

Washington County School District

Dec 1, 2023 thru Dec 20, 2023

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)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/01/2023																
SECONDARY LUNCH 9-12	Total	1														
CALZONE, MINI, WG	3 CALZONES	1	325	23	490	4.00	1.80	225.0	*N/A*	*N/A*	6	16.5	40.01	11.5	5.00	0.00
DINNER SALAD	1 CUP	1	92	14	155	1.49	0.53	59.0	3540	8.97	*2	1.47	7.49	6.02	1.01	0.00
PUDDING, CHOICE	SERVING	1	115	0	133	0.50	0.54	225.0	75	0.0	15	1.0	20.5	3.0	1.75	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	64	0	7	0.60	*0.14	*4.0	*N/A*	*4.2	13	0.2	15.8	0.0	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
MARINARA SAUCE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	745	8.94	3	1.99	11.93	1.49	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1														
WRAP, CHICKEN	WRAP	1	383	55	626	5.04	*1.39	*9.6	*533	*6.48	*3	24.91	43.67	11.08	2.01	0.00
CHIPS: DORITOS	BAG	1	131	0	181	2.01	0.36	20.0	53	0.0	0	2.01	19.62	5.03	0.75	0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.57	0.00
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	64	0	7	0.60	*0.14	*4.0	*N/A*	*4.2	13	0.2	15.8	0.0	0.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1061	*225	1586	12.21	*3.80	*932.3	*6629	*87.02	*72	43.52	149.18	31.10	7.66	*0.00
% of Calories											*27.0%	16.4%	56.3%	26.4%	6.5%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/04/2023																
SECONDARY LUNCH 9-12	Total	1														
CHEESEBURGER 100 % BEEF: SEC	PATTY	1	306	49	437	4.01	*1.44	*60.0	*15	*3.6	3	18.06	27.0	13.56	4.82	0.80
CHEESE: PROCESS SLICE	1 oz.	1	109	25	395	0.00	0.00	148.2	395	0.0	1	4.94	1.98	8.89	4.94	*N/A*
SHREDDED LETTUCE & TOMA TO-DELI	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	0.00
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	210	0	450	3.00	0.54	0.0	0	7.2	0	3.0	33.0	7.5	2.25	0.00
CREAMIES JR.	CREAMIE	1	93	16	39	0.00	0.00	260.0	1988	3.45	*N/A*	2.0	14.0	3.5	2.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	90	0	0	1.00	0.00	0.0	0	0.0	18	0.0	18.0	0.0	0.00	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	0.0	0	0.0	0	0.22	0.33	0.22	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1														
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	1.80	450.0	500	9.0	2	20.0	29.0	9.0	3.00	0.00
DINNER SALAD - ALT LINE	SERVINGS	1	29	0	24	2.02	0.60	34.7	4682	19.4	*2	1.8	6.07	0.11	0.03	0.00
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	104	7	69	0.50	*N/A*	*N/A*	*N/A*	*N/A*	7	1.0	16.0	4.0	1.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	90	0	0	1.00	0.00	0.0	0	0.0	18	0.0	18.0	0.0	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1061	*83	1705	10.81	*2.64	*1105.3	*5306	*79.25	*73	43.63	145.20	31.36	11.14	*0.40
% of Calories											*27.7%	16.5%	54.8%	26.6%	9.5%	*0.3%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/05/2023																
SECONDARY LUNCH 9-12	Total	1														
BEEF TACO STICK	1 EACH	1	345	52	631	3.85	2.77	328.8	252	6.37	1	20.07	31.87	12.82	8.35	0.00
REFRIED BEANS, V V	1/2 C SE RVINGS	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	*N/A*	1	7.0	24.0	2.5	0.00	0.00
CARROT STICKS 1/2 CUP	1/2 CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
CORN, STREET	1/2 CUP SERVING	1	147	9	101	2.42	*0.01	*48.2	*100	*0.0	*5	4.08	21.66	7.16	1.55	*0.00
