

Washington County School District

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 1

Generated on: 8/20/2018 3:28:54 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/04/2018										
ELEMENTARY LUNCH	Total	1								
CHILI	3/4 CUP	1	159	24	*N/A*	12.34	19.1	3.25	1.26	0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	136	20	*0	0.79	8.03	9.17	2.03	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	219	20	*0	4.09	11.93	14.98	3.14	*0.00
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	210	0	8	5.99	34.94	4.99	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1098	79	*63	48.58	136.17	35.05	8.98	*0.00
% of Calories					*22.9%	17.7%	49.6%	28.7%	7.4%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/05/2018										
ELEMENTARY LUNCH	Total	1								
BREADED PORK STEAK	1 EACH	1	293	51	1	16.17	17.18	17.18	4.55	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	45	0	*N/A*	1.0	5.0	2.0	1.50	0.00
BROCCOLI ; FROZEN (ELE)	3/4 CUP	1	26	0	0	1.73	3.45	2.36	0.37	0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
CHICKEN SANDWICH: SUNSET ONLY	1 each	1	340	30	2	17.0	33.0	16.51	3.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	*N/A*	0.0	0.0	4.0	1.00	0.00
Weighted Daily Average			1283	96	*60	67.27	154.82	46.71	11.96	*0.00
% of Calories					*18.8%	21.0%	48.3%	32.8%	8.4%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

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Washington County School District

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 2

Generated on: 8/20/2018 3:28:54 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/06/2018										
ELEMENTARY LUNCH	Total	1								
LEMON CHICKEN- 2.94 OZ	2.94 OZ	1	120	41	9	10.53	15.04	2.26	2.26	0.00
VEGETABLE HARVEST RICE PILAF:E	3/4 CUP	1	130	0	*0	3.0	24.01	2.5	0.00	0.00
NORTHWEST BLEND VEGETABLE:ELE	3/4 CUP	1	19	0	2	0.55	3.32	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	139	20	*0	2.25	7.2	9.17	2.03	0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	*N/A*	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
SMACKERS: SUNSET ONLY	4.3 OZ SERVI NG	1	278	62	0	18.6	20.67	13.44	3.10	0.00
Weighted Daily Average			1093	138	*65	60.31	139.38	30.22	8.96	0.00
% of Calories					*23.8%	22.1%	51.0%	24.9%	7.4%	0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/07/2018										
ELEMENTARY LUNCH	Total	1								
MAX STUFFED CRUST PEPPERONI PI	SLICE	1	319	35	5	16.97	36.93	11.98	5.99	0.00
DINNER SALAD	1 CUP	1	62	0	*0	3.55	11.53	0.02	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	0	0.0	0.0	9.0	2.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			925	70	*75	45.89	129.63	23.66	9.54	0.00
% of Calories					*32.6%	19.8%	56.0%	23.0%	9.3%	0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

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Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 3

Generated on: 8/20/2018 3:28:54 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/10/2018										
ELEMENTARY LUNCH	Total	1								
CHICKEN BREAST PATTIE SAND: EL	1 each	1	340	30	2	17.0	33.0	16.51	3.00	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
BAKED BEANS:ELE	3/4 CUP	1	150	0	*21	4.83	36.04	0.38	0.07	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	145	20	*1	2.4	8.51	9.06	2.01	0.00
CHIPS : VARIETY	BAG	1	110	0	2	2.0	19.0	3.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			1177	70	*83	52.52	162.40	35.69	7.14	*0.00
% of Calories					*28.3%	17.9%	55.2%	27.3%	5.5%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/11/2018										
ELEMENTARY LUNCH	Total	1								
BEAN & CHEESE BURRITO-ELE.	BURRITO	1	270	0	2	15.0	43.0	5.0	1.00	0.00
CORN :ELE	3/4 CUP	1	79	0	9	2.65	11.91	1.98	0.00	0.00
SPANISH RICE-1/2 CUP	1/2 cup	1	132	0	*0	4.75	25.32	2.02	0.14	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	219	20	*0	4.09	11.93	14.98	3.14	*0.00
CREAMIES JR.: (CHOICE OF)	CREAMIE	1	93	16	*N/A*	2.0	14.0	3.5	2.00	0.00
SALSA PICANTE	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1177	51	*66	54.74	170.09	30.15	7.83	*0.00
% of Calories					*22.3%	18.6%	57.8%	23.1%	6.0%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

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Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 4

