

Washington County School District

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 8/20/2018 3:31:13 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										
INTERMEDIATE LUNCH 6-8	Total	1								
CHILI	3/4 CUP	1	159	24	*N/A*	12.34	19.1	3.25	1.26	0.00
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	*2	2.04	10.53	7.67	0.66	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- INTERM.	1/2 CUP	1	189	10	*1	5.09	13.93	11.98	1.64	*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
ALT INT WEEKLY 1st CHOI	Total	1								
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
CHIPS : VARIETY	BAG	1	110	0	2	2.0	19.0	3.0	0.00	0.00
SALAD BAR: 2 TUESDAY- INTERM.	1/2 CUP	1	189	10	*1	5.09	13.93	11.98	1.64	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	0	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	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			1105	61	*68	52.66	149.43	32.43	6.16	*0.00
% of Calories					*24.8%	19.1%	54.1%	26.4%	5.0%	*0.0%
Nutrient Guideline			783			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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Sep 3, 2018 thru Sep 28, 2018

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/05/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
BREADED PORK STEAK	1 EACH	1	293	51	1	16.17	17.18	17.18	4.55	0.00
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	0	2.0	18.0	5.0	2.50	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
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	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
MARGARINE REDDIES: (1)	1 Patty	1	35	0	*N/A*	0.0	0.0	4.0	1.00	0.00
ALT INT WEEKLY 1st CHOI										
TOMATO BASIL BISQUE	1 CUP	1	111	12	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	*4	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	*2	2.04	10.53	7.67	0.66	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			1015	80	*61	47.96	123.03	37.18	13.29	*0.00
% of Calories					*23.9%	18.9%	48.5%	33.0%	11.8%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Thu - 09/06/2018										
INTERMEDIATE LUNCH 6-8	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:S	1.25 CUP	1	219	0	*0	5.05	40.42	4.21	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:INTERM	1/2 CUP	1	109	10	*1	3.25	9.2	6.17	0.53	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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Base Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI	Total	1								
TACO SALAD :ALT LINE	2 CUP	1	417	52	*0	23.95	41.06	15.74	5.71	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:INTERM	1/2 CUP	1	109	10	*1	3.25	9.2	6.17	0.53	0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	1	1.0	2.0	6.0	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
CRISPY CHICKEN SALAD: ALT-SMAC	2 cup	1	397	60	*0	25.04	44.23	13.0	3.00	0.00
Weighted Daily Average			1165	106	*62	63.68	156.38	30.03	7.82	0.00
% of Calories					*21.4%	21.9%	53.7%	23.2%	6.0%	0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Fri - 09/07/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
PIZZA, BIG DADDY'S (SCHWAN'S)	1 SLICE	1	320	20	*N/A*	19.0	39.0	10.0	3.50	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
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	1	1.0	2.0	6.0	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
ALT INT WEEKLY 1st CHOI	Total	1								
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	*3	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	0	3.0	24.0	10.5	2.25	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
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
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

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Weighted Daily Average			979	55	*78	49.41	139.70	24.61	7.31	*0.25
% of Calories					*31.8%	20.2%	57.1%	22.6%	6.7%	*0.2%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Mon - 09/10/2018										
INTERMEDIATE LUNCH 6-8	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:INTERM.	1/2 CUP	1	115	10	*2	3.4	10.51	6.06	0.51	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
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	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
ALT INT WEEKLY 1st CHOI	Total	1								
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	1	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:INTER	3/4 CUP	1	99	10	*2	2.42	8.31	6.21	0.55	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:INTERM.	1/2 CUP	1	115	10	*2	3.4	10.51	6.06	0.51	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			1017	60	*71	53.30	138.08	29.31	6.32	*0.00
% of Calories					*28.1%	21.0%	54.3%	25.9%	5.6%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

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Tue - 09/11/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
ENCHILADA	BURRITO	1	384	13	*4	20.05	53.68	11.45	4.06	*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- INTERM.	1/2 CUP	1	189	10	*1	5.09	13.93	11.98	1.64	*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
ALT INT WEEKLY 1st CHOI	Total	1								
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
CHIPS : VARIETY	BAG	1	110	0	2	2.0	19.0	3.0	0.00	0.00
SALAD BAR: 2 TUESDAY- INTERM.	1/2 CUP	1	189	10	*1	5.09	13.93	11.98	1.64	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	0	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	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			1207	57	*70	57.64	170.48	33.95	7.80	*0.00
% of Calories					*23.2%	19.1%	56.5%	25.3%	5.8%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

