020 | | | | | | | | | | | | | | | | |
| ELEMENTARY LUNCH | Total | 1 | | | | | | | | | | | | | | |
| PEPPERONI PIZZA RIPPERS | SERVING | 1 | 290 | 25 | 550 | 3.00 | 1.80 | 150.0 | 15 | 0.0 | 3 | 16.0 | 27.0 | 17.0 | 5.00 | 0.00 |
| MARINARA SAUCE | 1/2 CUP | 1 | 70 | 298 | 616 | 1.99 | 1.43 | 39.7 | 745 | 8.94 | 3 | 1.99 | 11.93 | 1.49 | 0.00 | 0.00 |
| GARLIC TWIST | 2 OZ | 1 | 141 | 11 | 384 | 4.71 | 1.37 | 21.2 | 92 | 0.0 | *1 | 4.18 | 27.29 | 2.59 | 0.92 | *0.00 |
| DINNER SALAD | 1 CUP | 1 | 2 | 0 | 0 | 0.10 | 0.03 | 1.2 | 53 | 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 | 355 | 62.05 | 17 | 0.0 | 19.65 | 0.0 | 0.00 | 0.00 |
| LEFLEUR'S LITE RANCH- ELE. | CONTAINER | 1 | 100 | 20 | 250 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 9.0 | 2.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 894 | 369 | 2113 | 12.91 | 4.99 | 894.9 | 2260 | 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 | 1055 | 15.00 | | 8.87 | | <=30.0 | <10.00 | |

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|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 09/14/2020 | | | | | | | | | | | | | | | | |
| ELEMENTARY LUNCH | Total | 1 | | | | | | | | | | | | | | |
| HAMBURGER 100% BEEF :ELE | PATTY | 1 | 367 | 64 | 790 | 2.03 | 34.38 | 223.7 | 310 | 2.43 | 3 | 26.08 | 23.1 | 19.15 | 8.40 | 0.00 |
| SHREDDED LETTUCE & TOMA TO-DELI | 1/2 CUP | 1 | 13 | 0 | 6 | 1.04 | 0.31 | 9.6 | 528 | 6.48 | 2 | 0.91 | 2.67 | 0.08 | 0.01 | 0.00 |
| PICKLE:, CHIPS | 1 OZ. | 1 | 5 | 0 | 340 | 0.00 | 0.00 | 0.0 | 5 | 0.0 | 1 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| TATER TOTS: 1/2 CUP | 8 PIECES | 1 | 140 | 0 | 280 | 2.00 | 0.72 | 0.0 | 0 | 2.4 | 0 | 2.0 | 16.0 | 7.0 | 1.50 | 0.00 |
| FRUIT BAR :FALL:ELE | 1/2 CUP | 1 | 36 | 0 | 1 | 1.18 | 0.11 | 9.2 | 63 | 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 | 6010 | 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 | 110 | 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 | 202 | 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 | 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 | 0.0 | 4.0 | 0.50 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 1064 | 94 | 2392 | 8.82 | 36.18 | 872.5 | 8228 | 61.65 | *72 | 48.04 | 127.82 | 39.30 | 12.52 | 0.00 |
| % of Calories | | | | | | | | | | | *27.1% | 18.1% | 48.0% | 33.2% | 10.6% | 0.0% |
| Nutrient Guideline | | | 645 | | | | 3.30 | 267.00 | 1055 | 15.00 | | 8.87 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|---------------|---|------|----|------|------|------|--------|-------|--------|--------|-------|--------|--------|--------|------|
| Tue - 09/15/2020 | | | | | | | | | | | | | | | | |
| ELEMENTARY LUNCH | Total | 1 | | | | | | | | | | | | | | |
| SANDWICH, TURKEY HAM AND CHEES | SANDWIC | 1 | 353 | 55 | 1098 | 3.02 | 1.45 | 352.7 | 202 | 0.0 | 6 | 20.16 | 34.26 | 16.12 | 6.05 | 0.00 |
| CRACKERS, CRUNCH & CRAVE | SERVING | 1 | 190 | 0 | 195 | 0.00 | 1.44 | 80.0 | *N/A* | *N/A* | 5 | 4.0 | 31.0 | 7.0 | 0.00 | 0.00 |
| CUCUMBERS: 1/2 CUP | 1/2 CUP | 1 | 106 | 20 | 251 | 0.42 | 0.13 | 8.3 | 43 | 1.9 | 1 | 0.35 | 1.29 | 9.1 | 2.05 | 0.00 |
| BAKED BEANS - 1/2 | 1/2 C SERVING | 1 | 170 | 0 | 500 | 5.00 | 2.00 | 54.0 | *N/A* | *N/A* | 14 | 8.0 | 33.0 | 1.0 | 0.00 | 0.00 |
| FRUIT BAR :FALL:ELE | 1/2 CUP | 1 | 36 | 0 | 1 | 1.18 | 0.11 | 9.2 | 63 | 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 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 1075 | 90 | 2350 | 9.62 | 5.13 | 1104.2 | *1307 | *15.50 | *60 | 48.92 | 140.84 | 35.86 | 9.63 | 0.00 |
| % of Calories | | | | | | | | | | | *22.5% | 18.2% | 52.4% | 30.0% | 8.1% | 0.0% |
| Nutrient Guideline | | | 645 | | | | 3.30 | 267.00 | 1055 | 15.00 | | 8.87 | | <=30.0 | <10.00 | |