CORNMEAL SUPER STAR	1 EA	1	148	11	91	1.50	1.10	15.0	40	0.0	12	2.8	23.0	5.0	0.90	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	373	*15	344	10.17	*1.00	*46.9	*2350	*62.19	*16	15.49	41.02	16.79	2.75	*0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	89	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1														
NACHOS	SERVINGS	1	496	53	798	5.87	*0.18	*459.8	*206	*0.3	1	19.47	42.75	28.36	9.08	0.00
LETTUCE & TOMATO:3/4 CUP- TACOS	3/4 CUP	1	48	0	22	3.86	1.15	35.6	1965	24.14	6	3.38	9.94	0.3	0.04	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	89	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1269	*91	1675	22.44	*3.41	*1091.2	*3694	*99.96	*76	54.07	171.13	42.52	13.21	*0.00
% of Calories											*24.0%	17.0%	54.0%	30.2%	9.4%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/06/2023																
SECONDARY LUNCH 9-12	Total	1														
TERIYAKI BEEF NUGGETS	4 Nugget	1	160	40	440	1.00	1.44	20.0	20	0.0	4	14.0	6.0	8.0	3.50	0.50
POTATO, TRIPLE CHEESE TWI	SERVINGS	1	220	30	309	3.00	*N/A*	*N/A*	*N/A*	*N/A*	2	5.99	25.95	10.98	5.99	0.00
CE BA																
GREEN BEANS 3/4 CUP	3/4 CUP	1	24	0	210	3.00	*N/A*	*N/A*	*N/A*	*N/A*	2	1.5	4.5	0.0	0.00	0.00
ROLLS - NO EGGS	SERVINGS	1	118	0	280	3.83	1.06	10.3	78	0.0	*2	2.91	23.19	2.26	0.81	*0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	10	0.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	14.0	0.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1														
SPICY CHICKEN PATTY - A PIE	SERVINGS	1	410	25	640	6.00	*1.44	*60.0	*15	3.6	4	21.0	43.0	16.5	3.00	0.00
RRE																
SHREDDED LETTUCE & TOMA	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	0.00
TO-DELI																
WAFFLE FRIES, SKIN ON MCC	3oz SER	1	160	0	320	1.00	0.00	*N/A*	0	*N/A*	0	2.0	19.0	10.0	1.50	0.00
AIN	VINGS															
CARROT STICKS 1/2 CUP	1/2 CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	10	0.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	14.0	0.0	0.00	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1027	*70	1872	12.35	*2.43	*674.0	*1673	*59.72	*66	41.83	138.33	33.84	10.02	*0.25
% of Calories											*25.6%	16.3%	53.9%	29.7%	8.8%	*0.2%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Thu - 12/07/2023																
SECONDARY LUNCH 9-12	Total	1														
DUTCH WAFFLE	1 EACH	1	300	20	350	3.00	1.80	40.0	60	0.0	12	4.0	43.0	13.0	3.00	0.00
SAUSAGE LINK - CLOVERDALE	2 LINKS	1	233	40	344	0.00	0.73	*N/A*	*N/A*	*N/A*	0	8.1	2.02	21.26	7.09	0.00
SCRAMBLED EGGS: SUNNY FRESH	1oz SERVING	1	45	110	125	0.00	0.40	17.0	165	0.0	*N/A*	3.0	1.0	3.0	1.00	0.00
STRAWBERRIES: FROZEN SINGLE SE	1 EACH	1	80	0	1	2.00	0.00	0.0	0	0.0	16	0.0	21.0	0.0	0.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
HASHBROWN PATTY:1/2 CUP	2 EACH	1	220	0	450	2.00	0.72	0.0	5	2.4	1	2.0	27.0	11.0	1.50	0.00
JUICE, SUN SPLASH	SERVINGS	1	60	0	10	0.00	*N/A*	*N/A*	*N/A*	*N/A*	13	0.0	15.0	0.0	0.00	0.00
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1														
TACO SALAD :ALT LINE	SERVING	1	376	52	572	5.31	*0.80	*214.1	*1243	*9.21	2	18.74	33.3	18.91	6.67	0.00
BEANS, CANNED, BLACK BEAN, LS	1/2 CUP	1	100	0	140	6.00	*N/A*	*N/A*	*N/A*	*N/A*	2	7.0	18.0	0.0	0.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
MANDARIN ORANGE- CANNED:PRE	1/2 CUP	1	60	0	20	1.00	0.00	0.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1100	*131	1572	12.05	*2.47	*755.3	*1960	*51.51	*74	38.88	146.77	39.44	11.48	*0.00
% of Calories											*26.8%	14.1%	53.4%	32.3%	9.4%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Washington County School District

