

# Washington County School District

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 1

Jan 3, 2024 thru Jan 31, 2024

ELEMENTARY LUNCH

Generated on: 12/11/2023 9:39:12 AM

	Portion Size	Reimb Qty	Carb (g)
Wed - 01/03/2024			
ELEMENTARY LUNCH	Total	1	
TERIYAKI BEEF NUGGETS	4 Nugget	1	6.0
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
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			96.58
% of Calories			55.1%
Nutrient Guideline			

BG\_\_\_\_\_@\_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

Thu - 01/04/2024			
ELEMENTARY LUNCH	Total	1	
TERIYAKI CHICKEN	2.4 OZ	1	6.0
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	24.01
BROCCOLI, ROASTED	3/4 CUP	1	3.29
MARSHMALLOW RICE TREAT	1 EACH	1	15.0
MANDARIN ORANGE- CANNED:PRE	1/2 CUP	1	14.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	22.03
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			131.81
% of Calories			56.3%
Nutrient Guideline			

BG\_\_\_\_\_@\_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

Fri - 01/05/2024			
ELEMENTARY LUNCH	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
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
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			119.80
% of Calories			49.8%
Nutrient Guideline			

BG\_\_\_\_\_@\_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

\*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 Values - Detailed

Page 2

Jan 3, 2024 thru Jan 31, 2024

## ELEMENTARY LUNCH

Generated on: 12/11/2023 9:39:12 AM

	Portion Size	Reimb Qty	Carb (g)
Mon - 01/08/2024			
ELEMENTARY LUNCH	Total	1	
CHICKEN SANDWICH ELEM - GK6654	SANDWICH	1	34.11
SMILE FRIES	SERVINGS	1	25.0
COOKIE, CHOCOLATE CHIP	1 EACH	1	13.49
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
MAYONNAISE, LIGHT	POUCH	1	0.0
KETCHUP : P/C	PC	1	10.12
PICKLE:, CHIPS	1 OZ.	1	1.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			154.03
% of Calories			53.8%
Nutrient Guideline			

BG\_\_\_\_\_@\_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

Tue - 01/09/2024			
ELEMENTARY LUNCH	Total	1	
TACO SOUP	1 CUP	1	21.65
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
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			148.04
% of Calories			50.3%
Nutrient Guideline			

BG\_\_\_\_\_@\_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

Wed - 01/10/2024			
ELEMENTARY LUNCH	Total	1	
HOMESTYLE WG CHICKEN TENDER ST	3 PC SERVINGS	1	14.08
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
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			123.15
% of Calories			63.5%
Nutrient Guideline			

BG\_\_\_\_\_@\_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

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Page 3

Jan 3, 2024 thru Jan 31, 2024

ELEMENTARY LUNCH

Generated on: 12/11/2023 9:39:12 AM

	Portion Size	Reimb Qty	Carb (g)
Thu - 01/11/2024			
ELEMENTARY LUNCH	Total	1	
ORANGE CHICKEN	3.92 OZ	1	17.04
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
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	22.03
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			127.37
% of Calories			57.4%
Nutrient Guideline			

BG \_\_\_\_ @ \_\_\_\_

Total Carbs: \_\_\_\_

Units for Carbs: \_\_\_\_

+ Correction Dose: \_\_\_\_

= Total Insulin: \_\_\_\_

Fri - 01/12/2024			
ELEMENTARY LUNCH	Total	1	
PIZZA, 7" WG BREADSTICK	BREAD STICK	1	30.0
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
MARINARA SAUCE	1/2 CUP	1	11.93
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			125.21
% of Calories			57.2%
Nutrient Guideline			

BG \_\_\_\_ @ \_\_\_\_

Total Carbs: \_\_\_\_

Units for Carbs: \_\_\_\_

+ Correction Dose: \_\_\_\_

= Total Insulin: \_\_\_\_

Tue - 01/16/2024			
ELEMENTARY LUNCH	Total	1	
SOFT FLOUR TACO: ELE	servings	1	19.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	21.35
PEARS, DICED, CANNED	1/2 CUP	1	16.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
CHURRO- APPLE WG	SERVINGS	1	25.0
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			157.15
% of Calories			56.4%
Nutrient Guideline			

BG \_\_\_\_ @ \_\_\_\_

Total Carbs: \_\_\_\_

Units for Carbs: \_\_\_\_

+ Correction Dose: \_\_\_\_

= Total Insulin: \_\_\_\_

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## Base Menu Spreadsheet

### Portion Values - Detailed

Page 4

Jan 3, 2024 thru Jan 31, 2024

ELEMENTARY LUNCH

Generated on: 12/11/2023 9:39:12 AM

	Portion Size	Reimb Qty	Carb (g)
Wed - 01/17/2024			
ELEMENTARY LUNCH	Total	1	
COUNTRY FRIED STEAK	SERVINGS	1	17.0
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	17.03
GRAVY, COUNTRY: (CUSTOM)	1/4 CUP	1	6.0
HUSHPUPPIES	2- Hushpuppies	1	20.19
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
PEACH, DICED, CANNED	1/2 CUP	1	14.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			110.21
% of Calories			52.7%
Nutrient Guideline			