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

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Washington County School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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Generated on: 8/5/2020 9:16:43 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 09/16/2020 | | | | | | | | | | | | | | | | |
| ELEMENTARY LUNCH | Total | 1 | | | | | | | | | | | | | | |
| WG CHICKEN TENDERS STRIP | 3 STRIPS | 1 | 254 | 59 | 321 | 3.00 | 1.00 | 15.0 | 61 | 0.0 | 0 | 17.0 | 15.0 | 14.0 | 3.00 | 0.00 |
| MASHED POTATOES,from Dry mix,P | 1/2 CUP | 1 | 80 | 0 | 314 | 1.00 | 0.37 | 22.4 | 5 | 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 | 0.0 | *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* | *N/A* | 3 | 2.0 | 15.0 | 1.0 | 0.00 | 0.00 |
| CRUMB SQUARE-DAVE'S BAKERY | 1 EACH | 1 | 283 | 32 | 215 | 3.00 | 1.20 | 16.0 | 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 | 100 | 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 | 63 | 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 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 1007 | 106 | 1736 | 10.18 | *3.05 | *683.8 | *1229 | *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 | 1055 | 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-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 09/17/2020 | | | | | | | | | | | | | | | | |
| ELEMENTARY LUNCH | Total | 1 | | | | | | | | | | | | | | |
| NEW ORLEANS/MANDARIN CHICKEN E | 2.85 oz | 1 | 189 | 76 | 581 | 0.00 | 1.36 | *N/A* | *N/A* | *N/A* | 18 | 18.95 | 18.95 | 3.79 | 0.63 | 0.00 |
| VEGETABLE HARVEST RICE PILAF:E | 3/4 CUP | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.2 | 0 | 0.0 | *0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| NORMANDY VEGETABLES 3/4 C | 3/4 CUP | 1 | 23 | 0 | 23 | 1.50 | 0.00 | 0.0 | 563 | 11.25 | 2 | 0.75 | 3.75 | 0.0 | 0.00 | 0.00 |
| APPLE FILLED DONUT | SERVINGS | 1 | 270 | 0 | 320 | 3.00 | 1.44 | 20.0 | *N/A* | *N/A* | 8 | 6.0 | 33.0 | 13.0 | 5.00 | 0.00 |
| FRUIT BAR :FALL:ELE | 1/2 CUP | 1 | 36 | 0 | 1 | 1.18 | 0.11 | 9.2 | 63 | 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 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 738 | 91 | 1229 | 5.68 | 2.91 | *629.4 | *1625 | *24.84 | *62 | 42.11 | 96.99 | 19.43 | 7.17 | 0.00 |
| % of Calories | | | | | | | | | | | *33.9% | 22.8% | 52.6% | 23.7% | 8.7% | 0.0% |
| Nutrient Guideline | | | 645 | | | | 3.30 | 267.00 | 1055 | 15.00 | | 8.87 | | <=30.0 | <10.00 | |