Dec 1, 2023 thru Dec 20, 2023

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)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/08/2023																
SECONDARY LUNCH 9-12	Total	1														
PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	*N/A*	*N/A*	*N/A*	0.0	3	16.0	27.0	13.0	5.00	0.00
DINNER SALAD	1 CUP	1	92	14	155	1.49	0.53	59.0	3540	8.97	*2	1.47	7.49	6.02	1.01	0.00
CARROT STICKS 1/2 CUP	1/2 CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
FRUIT, CANNED - CHOOSE ONE	1/2 C SE RVING	1	64	0	7	0.60	*0.14	*4.0	*N/A*	*4.2	13	0.2	15.8	0.0	0.00	0.00
COOKIE: PUMPKIN CHOCOLA TE CHIP	COOKIE	1	147	8	145	4.70	1.02	44.4	1258	0.01	*8	2.61	22.59	6.14	2.45	*0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
MARINARA SAUCE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	745	8.94	3	1.99	11.93	1.49	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1														
WRAP, CHICKEN	WRAP	1	383	55	626	5.04	*1.39	*9.6	*533	*6.48	*3	24.91	43.67	11.08	2.01	0.00
CHIPS: DORITOS	BAG	1	131	0	181	2.01	0.36	20.0	53	0.0	0	2.01	19.62	5.03	0.75	0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.57	0.00
FRUIT, CANNED - CHOOSE ONE	1/2 C SE RVING	1	64	0	7	0.60	*0.14	*4.0	*N/A*	*4.2	13	0.2	15.8	0.0	0.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			1094	*235	1670	13.81	*3.14	*729.5	*7223	*87.02	*67 *24.5%	44.58 16.3%	144.72 52.9%	36.42 29.9%	8.26 6.8%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Washington County School District

Dec 1, 2023 thru Dec 20, 2023

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)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/11/2023																
SECONDARY LUNCH 9-12	Total	1														
CHICKEN SANDWICH- FR102	SERVINGS	1	360	50	850	5.00	2.44	77.0	47	3.6	3	24.0	44.0	9.5	1.50	0.00
GK7516																
SHREDDED LETTUCE & TOMA	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	0.00
TO-DELI																
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	210	0	450	3.00	0.54	0.0	0	7.2	0	3.0	33.0	7.5	2.25	0.00
COOKIE, CHOCOLATE CHIP	1 EACH	1	99	10	126	1.05	0.50	27.0	213	0.0	*6	1.6	13.49	4.63	1.94	*0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	90	0	0	1.00	0.00	0.0	0	0.0	18	0.0	18.0	0.0	0.00	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	0.0	0	0.0	0	0.22	0.33	0.22	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO																
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	1.80	450.0	500	9.0	2	20.0	29.0	9.0	3.00	0.00
DINNER SALAD - ALT LINE	SERVINGS	1	29	0	24	2.02	0.60	34.7	4682	19.4	*2	1.8	6.07	0.11	0.03	0.00
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	104	7	69	0.50	*N/A*	*N/A*	*N/A*	*N/A*	7	1.0	16.0	4.0	1.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	90	0	0	1.00	0.00	0.0	0	0.0	18	0.0	18.0	0.0	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1036	*69	1758	11.84	*3.39	*923.2	*4237	*77.52	*76	43.93	152.45	25.45	6.98	*0.00
% of Calories											*29.3%	17.0%	58.8%	22.1%	6.1%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Washington County School District

