

# Washington County School District

Jan 3, 2024 thru Jan 31, 2024

## Base Menu Spreadsheet

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

## Portion Values - Detailed

Page 1

Generated on: 12/11/2023 9:41:39 AM

	Portion Size	Reimb Qty	Carb (g)
Wed - 01/03/2024			
SECONDARY LUNCH 9-12	Total	1	
TERIYAKI BEEF NUGGETS	4 Nugget	1	6.0
POTATO, TRIPLE CHEESE TWICE BA	SERVINGS	1	25.95
GREEN BEANS 3/4 CUP	3/4 CUP	1	4.5
ROLLS - NO EGGS	SERVINGS	1	23.19
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEACH, DICED, CANNED	1/2 CUP	1	14.0
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
SPICY CHICKEN PATTY - A PIERRE	SERVINGS	1	43.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
WAFFLE FRIES, SKIN ON MCCAIN	3oz SERVINGS	1	19.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	2.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEACH, DICED, CANNED	1/2 CUP	1	14.0
PICKLE:, CHIPS	1 OZ.	1	1.0
KETCHUP : P/C	PC	1	10.12
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			138.33
% of Calories			53.9%
Nutrient Guideline			

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

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

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

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

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

Thu - 01/04/2024			
SECONDARY LUNCH 9-12	Total	1	
TERIYAKI CHICKEN	2.4 OZ	1	6.0
VEGETABLE BROWN RICE : SEC	8 OZ	1	40.42
BROCCOLI, ROASTED	3/4 CUP	1	3.29
EGG ROLL, WG VEGETABLE	SERVINGS	1	24.01
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MANDARIN ORANGE- CANNED:PRE	1/2 CUP	1	14.0
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	40.38
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
TACO SALAD :ALT LINE	SERVING	1	33.3
BEANS, CANNED, BLACK BEAN, LS	1/2 CUP	1	18.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MANDARIN ORANGE- CANNED:PRE	1/2 CUP	1	14.0
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			153.32
% of Calories			57.2%
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

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WEEKLY 1st CHOICE

## Portion Values - Detailed

Page 2

Generated on: 12/11/2023 9:41:39 AM

	Portion Size	Reimb Qty	Carb (g)
Fri - 01/05/2024			
SECONDARY LUNCH 9-12	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
DINNER SALAD	1 CUP	1	7.49
CARROT STICKS 1/2 CUP	1/2 CUP	1	2.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	22.59
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
ALT SEC WEEKLY 1st CHO	Total	1	
WRAP, CHICKEN	WRAP	1	43.67
CHIPS: DORITOS	BAG	1	19.62
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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			144.72
% of Calories			52.9%
Nutrient Guideline			

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

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

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

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

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

Mon - 01/08/2024			
SECONDARY LUNCH 9-12	Total	1	
CHICKEN SANDWICH- FR102 GK7516	SERVINGS	1	44.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	33.0
COOKIE, CHOCOLATE CHIP	1 EACH	1	13.49
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0
PICKLE:, CHIPS	1 OZ.	1	1.0
MUSTARD:, P/C	1 Each	1	0.33
KETCHUP : P/C	PC	1	10.12
MAYONNAISE, LIGHT	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0
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			152.45
% of Calories			58.8%
Nutrient Guideline			

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

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

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

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

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

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WEEKLY 1st CHOICE

### Portion Values - Detailed

Page 3

Generated on: 12/11/2023 9:41:39 AM

	Portion Size	Reimb Qty	Carb (g)
Tue - 01/09/2024			
SECONDARY LUNCH 9-12	Total	1	
TACO SOUP	1 CUP	1	21.65
CHEDDAR/ JACK FANCY SHRED-.5OZ	.5 OZ	1	0.51
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	35.0
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	41.02
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
NACHOS	SERVINGS	1	42.75
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	9.94
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
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			150.90
% of Calories			51.8%
Nutrient Guideline			

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

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

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

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

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

Wed - 01/10/2024			
SECONDARY LUNCH 9-12	Total	1	
HOMESTYLE WG CHICKEN TENDER ST	3 PC SERVINGS	1	14.08
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
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
MARGARINE REDDIES: (1)	1 Patty	1	0.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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
ALT SEC WEEKLY 1st CHO	Total	1	
SPICY CHICKEN PATTY - A PIERRE	SERVINGS	1	43.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
WAFFLE FRIES, SKIN ON MCCAIN	3oz SERVINGS	1	19.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	2.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEACH, DICED, CANNED	1/2 CUP	1	14.0
PICKLE:, CHIPS	1 OZ.	1	1.0
KETCHUP : P/C	PC	1	10.12
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			147.07
% of Calories			56.9%
Nutrient Guideline			