Generated on: 8/20/2018 3:28:54 PM

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Wed - 09/12/2018										
ELEMENTARY LUNCH	Total	1								
TERIYAKI BEEF NUGGETS: (Elem.)	4 Nugget	1	160	40	4	14.0	6.0	8.0	3.50	0.05
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	25	0	*N/A*	0.98	3.93	0.98	0.00	0.00
SUNSHINE CARROTS;ELE	3/4 CUP	1	30	0	*N/A*	0.0	5.75	0.14	0.03	0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
CHICKEN SANDWICH: SUNSET ONLY	1 each	1	340	30	2	17.0	33.0	16.51	3.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	*N/A*	0.0	0.0	4.0	1.00	0.00
Weighted Daily Average			1134	85	*63	63.36	144.88	34.29	9.08	*0.05
% of Calories					*22.3%	22.3%	51.1%	27.2%	7.2%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/13/2018										
ELEMENTARY LUNCH	Total	1								
CHICKEN NOODLE SOUP:ELE	3/4 CUP	1	135	38	*1	7.96	19.94	2.79	0.51	*0.00
GARLIC TWIST	2 OZ	1	141	11	*1	4.18	27.29	2.59	0.61	*0.00
TOMATOES, CUCUMBER, CARROTS:EL	3/4 CUP	1	125	20	*1	0.77	9.38	9.17	2.01	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	139	20	*0	2.25	7.2	9.17	2.03	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			913	104	*58	40.54	125.98	26.39	6.70	*0.00
% of Calories					*25.5%	17.8%	55.2%	26.0%	6.6%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

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Page 5

Generated on: 8/20/2018 3:28:54 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/14/2018										
ELEMENTARY LUNCH	Total	1								
WG PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	3	16.0	27.0	17.0	5.00	0.00
MARINARA SAUCE: ELE	1/2 CUP	1	70	298	3	1.99	11.93	1.49	0.00	0.00
DINNER SALAD	1 CUP	1	62	0	*0	3.55	11.53	0.02	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	0	0.0	0.0	9.0	2.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			965	358	*76	46.91	131.62	30.17	8.55	0.00
% of Calories					*31.7%	19.4%	54.5%	28.1%	8.0%	0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/17/2018										
ELEMENTARY LUNCH	Total	1								
MINI CORN DOG NUGGETS (ELEM)	4 EACH	1	167	40	1	6.67	20.0	6.67	1.67	0.00
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	0	2.0	16.0	7.0	1.50	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	145	20	*1	2.4	8.51	9.06	2.01	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	0	0.22	0.33	0.0	0.00	0.00
JELL-O	GEL CUP	1	100	0	22	0.0	25.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			960	75	*86	36.66	140.35	25.39	6.72	0.00
% of Calories					*35.8%	15.3%	58.5%	23.8%	6.3%	0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

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Page 6

Generated on: 8/20/2018 3:28:54 PM

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Tue - 09/18/2018										
ELEMENTARY LUNCH	Total	1								
CHEESE QUESADILLA	1 EACH	1	330	45	2	18.01	25.01	18.01	11.01	0.00
REFRIED BEANS	1/2 CUP	1	164	0	0	8.21	23.6	4.62	1.54	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	219	20	*0	4.09	11.93	14.98	3.14	*0.00
SALSA PICANTE	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	0.00
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	158	10	*10	1.89	22.26	7.44	1.70	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1255	90	*67	58.45	146.74	47.71	18.93	*0.00
% of Calories					*21.3%	18.6%	46.8%	34.2%	13.6%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

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Wed - 09/19/2018										
ELEMENTARY LUNCH	Total	1								
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	59	0	17.0	15.0	14.0	3.00	0.00
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	*3	3.0	23.99	3.56	1.69	*0.00
CASCADE BLEND VEGETABLE-3/4 CU	3/4 CUP	1	30	0	2	1.0	6.99	0.0	0.00	0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	*N/A*	0.0	0.0	4.0	1.00	0.00
Weighted Daily Average			943	74	*61	50.37	125.15	25.22	7.24	*0.00
% of Calories					*26.0%	21.4%	53.1%	24.1%	6.9%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

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Washington County School District

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 7

Generated on: 8/20/2018 3:28:54 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/20/2018										
ELEMENTARY LUNCH	Total	1								
ORANGE CHICKEN :ELE	2.94 OZ		120	34	*N/A*	9.0	15.75	2.25	0.38	0.00
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	80	0	*0	2.0	16.48	0.75	0.00	*0.00
NORMANDY-3/4 CUP	3/4 CUP	1	23	0	2	0.75	3.75	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	139	20	*0	2.25	7.2	9.17	2.03	0.00
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	120	0	*N/A*	2.0	21.0	3.5	1.00	0.00
SOY SAUCE: PC	PC	1	10	0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
SMACKERS: SUNSET ONLY	4.3 OZ SERVING	1	278	62	0	18.6	20.67	13.44	3.10	0.00
Weighted Daily Average			1143	131	*57	59.98	147.02	31.76	8.05	*0.00
% of Calories					*19.8%	21.0%	51.4%	25.0%	6.3%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/21/2018										
ELEMENTARY LUNCH	Total	1								
6" WW PEPPERONI PIZZA	SERVING	1	350	40	7	22.0	30.0	16.0	8.00	0.00
DINNER SALAD	1 CUP	1	62	0	*0	3.55	11.53	0.02	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	0	0.0	0.0	9.0	2.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			956	75	*77	50.92	122.70	27.68	11.55	0.00
% of Calories					*32.4%	21.3%	51.3%	26.1%	10.9%	0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