Dec 1, 2023 thru Dec 20, 2023

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)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/12/2023																
SECONDARY LUNCH 9-12	Total	1														
TACO SOUP	1 CUP	1	256	45	1006	6.30	*1.99	*64.9	*1111	*13.95	*5	18.89	21.65	10.25	3.59	*0.00
CHEDDAR/ JACK FANCY SHRE D-.5OZ	.5 OZ	1	56	13	86	0.00	0.00	101.2	127	0.0	0	3.04	0.51	4.56	3.04	0.00
CINNAMON ROLL W. W.W. BRI DGFOR	ROLL	1	210	0	250	4.00	1.44	20.0	40	1.2	8	6.0	35.0	5.0	1.00	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	129	20	299	2.36	0.66	30.1	6005	34.31	*1	1.42	6.31	9.21	2.07	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	373	*15	344	10.17	*1.00	*46.9	*2350	*62.19	*16	15.49	41.02	16.79	2.75	*0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1														
NACHOS	SERVINGS	1	496	53	798	5.87	*0.18	*459.8	*206	*0.3	1	19.47	42.75	28.36	9.08	0.00
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	48	0	22	3.86	1.15	35.6	1965	24.14	6	3.38	9.94	0.3	0.04	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	89	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			1166	*88	1798	21.29	*3.51	*1003.4	*7092	*121.51	*73 *25.1%	51.14 17.5%	150.90 51.8%	40.22 31.0%	12.40 9.6%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Washington County School District

Dec 1, 2023 thru Dec 20, 2023

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)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/13/2023																
SECONDARY LUNCH 9-12	Total	1														
HOMESTYLE WG CHICKEN TE	3 PC SE	1	191	35	382	2.01	2.01	29.2	73	11.06	0	16.09	14.08	9.05	2.01	0.00
NDER ST	RVINGS															
BUTTER MASHED POTATOES-	2/3 cup	1	130	5	420	9.00	0.36	20.0	0	0.0	0	2.0	18.0	5.0	2.50	0.00
sec																
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	19	0	135	0.00	0.01	1.1	0	0.0	*1	0.95	2.86	0.48	0.00	0.00
CARROTS, SLICED, FZ	1/2 C SE	1	27	0	43	2.00	*N/A*	*N/A*	*N/A*	*N/A*	3	0.0	6.0	0.0	0.00	0.00
	RVINGS															
ROLLS - NO EGGS	SERVINGS	1	118	0	280	3.83	1.06	10.3	78	0.0	*2	2.91	23.19	2.26	0.81	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	10	0.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	14.0	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1														
SPICY CHICKEN PATTY - A PIE	SERVINGS	1	410	25	640	6.00	*1.44	*60.0	*15	3.6	4	21.0	43.0	16.5	3.00	0.00
RRE																
SHREDDED LETTUCE & TOMA	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	0.00
TO-DELI																
WAFFLE FRIES, SKIN ON MCC	3oz SER	1	160	0	320	1.00	0.00	*N/A*	0	*N/A*	0	2.0	19.0	10.0	1.50	0.00
AIN	VINGS															
CARROT STICKS 1/2 CUP	1/2 CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	10	0.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	14.0	0.0	0.00	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1034	*55	2097	15.36	*3.08	*699.2	*1750	*66.45	*64	40.60	147.07	31.61	7.53	*0.00
% of Calories											*24.8%	15.7%	56.9%	27.5%	6.6%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/14/2023																
SECONDARY LUNCH 9-12	Total	1														
CHERRY BLOSSOM CHICKEN FRO30:S	3.92 OZ	1	178	55	128	1.00	0.00	0.0	0	0.0	16	14.04	24.06	3.01	3.01	0.00
RICE: COOKED BROWN (SEC)	1 CUP	1	160	0	139	2.00	0.72	2.2	0	0.0	*0	4.0	32.96	1.5	0.00	*0.00
BROCCOLI, ROASTED	1 CUP	1	69	2	44	1.74	0.49	50.7	449	59.72	*0	2.53	4.45	5.37	0.68	*0.02
COOKIE: FORTUNE COOKIE	COOKIE	1	35	0	10	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.05	0.0	0.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
MANDARIN ORANGE- CANNE	1/2 CUP	1	60	0	20	1.00	0.00	0.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
D:PRE																
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	310	*5	262	10.71	*1.12	*56.2	*2426	*70.63	*15	14.94	40.38	10.93	2.27	*0.00
SOY SAUCE: PC	PC	1	10	0	500	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1														
TACO SALAD :ALT LINE	SERVING	1	376	52	572	5.31	*0.80	*214.1	*1243	*9.21	2	18.74	33.3	18.91	6.67	0.00
BEANS, CANNED, BLACK BEA N, LS	1/2 CUP	1	100	0	140	6.00	*N/A*	*N/A*	*N/A*	*N/A*	2	7.0	18.0	0.0	0.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
MANDARIN ORANGE- CANNE	1/2 CUP	1	60	0	20	1.00	0.00	0.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
D:PRE																
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			1034	*77	1277	17.30	*1.87	*785.7	*3207	*123.25	*73 *28.1%	48.29 18.7%	150.72 58.3%	25.79 22.5%	8.18 7.1%	*0.01 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Washington County School District