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Wed - 09/12/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
TERIYAKI BEEF NUGGETS: (Elem.)	4 Nugget	1	160	40	4	14.0	6.0	8.0	3.50	0.05
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	0	2.0	18.0	5.0	2.50	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
MARGARINE REDDIES: (1)	1 Patty	1	35	0	*N/A*	0.0	0.0	4.0	1.00	0.00
ALT INT WEEKLY 1st CHOI										
TOMATO BASIL BISQUE	1 CUP	1	111	12	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	*4	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	*2	2.04	10.53	7.67	0.66	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			940	75	*62	46.01	118.06	30.98	11.84	*0.03
% of Calories					*26.5%	19.6%	50.2%	29.7%	11.3%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Thu - 09/13/2018										
INTERMEDIATE LUNCH 6-8	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
TOMATO, CUCUMBER, CARROTS:INTE	3/4 CUP	1	95	10	*2	1.77	11.38	6.17	0.51	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:INTERM	1/2 CUP	1	109	10	*1	3.25	9.2	6.17	0.53	0.00
BUG BITES	BAG	1	120	0	8	2.0	21.0	3.5	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

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Washington County School District

Sep 3, 2018 thru Sep 28, 2018

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI	Total	1								
TACO SALAD :ALT LINE	2 CUP	1	417	52	*0	23.95	41.06	15.74	5.71	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:INTERM	1/2 CUP	1	109	10	*1	3.25	9.2	6.17	0.53	0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	1	1.0	2.0	6.0	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
CRISPY CHICKEN SALAD: ALT-SMAC	2 cup	1	397	60	*0	25.04	44.23	13.0	3.00	0.00
Weighted Daily Average			1215	115	*63	63.57	163.32	34.23	7.99	*0.00
% of Calories					*20.8%	20.9%	53.8%	25.4%	5.9%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Fri - 09/14/2018										
INTERMEDIATE LUNCH 6-8	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
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	1	1.0	2.0	6.0	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
ALT INT WEEKLY 1st CHOI	Total	1								
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	*3	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	0	3.0	24.0	10.5	2.25	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
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
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

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Washington County School District

Sep 3, 2018 thru Sep 28, 2018

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			999	207	*81	48.90	139.67	28.86	8.06	*0.25
% of Calories					*32.4%	19.6%	55.9%	26.0%	7.3%	*0.2%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Mon - 09/17/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
MINI CORN DOG NUGGETS (SEC)	6 EACH	1	250	60	1	10.0	30.0	10.0	2.50	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:INTERM.	1/2 CUP	1	115	10	*2	3.4	10.51	6.06	0.51	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
ALT INT WEEKLY 1st CHOI	Total	1								
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	1	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:INTER	3/4 CUP	1	99	10	*2	2.42	8.31	6.21	0.55	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:INTERM.	1/2 CUP	1	115	10	*2	3.4	10.51	6.06	0.51	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			951	73	*73	47.04	132.05	25.83	6.53	0.00
% of Calories					*30.7%	19.8%	55.6%	24.5%	6.2%	0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

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Washington County School District

Sep 3, 2018 thru Sep 28, 2018

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 09/18/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
CHICKEN FAJITA WRAP:ELE	WRAP	1	205	49	*0	16.26	17.78	7.6	3.04	0.00
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	14	0	2	0.95	2.86	0.09	0.01	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- INTERM.	1/2 CUP	1	189	10	*1	5.09	13.93	11.98	1.64	*0.00
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	158	10	*10	1.89	22.26	7.44	1.70	*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
ALT INT WEEKLY 1st CHOI	Total	1								
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
CHIPS : VARIETY	BAG	1	110	0	2	2.0	19.0	3.0	0.00	0.00
SALAD BAR: 2 TUESDAY- INTERM.	1/2 CUP	1	189	10	*1	5.09	13.93	11.98	1.64	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	0	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	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			1134	72	*70	56.57	151.28	34.35	7.84	*0.00
% of Calories					*24.5%	20.0%	53.4%	27.3%	6.2%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

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Portion Values - Detailed

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	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 - 09/19/2018										
INTERMEDIATE LUNCH 6-8	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
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	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
MARGARINE REDDIES: (1)	1 Patty	1	35	0	*N/A*	0.0	0.0	4.0	1.00	0.00
ALT INT WEEKLY 1st CHOI										
TOMATO BASIL BISQUE	1 CUP	1	111	12	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	*4	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	*2	2.04	10.53	7.67	0.66	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			990	82	*63	48.01	124.21	32.69	11.18	*0.00
% of Calories					*25.3%	19.4%	50.2%	29.7%	10.2%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Thu - 09/20/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
ORANGE CHICKEN :ELE	2.94 OZ	1	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:INTERM	1/2 CUP	1	109	10	*1	3.25	9.2	6.17	0.53	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

