

# Washington County School District

Dec 1, 2023 thru Dec 20, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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Generated on: 11/27/2023 9:50:41 AM

	Portion Size	Reimb Qty	Carb (g)	
Fri - 12/01/2023				BG _____@_____
ELEMENTARY LUNCH	Total	1		
CALZONE, MINI, WG	3 CALZONES	1	40.01	Total Carbs: _____
DINNER SALAD	1 CUP	1	7.49	
PUDDING,CHOICE	SERVING	1	20.5	
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8	
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0	
MARINARA SAUCE	1/2 CUP	1	11.93	Units for Carbs: _____
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	+ Correction Dose: _____
Weighted Daily Average			130.72	= Total Insulin: _____
% of Calories			54.1%	
Nutrient Guideline				

Mon - 12/04/2023				BG _____@_____
ELEMENTARY LUNCH	Total	1		
HAMBURGER 100% BEEF :ELE	PATTY	1	21.1	Total Carbs: _____
CHEESE: PROCESS SLICE	1 oz.	1	1.98	
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67	
PICKLE:, CHIPS	1 OZ.	1	1.0	
SMILE FRIES	4 SMILE FRIES	1	25.0	Units for Carbs: _____
CREAMIES JR.	CREAMIE	1	14.0	
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	16.0	+ Correction Dose: _____
KETCHUP : P/C	PC	1	10.12	
MUSTARD:, P/C	1 Each	1	0.33	= Total Insulin: _____
MAYONNAISE, LIGHT	POUCH	1	0.0	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	
Weighted Daily Average			125.20	
% of Calories			49.6%	
Nutrient Guideline				

Tue - 12/05/2023				BG _____@_____
ELEMENTARY LUNCH	Total	1		
BEEF TACO STICK	1 EACH	1	31.87	Total Carbs: _____
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0	
CORN, STREET	1/2 CUP SERVING	1	21.66	
CORNMEAL SUPER STAR	1 EA	1	23.0	
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48	Units for Carbs: _____
PEARS, DICED, CANNED	1/2 CUP	1	16.0	
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	21.35	+ Correction Dose: _____
SALSA PICANTE	1 OZ	1	1.4	= Total Insulin: _____
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	
Weighted Daily Average			186.76	
% of Calories			55.8%	
Nutrient Guideline				

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	Portion Size	Reimb Qty	Carb (g)	
Wed - 12/06/2023				BG _____@_____
ELEMENTARY LUNCH	Total	1		
TERIYAKI BEEF NUGGETS	4 Nugget	1	6.0	Total Carbs: _____
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	17.03	
GRAVY, BROWN LOW SODIUM	1/4 CUP	1	0.37	
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0	
PEACH, DICED, CANNED	1/2 CUP	1	14.0	
ROLLS - NO EGGS	SERVINGS	1	23.19	
MARGARINE REDDIES: (1)	1 Patty	1	0.0	Units for Carbs: _____
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	+ Correction Dose: _____
MILK 1% WHITE	CARTON	1	13.0	= Total Insulin: _____
Weighted Daily Average			96.58	
% of Calories			55.1%	
Nutrient Guideline				

Thu - 12/07/2023				BG _____@_____
ELEMENTARY LUNCH	Total	1		
DUTCH WAFFLE	1 EACH	1	43.0	Total Carbs: _____
SCRAMBLED EGGS: SUNNY FRESH	1oz SERVING	1	1.0	
SAUSAGE LINK - CLOVERDALE	1 LINK	1	1.0	
HASHBROWN PATTY:1/2 CUP	2 EACH	1	27.0	
STRAWBERRIES: FROZEN SINGLE SE	1 EACH	1	21.0	
JUICE, SUN SPLASH	SERVINGS	1	15.0	
SYRUP	1 EA	1	4.0	
KETCHUP : P/C	PC	1	10.12	Units for Carbs: _____
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	+ Correction Dose: _____
MILK 1% WHITE	CARTON	1	13.0	= Total Insulin: _____
Weighted Daily Average			155.12	
% of Calories			56.4%	
Nutrient Guideline				

Fri - 12/08/2023				BG _____@_____
ELEMENTARY LUNCH	Total	1		
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0	Total Carbs: _____
DINNER SALAD	1 CUP	1	7.49	
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	22.59	
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8	
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0	
MARINARA SAUCE	1/2 CUP	1	11.93	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	Units for Carbs: _____
MILK 1% WHITE	CARTON	1	13.0	+ Correction Dose: _____
Weighted Daily Average			119.80	= Total Insulin: _____
% of Calories			49.8%	
Nutrient Guideline				

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	Portion Size	Reimb Qty	Carb (g)	
Mon - 12/11/2023				
ELEMENTARY LUNCH	Total	1		BG ____ @ ____
CHICKEN SANDWICH ELEM - GK6654	SANDWICH	1	34.11	
LETTUCE & TOMATO:1/4 CUP-TACOS	1/4 CUP	1	1.43	Total Carbs: ____
SMILE FRIES	SERVINGS	1	25.0	
COOKIE, CHOCOLATE CHIP	1 EACH	1	13.49	
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0	
BARBAQUE SAUCE: P/C	1 Each	1	13.0	
MAYONNAISE, LIGHT	POUCH	1	0.0	
KETCHUP : P/C	PC	1	10.12	Units for Carbs: ____
PICKLE:, CHIPS	1 OZ.	1	1.0	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	+ Correction Dose: ____
MILK 1% WHITE	CARTON	1	13.0	
Weighted Daily Average			149.15	= Total Insulin: ____
% of Calories			58.3%	
Nutrient Guideline				

