

Washington County School District

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC 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 - 09/04/2018										
SECONDARY LUNCH 9-12	Total	1								
CHILI	3/4 CUP	1	159	24	*N/A*	12.34	19.1	3.25	1.26	0.00
CARROT & CELERY STICKS:SEC	1 CUP	1	97	10	*2	1.78	7.67	6.18	0.54	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	248	10	*1	8.17	23.86	12.97	1.77	*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 SEC WEEKLY 1st CHO	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: MONDAYS:SEC	1 CUP	1	170	10	*2	6.87	20.63	6.13	0.51	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	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			1205	60	*65	55.67	181.23	29.55	5.67	*0.00
% of Calories					*21.7%	18.5%	60.2%	22.1%	4.2%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

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

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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 09/05/2018										
SECONDARY LUNCH 9-12	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 (SEC)	1 CUP	1	34	0	0	2.3	4.6	3.15	0.49	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	0.00
ROLL: 2 OZ	ROLL	1	138	11	*1	3.93	27.16	2.34	0.49	*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 SEC WEEKLY 1st CHO										
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:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	0.00
CARROT & CELERY STICKS:SEC	1 CUP	1	97	10	*2	1.78	7.67	6.18	0.54	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			1123	84	*57	48.79	152.17	37.81	13.60	*0.00
% of Calories					*20.2%	17.4%	54.2%	30.3%	10.9%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Thu - 09/06/2018										
SECONDARY LUNCH 9-12	Total	1								
LEMON CHICKEN- 3.92 OZ	3.92 OZ	1	160	55	12	14.04	20.05	3.01	3.01	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:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	*0	4.51	14.42	0.39	0.06	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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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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 SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	248	10	*1	8.17	23.86	12.97	1.77	*0.00
ROLL: 2 OZ	ROLL	1	138	11	*1	3.93	27.16	2.34	0.49	*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			1356	114	*59	69.20	198.82	31.89	8.90	*0.00
% of Calories					*17.5%	20.4%	58.6%	21.2%	5.9%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Fri - 09/07/2018										
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	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 SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	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			1072	55	*74	50.12	164.62	24.91	7.37	*0.25
% of Calories					*27.7%	18.7%	61.4%	20.9%	6.2%	*0.2%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Mon - 09/10/2018										
SECONDARY LUNCH 9-12	Total	1								
CHICKEN BREAST PATTIE SAND :SE	1 each	1	370	30	3	18.0	38.0	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:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	*2	6.87	20.63	6.13	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
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
ALT SEC WEEKLY 1st CHO	Total	1								
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	1	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	*2	3.06	9.82	6.29	0.56	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	*0	4.51	14.42	0.39	0.06	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			1138	55	*68	57.12	173.26	26.85	6.17	*0.00
% of Calories					*23.9%	20.1%	60.9%	21.2%	4.9%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

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Tue - 09/11/2018										
SECONDARY LUNCH 9-12	Total	1								
ENCHILADA	BURRITO	1	384	13	*4	20.05	53.68	11.45	4.06	*0.00
CORN :SEC	1 CUP	1	119	0	14	3.97	17.86	2.98	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:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	248	10	*1	8.17	23.86	12.97	1.77	*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 SEC WEEKLY 1st CHO	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: MONDAYS:SEC	1 CUP	1	170	10	*2	6.87	20.63	6.13	0.51	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	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			1341	57	*69	61.44	206.69	32.31	7.37	*0.00
% of Calories					*20.7%	18.3%	61.7%	21.7%	4.9%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