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Portion Values - Detailed

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ALT INT WEEKLY 1st CHOI	Total	1								
TACO SALAD :ALT LINE	2 CUP	1	417	52	*0	23.95	41.06	15.74	5.71	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:INTERM	1/2 CUP	1	109	10	*1	3.25	9.2	6.17	0.53	0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	1	1.0	2.0	6.0	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
CRISPY CHICKEN SALAD: ALT-SMAC	2 cup	1	397	60	*0	25.04	44.23	13.0	3.00	0.00
Weighted Daily Average			1146	103	*58	62.49	152.00	29.95	7.36	*0.00
% of Calories					*20.3%	21.8%	53.1%	23.5%	5.8%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Fri - 09/21/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
CALZONE CHEESE	1 EACH	1	250	10	4	19.0	33.01	5.0	2.00	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
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	1	1.0	2.0	6.0	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
ALT INT WEEKLY 1st CHOI	Total	1								
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	*3	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	0	3.0	24.0	10.5	2.25	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
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
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

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Washington County School District

Sep 3, 2018 thru Sep 28, 2018

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			944	50	*80	49.41	136.71	22.11	6.56	*0.25
% of Calories					*33.8%	20.9%	57.9%	21.1%	6.3%	*0.2%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Mon - 09/24/2018										
INTERMEDIATE LUNCH 6-8	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:INTERM.	1/2 CUP	1	115	10	*2	3.4	10.51	6.06	0.51	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
ALT INT WEEKLY 1st CHOI	Total	1								
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	1	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:INTER	3/4 CUP	1	99	10	*2	2.42	8.31	6.21	0.55	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:INTERM.	1/2 CUP	1	115	10	*2	3.4	10.51	6.06	0.51	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			893	63	*60	52.09	117.61	24.56	8.65	*0.00
% of Calories					*27.1%	23.3%	52.7%	24.8%	8.7%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

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Washington County School District

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

	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										
INTERMEDIATE LUNCH 6-8	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- INTERM.	1/2 CUP	1	189	10	*1	5.09	13.93	11.98	1.64	*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
ALT INT WEEKLY 1st CHOI	Total	1								
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
CHIPS : VARIETY	BAG	1	110	0	2	2.0	19.0	3.0	0.00	0.00
SALAD BAR: 2 TUESDAY- INTERM.	1/2 CUP	1	189	10	*1	5.09	13.93	11.98	1.64	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	0	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	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			1186	76	*68	58.15	155.01	36.36	10.40	*0.00
% of Calories					*23.0%	19.6%	52.3%	27.6%	7.9%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

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Washington County School District

Sep 3, 2018 thru Sep 28, 2018

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/26/2018										
INTERMEDIATE LUNCH 6-8	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
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
ALT INT WEEKLY 1st CHOI										
TOMATO BASIL BISQUE	1 CUP	1	111	12	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	*4	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	74	0	*12	0.37	18.17	0.16	0.05	0.00
CARROT & CELERY STICKS:INTER	3/4 CUP	1	123	12	*2	2.04	10.53	7.67	0.66	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			933	75	*63	46.01	117.71	30.19	11.18	*0.00
% of Calories					*27.1%	19.7%	50.5%	29.1%	10.8%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Thu - 09/27/2018										
INTERMEDIATE LUNCH 6-8	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:S	1.25 CUP	1	219	0	*0	5.05	40.42	4.21	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:INTERM	1/2 CUP	1	109	10	*1	3.25	9.2	6.17	0.53	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

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Portion Values - Detailed

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ALT INT WEEKLY 1st CHOI	Total	1								
TACO SALAD :ALT LINE	2 CUP	1	417	52	*0	23.95	41.06	15.74	5.71	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:INTERM	1/2 CUP	1	109	10	*1	3.25	9.2	6.17	0.53	0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	1	1.0	2.0	6.0	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
CRISPY CHICKEN SALAD: ALT-SMAC	2 cup	1	397	60	*0	25.04	44.23	13.0	3.00	0.00
Weighted Daily Average			1175	106	*63	64.27	157.95	31.21	8.00	0.00
% of Calories					*21.4%	21.9%	53.8%	23.9%	6.1%	0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Fri - 09/28/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
FOUR MEAT PRIMO PIZZA	SLICE	1	370	40	9	20.0	36.0	17.0	7.00	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
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	1	1.0	2.0	6.0	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
ALT INT WEEKLY 1st CHOI	Total	1								
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	*3	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	0	3.0	24.0	10.5	2.25	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
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
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

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Portion Values - Detailed

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Weighted Daily Average			1004	65	*82	49.91	138.20	28.11	9.06	*0.25
% of Calories					*32.8%	19.9%	55.1%	25.2%	8.1%	*0.2%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Weighted Average			1052	83	*68	53.53	141.10	30.37	8.60	*0.05
					*58.4%	20.3%	53.6%	26.0%	7.4%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1052		783	134%				
Cholesterol (mg)	83							
Sugars (g)	68	25.95%			Missing			
Protein (g)	53.53	20.35%	15.00	357%				
Carbohydrate (g)	141.10	53.63%						
Total Fat (g)	30.37	25.97%	<=30.00%					
Saturated Fat (g)	8.60	7.35%	<10.00%					
Trans Fat ¹ (g)	0.05	0.05%			Missing			

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