Tue - 12/12/2023				BG ____ @ ____
ELEMENTARY LUNCH	Total	1		
TACO SOUP	1 CUP	1	21.65	Total Carbs: ____
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25	
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	35.0	
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31	
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	21.35	
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48	
PEARS, DICED, CANNED	1/2 CUP	1	16.0	Units for Carbs: ____
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	+ Correction Dose: ____
Weighted Daily Average			148.04	= Total Insulin: ____
% of Calories			50.3%	
Nutrient Guideline				

Wed - 12/13/2023				BG ____ @ ____
ELEMENTARY LUNCH	Total	1		
HOMESTYLE WG CHICKEN TENDER ST	3 PC SERVINGS	1	14.08	Total Carbs: ____
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	17.03	
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	2.86	
CARROTS, SLICED, FZ	1/2 C SERVINGS	1	6.0	
ROLLS - NO EGGS	SERVINGS	1	23.19	
PEACH, DICED, CANNED	1/2 CUP	1	14.0	
BARBAQUE SAUCE: P/C	1 Each	1	13.0	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	Units for Carbs: ____
MILK 1% WHITE	CARTON	1	13.0	
Weighted Daily Average			123.15	+ Correction Dose: ____
% of Calories			63.5%	= Total Insulin: ____
Nutrient Guideline				

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	Portion Size	Reimb Qty	Carb (g)	
Thu - 12/14/2023				BG ____ @ ____
ELEMENTARY LUNCH	Total	1		
CHERRY BLOSSOM CHICKEN FRO30:S	3.92 OZ	1	24.06	Total Carbs: ____
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	16.48	
BROCCOLI, ROASTED	3/4 CUP	1	3.29	
COOKIE: FORTUNE COOKIE	COOKIE	1	7.05	
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48	
MANDARIN ORANGE- CANNED:PRE	1/2 CUP	1	14.0	Units for Carbs: ____
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	22.03	+ Correction Dose: ____
SOY SAUCE: PC	PC	1	0.0	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	= Total Insulin: ____
MILK 1% WHITE	CARTON	1	13.0	
Weighted Daily Average			134.39	
% of Calories			58.7%	
Nutrient Guideline				

Fri - 12/15/2023				BG ____ @ ____
ELEMENTARY LUNCH	Total	1		
PIZZA, 7" WG BREADSTICK	BREAD STICK	1	30.0	Total Carbs: ____
DINNER SALAD	1 CUP	1	7.49	
JELL-O	GEL CUP	1	25.0	
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8	
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0	Units for Carbs: ____
MARINARA SAUCE	1/2 CUP	1	11.93	+ Correction Dose: ____
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	= Total Insulin: ____
MILK 1% WHITE	CARTON	1	13.0	
Weighted Daily Average			125.21	
% of Calories			57.2%	
Nutrient Guideline				

Mon - 12/18/2023				BG ____ @ ____
ELEMENTARY LUNCH	Total	1		
POPCORN CHICKEN: FR100	10 PIECES	1	17.57	Total Carbs: ____
TATER TOTS - MCCAIN	9 PIECES	1	17.04	
GRAHAMS, TIGER BITES CINNAMON	SERVINGS	1	21.0	
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0	
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31	
BARBAQUE SAUCE: P/C	1 Each	1	13.0	Units for Carbs: ____
KETCHUP : P/C	PC	1	10.12	+ Correction Dose: ____
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	= Total Insulin: ____
MILK 1% WHITE	CARTON	1	13.0	
Weighted Daily Average			136.05	
% of Calories			51.9%	
Nutrient Guideline				

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	Portion Size	Reimb Qty	Carb (g)	
Tue - 12/19/2023				
ELEMENTARY LUNCH	Total	1		BG ____ @ ____
HAM : ELEM	2OZ.	1	0.0	Total Carbs: ____
SCALLOPED POTATOES:ELE	1/2 CUP	1	17.29	
ROLLS - NO EGGS	SERVINGS	1	23.19	
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0	
CAKE, JELLO	SLICE	1	21.29	
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48	Units for Carbs: ____
MARGARINE REDDIES: (1)	1 Patty	1	0.0	+ Correction Dose: ____
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	= Total Insulin: ____
MILK 1% WHITE	CARTON	1	13.0	
Weighted Daily Average			112.25	
% of Calories			58.8%	
Nutrient Guideline				

Wed - 12/20/2023				
ELEMENTARY LUNCH	Total	1		BG ____ @ ____
SOFT FLOUR TACO: ELE	servings	1	19.0	Total Carbs: ____
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67	
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25	
REFRIED BEANS, USDA 100362	1/2 CUP	1	18.0	
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	21.35	
PEACH, DICED, CANNED	1/2 CUP	1	14.0	
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48	Units for Carbs: ____
CHURRO- APPLE WG	SERVINGS	1	25.0	+ Correction Dose: ____
SALSA PICANTE	1 OZ	1	1.4	= Total Insulin: ____
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	
Weighted Daily Average			149.15	
% of Calories			55.5%	
Nutrient Guideline				

Weighted Average			135.11
			55.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	135.11	55.09%						

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