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Wed - 09/12/2018										
SECONDARY LUNCH 9-12	Total	1								
TERIYAKI BEEF NUGGETS: (Sec.)	5 NUGGETS	1	201	50	5	17.56	7.53	10.04	4.39	0.06
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	0	2.0	18.0	5.0	2.50	0.00
GRAVY, BROWN LOW SODIUM	1/4 CUP	1	30	0	*0	0.0	4.0	1.0	0.50	*0.00
SUNSHINE CARROTS: SEC	1 CUP	1	39	0	*N/A*	0.0	7.47	0.19	0.03	0.00
ROLL: 2 OZ	ROLL	1	138	11	*1	3.93	27.16	2.34	0.49	*0.00
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	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 SEC WEEKLY 1st CHO										
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:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	0.00
CARROT & CELERY STICKS:SEC	1 CUP	1	97	10	*2	1.78	7.67	6.18	0.54	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			1071	84	*59	47.84	148.28	32.25	12.79	*0.03
% of Calories					*21.9%	17.9%	55.4%	27.1%	10.7%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Thu - 09/13/2018										
SECONDARY LUNCH 9-12	Total	1								
CHICKEN NOODLE SOUP: USDA 1C.	1 CUP	1	166	47	*2	9.87	24.61	3.41	0.64	*0.00
GARLIC TWIST	2 OZ	1	141	11	*1	4.18	27.29	2.59	0.61	*0.00
TOMATOES, CUCUMBER, CARROTS:SE	1 CUP	1	99	10	*3	1.94	12.03	6.22	0.52	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	*0	4.51	14.42	0.39	0.06	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: SECONDARY LUNCH 9-12/ALT SEC 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 SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	248	10	*1	8.17	23.86	12.97	1.77	*0.00
ROLL: 2 OZ	ROLL	1	138	11	*1	3.93	27.16	2.34	0.49	*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			1404	120	*59	68.38	205.91	36.05	8.76	*0.00
% of Calories					*16.8%	19.5%	58.7%	23.1%	5.6%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Fri - 09/14/2018										
SECONDARY LUNCH 9-12	Total	1								
WG PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	3	16.0	27.0	17.0	5.00	0.00
MARINARA SAUCE: SEC	3/4 CUP	1	104	447	4	2.98	17.89	2.24	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:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	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 SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	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: SECONDARY LUNCH 9-12/ALT SEC 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			1110	281	*78	50.11	167.56	29.53	8.12	*0.25
% of Calories					*28.1%	18.1%	60.4%	24.0%	6.6%	*0.2%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Mon - 09/17/2018										
SECONDARY LUNCH 9-12	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-3/4 CUP	12 PIECES	1	210	0	0	3.0	24.0	10.5	2.25	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	*2	6.87	20.63	6.13	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 SEC WEEKLY 1st CHO	Total	1								
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	1	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	*2	3.06	9.82	6.29	0.56	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	*0	4.51	14.42	0.39	0.06	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			1092	68	*69	50.86	168.73	25.12	6.75	0.00
% of Calories					*25.3%	18.6%	61.8%	20.7%	5.6%	0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

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Washington County School District

Sep 3, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

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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										
SECONDARY LUNCH 9-12	Total	1								
CHICKEN FAJITA WRAP: SEC	WRAP	1	290	66	*0	22.02	24.04	11.8	4.55	1.00
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:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	248	10	*1	8.17	23.86	12.97	1.77	*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 SEC WEEKLY 1st CHO	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: MONDAYS:SEC	1 CUP	1	170	10	*2	6.87	20.63	6.13	0.51	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	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			1290	80	*66	62.59	187.64	34.31	8.17	*0.50
% of Calories					*20.6%	19.4%	58.2%	23.9%	5.7%	*0.3%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