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Washington County School District

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 8

Generated on: 8/20/2018 3:28:54 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 09/24/2018										
ELEMENTARY LUNCH	Total	1								
MACARONI & CHEESE-E.S.FOODS	6 OZ SERVING	1	298	41	6	17.45	28.74	12.32	8.21	0.00
GARLIC TOAST-WG	SLICES	1	79	0	0	2.98	14.89	1.99	0.00	0.00
GREEN BEANS:ELE	3/4 CUP	1	32	0	*N/A*	1.91	7.16	0.16	0.03	*N/A*
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	145	20	*1	2.4	8.51	9.06	2.01	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			928	76	*61	50.11	121.46	26.18	11.80	*0.00
% of Calories					*26.3%	21.6%	52.4%	25.4%	11.4%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/25/2018										
ELEMENTARY LUNCH	Total	1								
BEEF TACO STICK	1 EACH	1	345	52	1	20.07	31.87	12.82	8.35	0.00
REFRIED BEANS	1/2 CUP	1	164	0	0	8.21	23.6	4.62	1.54	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	219	20	*0	4.09	11.93	14.98	3.14	*0.00
SALSA PICANTE	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	0.00
CHOCOLATE CHIP COOKIES	1 EACH	1	136	14	*8	2.19	18.48	6.34	1.52	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1247	101	*63	60.81	149.82	41.42	16.09	*0.00
% of Calories					*20.3%	19.5%	48.1%	29.9%	11.6%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

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Washington County School District

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 9

Generated on: 8/20/2018 3:28:54 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/26/2018										
ELEMENTARY LUNCH	Total	1								
HAM - COBBLE STREET	SLICE	1	140	45	1	13.0	2.0	9.0	3.00	0.00
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	*3	3.0	23.99	3.56	1.69	*0.00
CASCADE BLEND VEGETABLE-3/4 CU	3/4 CUP	1	30	0	2	1.0	6.99	0.0	0.00	0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	*N/A*	0.0	0.0	4.0	1.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
CHICKEN SANDWICH: SUNSET ONLY	1 each	1	340	30	2	17.0	33.0	16.51	3.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	*N/A*	0.0	0.0	4.0	1.00	0.00
Weighted Daily Average			1204	90	*64	63.37	145.16	40.73	11.24	*0.00
% of Calories					*21.4%	21.1%	48.2%	30.4%	8.4%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/27/2018										
ELEMENTARY LUNCH	Total	1								
CHERRY BLOSSOM CHICKEN-2.94 OZ	2.94 OZ	1	134	41	12	10.53	18.04	2.26	2.26	0.00
VEGETABLE HARVEST RICE PILAF:E	3/4 CUP	1	130	0	*0	3.0	24.01	2.5	0.00	0.00
BROCCOLI ; FROZEN (ELE)	3/4 CUP	1	26	0	0	1.73	3.45	2.36	0.37	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	139	20	*0	2.25	7.2	9.17	2.03	0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	*N/A*	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
SMACKERS: SUNSET ONLY	4.3 OZ SERVI NG	1	278	62	0	18.6	20.67	13.44	3.10	0.00
Weighted Daily Average			1113	138	*66	61.48	142.52	32.58	9.33	0.00
% of Calories					*23.9%	22.1%	51.2%	26.4%	7.5%	0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

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Washington County School District

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 10

Generated on: 8/20/2018 3:28:54 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 09/28/2018										
ELEMENTARY LUNCH	Total	1								
4" ROUND CHEESE PIZZA- TONY'S	1 EACH	1	279	30	13	15.94	28.9	11.96	5.98	0.00
DINNER SALAD	1 CUP	1	62	0	*0	3.55	11.53	0.02	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	0	0.0	0.0	9.0	2.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			885	65	*83	44.86	121.60	23.64	9.53	0.00
% of Calories					*37.7%	20.3%	55.0%	24.0%	9.7%	0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

Weighted Average			1074	103	*68	53.53	139.87	32.35	9.96	*0.00
					*57.2%	19.9%	52.1%	27.1%	8.3%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1074		645	167%				
Cholesterol (mg)	103							
Sugars (g)	68	25.43%			Missing			
Protein (g)	53.53	19.94%	8.87	604%				
Carbohydrate (g)	139.87	52.11%						
Total Fat (g)	32.35	27.12%	<=30.00%					
Saturated Fat (g)	9.96	8.35%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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