Dec 1, 2023 thru Dec 20, 2023

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)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/15/2023																
SECONDARY LUNCH 9-12	Total	1														
PIZZA, 7" WG BREADSTICK	BREAD S TICK	1	250	25	510	3.00	*N/A*	*N/A*	*N/A*	*N/A*	3	11.0	30.0	9.0	4.50	0.00
STRING CHEESE: 1oz M	1 EA	1	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	6.0	0.0	6.0	3.50	0.00
DINNER SALAD	1 CUP	1	92	14	155	1.49	0.53	59.0	3540	8.97	*2	1.47	7.49	6.02	1.01	0.00
JELL-O	GEL CUP	1	100	0	45	0.00	0.00	0.0	110	0.0	22	0.0	25.0	0.0	0.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
FRUIT, CANNED - CHOOSE ONE	1/2 C SE RVING	1	64	0	7	0.60	*0.14	*4.0	*N/A*	*4.2	13	0.2	15.8	0.0	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
MARINARA SAUCE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	745	8.94	3	1.99	11.93	1.49	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1														
WRAP, CHICKEN	WRAP	1	383	55	626	5.04	*1.39	*9.6	*533	*6.48	*3	24.91	43.67	11.08	2.01	0.00
CHIPS: DORITOS	BAG	1	131	0	181	2.01	0.36	20.0	53	0.0	0	2.01	19.62	5.03	0.75	0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.57	0.00
FRUIT, CANNED - CHOOSE ONE	1/2 C SE RVING	1	64	0	7	0.60	*0.14	*4.0	*N/A*	*4.2	13	0.2	15.8	0.0	0.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			1056	*234	1653	11.46	*2.63	*807.3	*6747	*87.02	*74 *27.9%	43.27 16.4%	146.42 55.5%	31.35 26.7%	8.29 7.1%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Washington County School District

Dec 1, 2023 thru Dec 20, 2023

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)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/18/2023																
SECONDARY LUNCH 9-12	Total	1														
CHICKEN & WAFFLES	SERVINGS	1	350	70	815	4.00	1.72	39.0	*35	*0.0	*2	24.0	35.0	13.0	2.00	0.00
TATER TOTS - MCCAIN	9 PIECES	1	110	0	201	2.01	0.18	*N/A*	*N/A*	*N/A*	1	1.0	17.04	4.01	0.50	0.00
ORANGES	ORANGE	1	93	0	0	4.76	0.20	79.4	407	105.57	18	1.87	23.32	0.24	0.03	0.00
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	90	0	0	1.00	0.00	0.0	0	0.0	18	0.0	18.0	0.0	0.00	0.00
DINNER SALAD	1 CUP	1	92	14	155	1.49	0.53	59.0	3540	8.97	*2	1.47	7.49	6.02	1.01	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO																
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	1.80	450.0	500	9.0	2	20.0	29.0	9.0	3.00	0.00
DINNER SALAD - ALT LINE	SERVINGS	1	29	0	24	2.02	0.60	34.7	4682	19.4	*2	1.8	6.07	0.11	0.03	0.00
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	104	7	69	0.50	*N/A*	*N/A*	*N/A*	*N/A*	7	1.0	16.0	4.0	1.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	90	0	0	1.00	0.00	0.0	0	0.0	18	0.0	18.0	0.0	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			990	*83	1470	11.35	*2.66	*943.1	*5761	*101.22	*76	43.15	138.33	26.91	5.84	*0.00
% of Calories											*30.7%	17.4%	55.9%	24.5%	5.3%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Tue - 12/19/2023																
SECONDARY LUNCH 9-12	Total	1														
HAM - COBBLE STREET	SLICE	1	140	45	840	0.00	0.36	0.0	0	0.0	1	13.0	2.0	9.0	3.00	0.00
SCALLOPED POTATOES:SEC	3/4 CUP	1	156	9	644	0.00	0.01	1.6	67	0.0	*3	2.85	24.21	5.76	3.46	*0.00
ROLLS - NO EGGS	SERVINGS	1	118	0	280	3.83	1.06	10.3	78	0.0	*2	2.91	23.19	2.26	0.81	*0.00
GREEN BEANS: 1/2 C.	1/2 CUP	1	16	0	140	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1	1.0	3.0	0.0	0.00	0.00
CAKE, JELLO	SLICE	1	125	0	185	0.50	0.36	10.5	0	0.67	*12	1.15	21.29	4.25	3.00	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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Washington County School District