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Wed - 09/19/2018										
SECONDARY LUNCH 9-12	Total	1								
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	59	0	17.0	15.0	14.0	3.00	0.00
SCALLOPED POTATOES:SEC	3/4 CUP	1	223	0	*4	4.2	33.59	4.98	2.37	*0.00
CASCADE BLEND VEGETABLE-1 CUP	1 CUP	1	41	0	3	1.35	9.46	0.0	0.00	0.00
ROLL: 2 OZ	ROLL	1	138	11	*1	3.93	27.16	2.34	0.49	*0.00
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	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 SEC WEEKLY 1st CHO										
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:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	0.00
CARROT & CELERY STICKS:SEC	1 CUP	1	97	10	*2	1.78	7.67	6.18	0.54	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			1131	86	*60	49.33	158.81	33.64	11.77	*0.00
% of Calories					*21.1%	17.5%	56.2%	26.8%	9.4%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Thu - 09/20/2018										
SECONDARY LUNCH 9-12	Total	1								
ORANGE CHICKEN :SEC	3.92 OZ	1	162	45	*N/A*	12.13	21.22	3.03	0.51	0.00
RICE: COOKED BROWN (SEC)	1 CUP	1	160	0	*0	4.0	32.96	1.5	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:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	*0	4.51	14.42	0.39	0.06	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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ALT SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	248	10	*1	8.17	23.86	12.97	1.77	*0.00
ROLL: 2 OZ	ROLL	1	138	11	*1	3.93	27.16	2.34	0.49	*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			1378	109	*54	68.82	202.91	32.20	8.13	*0.00
% of Calories					*15.5%	20.0%	58.9%	21.0%	5.3%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Fri - 09/21/2018										
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	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 SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	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: SECONDARY LUNCH 9-12/ALT SEC 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			1037	50	*76	50.12	161.62	22.42	6.62	*0.25
% of Calories					*29.4%	19.3%	62.3%	19.4%	5.7%	*0.2%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Mon - 09/24/2018										
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	57	0	*N/A*	3.44	12.88	0.29	0.06	*N/A*
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	*2	6.87	20.63	6.13	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 SEC WEEKLY 1st CHO	Total	1								
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	1	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	*2	3.06	9.82	6.29	0.56	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	*0	4.51	14.42	0.39	0.06	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			1012	58	*57	56.18	153.15	22.16	8.51	*0.00
% of Calories					*22.4%	22.2%	60.5%	19.7%	7.6%	*0.0%
Nutrient Guideline			846			16.70		<=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)
Tue - 09/25/2018										
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	248	10	*1	8.17	23.86	12.97	1.77	*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 SEC WEEKLY 1st CHO	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: MONDAYS:SEC	1 CUP	1	170	10	*2	6.87	20.63	6.13	0.51	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	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			1299	76	*65	61.29	188.24	34.23	9.97	*0.00
% of Calories					*20.0%	18.9%	58.0%	23.7%	6.9%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

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Washington County School District

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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 - 09/26/2018										
SECONDARY LUNCH 9-12	Total	1								
HAM - COBBLE STREET	SLICE	1	140	45	1	13.0	2.0	9.0	3.00	0.00
SCALLOPED POTATOES:SEC	3/4 CUP	1	223	0	*4	4.2	33.59	4.98	2.37	*0.00
CASCADE BLEND VEGETABLE-1 CUP	1 CUP	1	41	0	3	1.35	9.46	0.0	0.00	0.00
ROLL: 2 OZ	ROLL	1	138	11	*1	3.93	27.16	2.34	0.49	*0.00
FRUIT BAR :FALL:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	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 SEC WEEKLY 1st CHO										
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:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	0.00
CARROT & CELERY STICKS:SEC	1 CUP	1	97	10	*2	1.78	7.67	6.18	0.54	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			1074	79	*60	47.33	152.31	31.14	11.77	*0.00
% of Calories					*22.4%	17.6%	56.8%	26.1%	9.9%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Thu - 09/27/2018										
SECONDARY LUNCH 9-12	Total	1								
CHERRY BLOSSOM CHICKEN-3.92 OZ	3.92 OZ	1	178	55	16	14.04	24.06	3.01	3.01	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:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	*0	4.51	14.42	0.39	0.06	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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ALT SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	248	10	*1	8.17	23.86	12.97	1.77	*0.00
ROLL: 2 OZ	ROLL	1	138	11	*1	3.93	27.16	2.34	0.49	*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			1369	114	*60	69.79	200.90	33.07	9.08	*0.00
% of Calories					*17.7%	20.4%	58.7%	21.8%	6.0%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Fri - 09/28/2018										
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	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 SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	168	0	*9	1.09	43.08	0.46	0.11	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			1097	65	*79	50.62	163.12	28.41	9.12	*0.25
% of Calories					*28.7%	18.5%	59.5%	23.3%	7.5%	*0.2%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Weighted Average			1189	89	*65	56.61	175.58	30.41	8.88	*0.08
					*49.1%	19.0%	59.0%	23.0%	6.7%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1189		846	141%				
Cholesterol (mg)	89							
Sugars (g)	65	21.84%			Missing			
Protein (g)	56.61	19.04%	16.70	339%				
Carbohydrate (g)	175.58	59.05%						
Total Fat (g)	30.41	23.01%	<=30.00%					
Saturated Fat (g)	8.88	6.72%	<10.00%					
Trans Fat ¹ (g)	0.08	0.06%			Missing			

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