BG \_\_\_\_ @ \_\_\_\_

Total Carbs: \_\_\_\_

Units for Carbs: \_\_\_\_

+ Correction Dose: \_\_\_\_

= Total Insulin: \_\_\_\_

Thu - 01/18/2024			
ELEMENTARY LUNCH	Total	1	
TERIYAKI CHICKEN	2.4 OZ	1	6.0
NOODLES, YAKISOBA WG	1/2 CUP	1	32.22
BROCCOLI, ROASTED	3/4 CUP	1	3.29
GRAHAM, TIGER BITES, CHOCOLATE	SERVINGS	1	21.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MANDARIN ORANGE- CANNED:PRE	1/2 CUP	1	14.0
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	22.03
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			146.01
% of Calories			62.8%
Nutrient Guideline			

BG \_\_\_\_ @ \_\_\_\_

Total Carbs: \_\_\_\_

Units for Carbs: \_\_\_\_

+ Correction Dose: \_\_\_\_

= Total Insulin: \_\_\_\_

Fri - 01/19/2024			
ELEMENTARY LUNCH	Total	1	
MAX STUFFED CRUST PEPPERONI PI	SERVINGS	1	35.0
DINNER SALAD	1 CUP	1	7.49
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			109.29
% of Calories			49.1%
Nutrient Guideline			

BG \_\_\_\_ @ \_\_\_\_

Total Carbs: \_\_\_\_

Units for Carbs: \_\_\_\_

+ Correction Dose: \_\_\_\_

= Total Insulin: \_\_\_\_

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# Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 5

Jan 3, 2024 thru Jan 31, 2024

ELEMENTARY LUNCH

Generated on: 12/11/2023 9:39:12 AM

	Portion Size	Reimb Qty	Carb (g)
Mon - 01/22/2024			
ELEMENTARY LUNCH	Total	1	
CORN DOG, MINI FF	4 MINI DOGS	1	20.0
TATER TOTS - MCCAIN	9 PIECES	1	17.04
CARROT STICKS 1/2 CUP	1/2 CUP	1	2.0
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
SWEET CAKE	SERVING	1	44.83
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			145.33
% of Calories			57.7%
Nutrient Guideline			

BG \_\_\_\_ @ \_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

Tue - 01/23/2024			
ELEMENTARY LUNCH	Total	1	
NACHO BITES-ELE	8 BITES	1	34.0
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CORN, STREET	1/2 CUP SERVING	1	21.66
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
BROWNIE MIX, SHIRLEY J	SERVINGS	1	23.0
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			188.90
% of Calories			58.7%
Nutrient Guideline			

BG \_\_\_\_ @ \_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

Wed - 01/24/2024			
ELEMENTARY LUNCH	Total	1	
DUTCH WAFFLE	1 EACH	1	43.0
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
MIXED BERRIES, CUPS, FZ	SERVING	1	20.0
JUICE, SUN SPLASH	SERVINGS	1	15.0
SYRUP	1 EA	1	4.0
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			154.12
% of Calories			55.5%
Nutrient Guideline			

BG \_\_\_\_ @ \_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

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## Base Menu Spreadsheet

### Portion Values - Detailed

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Jan 3, 2024 thru Jan 31, 2024

ELEMENTARY LUNCH

Generated on: 12/11/2023 9:39:12 AM

	Portion Size	Reimb Qty	Carb (g)
Thu - 01/25/2024			
ELEMENTARY LUNCH	Total	1	
ORANGE CHICKEN	3.92 OZ	1	17.04
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	16.48
BROCCOLI, ROASTED	3/4 CUP	1	3.29
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MANDARIN ORANGE- CANNED:PRE	1/2 CUP	1	14.0
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	22.03
COOKIE, COWBOY	1 oz.	1	29.34
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			149.66
% of Calories			57.3%
Nutrient Guideline			

BG\_\_\_\_@\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

Fri - 01/26/2024			
ELEMENTARY LUNCH	Total	1	
CALZONE, MINI, WG	3 CALZONES	1	40.01
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
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			130.72
% of Calories			54.1%
Nutrient Guideline			

BG\_\_\_\_@\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

Mon - 01/29/2024			
ELEMENTARY LUNCH	Total	1	
HAMBURGER 100% BEEF :ELE	PATTY	1	21.1
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
CREAMIES JR.	CREAMIE	1	14.0
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	16.0
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
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			

BG\_\_\_\_@\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

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Portion Values - Detailed

Page 7

Jan 3, 2024 thru Jan 31, 2024

ELEMENTARY LUNCH

Generated on: 12/11/2023 9:39:12 AM

	Portion Size	Reimb Qty	Carb (g)
Tue - 01/30/2024			
ELEMENTARY LUNCH	Total	1	
BEEF TACO STICK	1 EACH	1	31.87
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
PEARS, DICED, CANNED	1/2 CUP	1	16.0
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	21.35
SALSA PICANTE	1 OZ	1	1.4
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			

BG\_\_\_\_\_@\_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

Wed - 01/31/2024			
ELEMENTARY LUNCH	Total	1	
TERIYAKI BEEF NUGGETS	4 Nugget	1	6.0
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
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			96.58
% of Calories			55.1%
Nutrient Guideline			

BG\_\_\_\_\_@\_\_\_\_\_

Total Carbs: \_\_\_\_\_

Units for Carbs: \_\_\_\_\_

+ Correction Dose: \_\_\_\_\_

= Total Insulin: \_\_\_\_\_

Weighted Average			136.30
			55.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	136.30	55.35%						

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