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Washington County School District

Sep 1, 2020 thru Sep 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) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 09/18/2020 | | | | | | | | | | | | | | | | |
| ELEMENTARY LUNCH | Total | 1 | | | | | | | | | | | | | | |
| 5" ROUND PEPPERONI PIZZA | PIZZA | 1 | 339 | 40 | 669 | 3.00 | 1.80 | 399.3 | 749 | 5.99 | 4 | 18.97 | 30.94 | 15.97 | 7.99 | 0.00 |
| DINNER SALAD | 1 CUP | 1 | 2 | 0 | 0 | 0.10 | 0.03 | 1.2 | 53 | 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 | 63 | 9.99 | *5 | 0.41 | 9.29 | 0.14 | 0.04 | 0.00 |
| CHIPS: DORITOS | BAG | 1 | 131 | 0 | 181 | 2.01 | 0.36 | 20.0 | 53 | 0.0 | 0 | 2.01 | 19.62 | 5.03 | 0.75 | 0.00 |
| LEFLEUR'S LITE RANCH- ELE. | CONTAIN ER | 1 | 100 | 20 | 250 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 9.0 | 2.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 828 | 75 | 1406 | 6.29 | 2.29 | 1029.7 | 1918 | 20.55 | *39 | 37.47 | 92.19 | 32.66 | 12.28 | 0.00 |
| % of Calories | | | | | | | | | | | *19.0% | 18.1% | 44.5% | 35.5% | 13.4% | 0.0% |
| Nutrient Guideline | | | 645 | | | | 3.30 | 267.00 | 1055 | 15.00 | | 8.87 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|---------|---|-----|----|------|------|------|--------|------|-------|--------|-------|--------|--------|--------|-------|
| Mon - 09/21/2020 | | | | | | | | | | | | | | | | |
| ELEMENTARY LUNCH | Total | 1 | | | | | | | | | | | | | | |
| HOT DOG W/ BUN | 1 EACH | 1 | 220 | 55 | 450 | 2.00 | 2.16 | 120.0 | 10 | 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 | 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 | 63 | 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 | 6010 | 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 | 202 | 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 | 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 | 0.00 | 0.00 |
| CHOCOLATE CHIP COOKIES | 1 EACH | 1 | 136 | 14 | 173 | 1.44 | 0.68 | 37.1 | 292 | 0.0 | *8 | 2.19 | 18.48 | 6.34 | 2.65 | *0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 895 | 94 | 1814 | 9.20 | 3.97 | 796.3 | 7577 | 63.54 | *55 | 36.24 | 122.53 | 30.90 | 8.76 | *0.00 |
| % of Calories | | | | | | | | | | | *24.4% | 16.2% | 54.8% | 31.1% | 8.8% | *0.0% |
| Nutrient Guideline | | | 645 | | | | 3.30 | 267.00 | 1055 | 15.00 | | 8.87 | | <=30.0 | <10.00 | |