Dec 1, 2023 thru Dec 20, 2023

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)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			919	*69	2440	10.15	*2.08	*650.1	*1518	*58.34	*66 *28.7%	38.22 16.6%	131.87 57.4%	28.18 27.6%	12.87 12.6%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Wed - 12/20/2023																
SECONDARY LUNCH 9-12	Total	1														
SOFT FLOUR TACO:SEC	serving	1	254	49	437	3.00	1.44	120.1	418	0.6	1	17.01	23.0	10.0	3.20	0.00
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	48	0	22	3.86	1.15	35.6	1965	24.14	6	3.38	9.94	0.3	0.04	0.00
CHEDDAR/ JACK FANCY SHRE D-.5OZ	.5 OZ	1	56	13	86	0.00	0.00	101.2	127	0.0	0	3.04	0.51	4.56	3.04	0.00
REFRIED BEANS, USDA 100362	1/2 CUP	1	100	0	140	6.00	*N/A*	*N/A*	*N/A*	*N/A*	2	7.0	18.0	0.0	0.00	0.00
CHURRO- APPLE WG	SERVINGS	1	150	0	70	1.00	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	25.0	5.0	1.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	10	0.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	14.0	0.0	0.00	0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	373	*15	344	10.17	*1.00	*46.9	*2350	*62.19	*16	15.49	41.02	16.79	2.75	*0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	89	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1														
SPICY CHICKEN PATTY - A PIE RRE	SERVINGS	1	410	25	640	6.00	*1.44	*60.0	*15	3.6	4	21.0	43.0	16.5	3.00	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	0.00
WAFFLE FRIES, SKIN ON MCCAIN	3oz SERVINGS	1	160	0	320	1.00	0.00	*N/A*	0	*N/A*	0	2.0	19.0	10.0	1.50	0.00
CARROT STICKS 1/2 CUP	1/2 CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	10	0.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	14.0	0.0	0.00	0.00
PICKLE., CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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Washington County School District

Dec 1, 2023 thru Dec 20, 2023

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)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			1242	*73	1860	19.04	*2.97	*810.8	*3998	*103.18	*78 *25.1%	53.71 17.3%	167.94 54.1%	39.61 28.7%	9.39 6.8%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Weighted Average			1078	*113	1745	14.39	*2.86	*850.7	*4343	*85.93	*72 *60.1%	44.92 16.7%	148.65 55.2%	33.13 27.7%	9.52 8.0%	*0.05 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1078		846	127%				
Cholesterol (mg)	113				Missing			
Sodium 1 (mg)	1745						1745	
Sodium 1a (mg)	1745						1745	
Fiber (g)	14.39							
Iron (mg)	2.86		4.50	64%	Missing	1.64		
Calcium (mg)	850.7		400.00	213%	Missing			
Vitamin A (IU)	4343		1500	290%	Missing			
Sugars (g)	72	26.70%			Missing			
Vitamin C (mg)	85.93		19.20	448%	Missing			
Protein (g)	44.92	16.67%	16.70	269%				
Carbohydrate (g)	148.65	55.17%						
Total Fat (g)	33.13	27.67%	<=30.00%					
Saturated Fat (g)	9.52	7.95%	<10.00%					
Trans Fat ¹ (g)	0.05	0.04%			Missing			

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.