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Washington County School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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Generated on: 8/5/2020 9:16:43 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 09/22/2020 | | | | | | | | | | | | | | | | |
| ELEMENTARY LUNCH | Total | 1 | | | | | | | | | | | | | | |
| SOFT FLOUR TACO: ELE | servings | 1 | 225 | 49 | 411 | 2.00 | 1.44 | 120.1 | 413 | 0.6 | 0 | 17.01 | 19.0 | 9.5 | 2.70 | 0.00 |
| SHREDDED LETTUCE & TOMA TO-DELI | 1/2 CUP | 1 | 13 | 0 | 6 | 1.04 | 0.31 | 9.6 | 528 | 6.48 | 2 | 0.91 | 2.67 | 0.08 | 0.01 | 0.00 |
| CHEDDAR/ JACK FANCY SHRE D.25OZ | .25 OZ | 1 | 28 | 6 | 43 | 0.00 | 0.00 | 50.6 | 63 | 0.0 | 0 | 1.52 | 0.25 | 2.28 | 1.52 | 0.00 |
| REFRIED BEANS | 1/2 CUP | 1 | 164 | 0 | 546 | 8.21 | 1.85 | 42.7 | 0 | 25.86 | 0 | 8.21 | 23.6 | 4.62 | 1.54 | *0.00 |
| FRUIT BAR :FALL:ELE | 1/2 CUP | 1 | 36 | 0 | 1 | 1.18 | 0.11 | 9.2 | 63 | 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 | 5906 | 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 | 500 | 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 | 89 | 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 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 933 | 90 | 2905 | 15.25 | 4.95 | 954.0 | 8562 | 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 | 1055 | 15.00 | | 8.87 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|---------|---|-----|----|------|------|------|--------|------|-------|--------|-------|-------|--------|--------|-------|
| Wed - 09/23/2020 | | | | | | | | | | | | | | | | |
| ELEMENTARY LUNCH | Total | 1 | | | | | | | | | | | | | | |
| ROASTED TURKEY: VIP | 2.9 OZ | 1 | 107 | 47 | 748 | 0.00 | 0.48 | 0.0 | 0 | 0.0 | *N/A* | 24.04 | 1.34 | 1.34 | 0.00 | 0.00 |
| MASHED POTATOES,from Dry mix,P | 1/2 CUP | 1 | 80 | 0 | 314 | 1.00 | 0.37 | 22.4 | 5 | 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 | 0.0 | *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 | 370 | 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 | 63 | 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 | 81 | 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 | 200 | 0.0 | *N/A* | 0.0 | 0.0 | 4.0 | 1.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 662 | 72 | 2340 | 8.89 | 3.27 | 673.3 | 1719 | 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 | 1055 | 15.00 | | 8.87 | | <=30.0 | <10.00 | |

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Washington County School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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Generated on: 8/5/2020 9:16:43 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 09/24/2020 | | | | | | | | | | | | | | | | |
| ELEMENTARY LUNCH | Total | 1 | | | | | | | | | | | | | | |
| ORANGE CHICKEN | 3.6 OZ S | 1 | 150 | 40 | 280 | 0.00 | 0.72 | 0.0 | 100 | 1.2 | 10 | 11.0 | 19.0 | 3.0 | 0.50 | 0.00 |
| | ERVING | | | | | | | | | | | | | | | |
| RICE: COOKED BROWN RICE (ELE) | 1/2 CUP | 1 | 80 | 0 | 70 | 1.00 | 0.36 | 1.1 | 0 | 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 | 563 | 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 | 63 | 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 | 364 | 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 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 721 | 70 | 1342 | 5.76 | 2.19 | 655.3 | 2090 | 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 | 1055 | 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-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 09/25/2020 | | | | | | | | | | | | | | | | |
| ELEMENTARY LUNCH | Total | 1 | | | | | | | | | | | | | | |
| PEPPERONI PIZZA RIPPERS | SERVING | 1 | 290 | 25 | 550 | 3.00 | 1.80 | 150.0 | 15 | 0.0 | 3 | 16.0 | 27.0 | 17.0 | 5.00 | 0.00 |
| MARINARA SAUCE | 1/2 CUP | 1 | 70 | 298 | 616 | 1.99 | 1.43 | 39.7 | 745 | 8.94 | 3 | 1.99 | 11.93 | 1.49 | 0.00 | 0.00 |
| DINNER SALAD | 1 CUP | 1 | 2 | 0 | 0 | 0.10 | 0.03 | 1.2 | 53 | 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 | 0.0 | 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 | 63 | 9.99 | *5 | 0.41 | 9.29 | 0.14 | 0.04 | 0.00 |
| LEFLEUR'S LITE RANCH- ELE. | CONTAINER | 1 | 100 | 20 | 250 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 9.0 | 2.00 | 0.00 |
| | ER | | | | | | | | | | | | | | | |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 857 | 358 | 1872 | 8.27 | 4.09 | 840.2 | 1876 | 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 | 1055 | 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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Washington County School District

Sep 1, 2020 thru Sep 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) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 09/28/2020 | | | | | | | | | | | | | | | | |
| ELEMENTARY LUNCH | Total | 1 | | | | | | | | | | | | | | |
| MINI CORN DOG NUGGETS (ELEM) | 4 EACH | 1 | 167 | 40 | 280 | 2.00 | 1.20 | 66.7 | 3 | 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 | 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 | 63 | 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 | 6010 | 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 | 202 | 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 | 0.22 | 0.33 | 0.22 | 0.00 | 0.00 |
| SWEET CAKE | SERVING | 1 | 284 | 22 | 243 | 1.93 | 0.60 | 21.9 | 1225 | 0.33 | *32 | 2.16 | 44.83 | 11.43 | 4.94 | *0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 990 | 87 | 1649 | 9.68 | 3.29 | 727.9 | 8504 | 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 | 1055 | 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-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 09/29/2020 | | | | | | | | | | | | | | | | |
| ELEMENTARY LUNCH | Total | 8345 | | | | | | | | | | | | | | |
| NACHO BITES-ELE | 8 BITES | 8345 | 270 | 15 | 440 | 3.00 | 1.44 | 150.0 | 500 | 2.4 | 1 | 11.0 | 32.0 | 10.0 | 4.00 | 0.00 |
| REFRIED BEANS | 1/2 CUP | 1 | 164 | 0 | 546 | 8.21 | 1.85 | 42.7 | 0 | 25.86 | 0 | 8.21 | 23.6 | 4.62 | 1.54 | *0.00 |
| SALSA PICANTE | 1 OZ | 3821 | 6 | 0 | 158 | 0.19 | 0.00 | 0.0 | 89 | 0.0 | 1 | 0.25 | 1.4 | 0.12 | 0.01 | 0.00 |
| FRUIT BAR :FALL:ELE | 1/2 CUP | 1 | 36 | 0 | 1 | 1.18 | 0.11 | 9.2 | 63 | 9.99 | *5 | 0.41 | 9.29 | 0.14 | 0.04 | 0.00 |
| CUCUMBERS: 1/2 CUP | 1/2 CUP | 3730 | 106 | 20 | 251 | 0.42 | 0.13 | 8.3 | 43 | 1.9 | 1 | 0.35 | 1.29 | 9.1 | 2.05 | 0.00 |
| CREAMIES JR. | CREAMIE | 1 | 93 | 16 | 39 | 0.00 | 0.00 | 260.0 | 1988 | 3.45 | *N/A* | 2.0 | 14.0 | 3.5 | 2.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 7438 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 897 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 438 | 29 | 798 | 3.27 | 1.50 | 453.4 | 1059 | 4.58 | *19 | 19.26 | 52.34 | 14.39 | 5.08 | *0.00 |
| % of Calories | | | | | | | | | | | *17.3% | 17.6% | 47.8% | 29.6% | 10.4% | *0.0% |
| Nutrient Guideline | | | 645 | | | | 3.30 | 267.00 | 1055 | 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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Washington County School District

Sep 1, 2020 thru Sep 30, 2020

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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Generated on: 8/5/2020 9:16:43 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------|--------------------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 09/30/2020 | | | | | | | | | | | | | | | | |
| ELEMENTARY LUNCH | | | | | | | | | | | | | | | | |
| | Total | 1 | | | | | | | | | | | | | | |
| | 4 Nugget | 1 | 160 | 40 | 440 | 1.00 | 1.44 | 20.0 | 20 | 0.0 | 4 | 14.0 | 6.0 | 8.0 | 3.50 | 0.50 |
| | MASHED POTATOES,from Dry mix,P | 1 | 80 | 0 | 314 | 1.00 | 0.37 | 22.4 | 5 | 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 | 0.0 | *N/A* | 0.98 | 3.93 | 0.98 | 0.00 |
| | GREEN BEANS: 1/2 C. | 1/2 CUP | 1 | 21 | 0 | 266 | 2.01 | 0.95 | 27.6 | 370 | 4.56 | *N/A* | 1.27 | 4.77 | 0.11 | 0.02 |
| | ROLL: 2 OZ SCHOOL MADE | ROLL | 1 | 138 | 11 | 376 | 4.70 | 1.36 | 14.1 | 81 | 0.0 | *1 | 3.93 | 27.16 | 2.34 | 0.80 |
| | MARGARINE REDDIES: (1) | 1 Patty | 1 | 35 | 0 | 40 | 0.00 | 0.00 | 0.0 | 200 | 0.0 | *N/A* | 0.0 | 0.0 | 4.0 | 1.00 |
| | FRUIT BAR :FALL:ELE | 1/2 CUP | 1 | 36 | 0 | 1 | 1.18 | 0.11 | 9.2 | 63 | 9.99 | *5 | 0.41 | 9.29 | 0.14 | 0.04 |
| | MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 |
| | MILK 1% WHITE | CARTON | 1 | 100 | 10 | 125 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 12.0 | 2.5 | 1.50 |
| | Weighted Daily Average | | | 715 | 66 | 2068 | 9.89 | 4.24 | 694.4 | 1739 | 48.20 | *41 | 38.60 | 100.18 | 19.07 | 6.86 |
| | % of Calories | | | | | | | | | | *22.8% | 21.6% | 56.1% | 24.0% | 8.6% | *0.6% |
| | Nutrient Guideline | | | 645 | | | | 3.30 | 267.00 | 1055 | 15.00 | | 8.87 | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------|--|--|-----|-----|------|------|-------|--------|-------|--------|--------|-------|--------|-------|------|-------|
| Weighted Average | | | 804 | 106 | 1744 | 8.74 | *5.00 | *780.1 | *3472 | *37.17 | *49 | 38.54 | 105.37 | 25.31 | 8.12 | *0.05 |
| | | | | | | | | | | | *54.7% | 19.2% | 52.4% | 28.3% | 9.1% | *0.1% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Calories | 804 | | 645 | 125% | | | | |
| Cholesterol (mg) | 106 | | | | | | | |
| Sodium 1 (mg) | 1744 | | | | | | 1744 | |
| Sodium 2 (mg) | 1744 | | | | | | 1744 | |
| Fiber (g) | 8.74 | | | | | | | |
| Iron (mg) | 5.00 | | 3.30 | 152% | Missing | | | |
| Calcium (mg) | 780.1 | | 267.00 | 292% | Missing | | | |
| Vitamin A (IU) | 3472 | | 1055 | 329% | Missing | | | |
| Sugars (g) | 49 | 24.29% | | | Missing | | | |
| Vitamin C (mg) | 37.17 | | 15.00 | 248% | Missing | | | |
| Protein (g) | 38.54 | 19.17% | 8.87 | 435% | | | | |
| Carbohydrate (g) | 105.37 | 52.43% | | | | | | |
| Total Fat (g) | 25.31 | 28.33% | <=30.00% | | | | | |
| Saturated Fat (g) | 8.12 | 9.08% | <10.00% | | | | | |
| Trans Fat ¹ (g) | 0.05 | 0.05% | | | Missing | | | |

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