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

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

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

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

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

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WEEKLY 1st CHOICE

## Portion Values - Detailed

Page 4

Generated on: 12/11/2023 9:41:39 AM

	Portion Size	Reimb Qty	Carb (g)
Thu - 01/11/2024			
SECONDARY LUNCH 9-12	Total	1	
ORANGE CHICKEN	3.92 OZ	1	17.04
RICE: COOKED BROWN (SEC)	1 CUP	1	32.96
BROCCOLI, ROASTED	1 CUP	1	4.45
COOKIE: FORTUNE COOKIE	COOKIE	1	7.05
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MANDARIN ORANGE- CANNED:PRE	1/2 CUP	1	14.0
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	40.38
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
TACO SALAD :ALT LINE	SERVING	1	33.3
BEANS, CANNED, BLACK BEAN, LS	1/2 CUP	1	18.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MANDARIN ORANGE- CANNED:PRE	1/2 CUP	1	14.0
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			147.21
% of Calories			57.8%
Nutrient Guideline			

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

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

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

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

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

Fri - 01/12/2024			
SECONDARY LUNCH 9-12	Total	1	
PIZZA, 7" WG BREADSTICK	BREAD STICK	1	30.0
STRING CHEESE: 1oz M	1 EA	1	0.0
DINNER SALAD	1 CUP	1	7.49
JELL-O	GEL CUP	1	25.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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
ALT SEC WEEKLY 1st CHO	Total	1	
WRAP, CHICKEN	WRAP	1	43.67
CHIPS: DORITOS	BAG	1	19.62
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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			146.42
% of Calories			55.5%
Nutrient Guideline			

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

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

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

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

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

## Portion Values - Detailed

Page 5

Generated on: 12/11/2023 9:41:39 AM

	Portion Size	Reimb Qty	Carb (g)
Tue - 01/16/2024			
SECONDARY LUNCH 9-12	Total	1	
SOFT FLOUR TACO:SEC	serving	1	23.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	9.94
CHEDDAR/ JACK FANCY SHRED-.5OZ	.5 OZ	1	0.51
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CHURRO- APPLE WG	SERVINGS	1	25.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	41.02
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
NACHOS	SERVINGS	1	42.75
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	9.94
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
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			161.09
% of Calories			55.2%
Nutrient Guideline			

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

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

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

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

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

Wed - 01/17/2024			
SECONDARY LUNCH 9-12	Total	1	
COUNTRY FRIED STEAK	SERVINGS	1	17.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
GRAVY, COUNTRY: (CUSTOM)	1/4 CUP	1	6.0
HUSHPUPIES (3)	3 HUSHPUPIES	1	31.0
GREEN BEANS 3/4 CUP	3/4 CUP	1	4.5
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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
ALT SEC WEEKLY 1st CHO	Total	1	
SPICY CHICKEN PATTY - A PIERRE	SERVINGS	1	43.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
WAFFLE FRIES, SKIN ON MCCAIN	3oz SERVINGS	1	19.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	2.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEACH, DICED, CANNED	1/2 CUP	1	14.0
PICKLE:, CHIPS	1 OZ.	1	1.0
KETCHUP : P/C	PC	1	10.12
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			146.76
% of Calories			54.1%
Nutrient Guideline			

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

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

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

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

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

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WEEKLY 1st CHOICE

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Page 6

Generated on: 12/11/2023 9:41:39 AM

	Portion Size	Reimb Qty	Carb (g)
Thu - 01/18/2024			
SECONDARY LUNCH 9-12	Total	1	
TERIYAKI CHICKEN	2.4 OZ	1	6.0
NOODLES, YAKISOBA WG 1 CUP	1 CUP	1	64.0
BROCCOLI, ROASTED	3/4 CUP	1	3.29
GRAHAM, TIGER BITES, CHOCOLATE	SERVINGS	1	21.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MANDARIN ORANGE- CANNED:PRE	1/2 CUP	1	14.0
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	40.38
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
TACO SALAD :ALT LINE	SERVING	1	33.3
BEANS, CANNED, BLACK BEAN, LS	1/2 CUP	1	18.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MANDARIN ORANGE- CANNED:PRE	1/2 CUP	1	14.0
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			163.60
% of Calories			63.6%
Nutrient Guideline			

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

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

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

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

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

Fri - 01/19/2024			
SECONDARY LUNCH 9-12	Total	1	
GARLIC CHEESE BREAD RIPPERS	1 EACH	1	30.11
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0
DINNER SALAD	1 CUP	1	7.49
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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
ALT SEC WEEKLY 1st CHO	Total	1	
WRAP, CHICKEN	WRAP	1	43.67
CHIPS: DORITOS	BAG	1	19.62
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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			141.97
% of Calories			55.0%
Nutrient Guideline			

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

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

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

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

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

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

## Portion Values - Detailed

Page 7

Generated on: 12/11/2023 9:41:39 AM

	Portion Size	Reimb Qty	Carb (g)
Mon - 01/22/2024			
SECONDARY LUNCH 9-12	Total	1	
CORN DOG, MINI GF	6 MINIS	1	30.0
TATER TOTS - MCCAIN	9 PIECES	1	17.04
CARROT STICKS 1/2 CUP	1/2 CUP	1	2.0
SWEET CAKE	SERVING	1	44.83
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0
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			152.32
% of Calories			58.6%
Nutrient Guideline			

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

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

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

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

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

Tue - 01/23/2024			
SECONDARY LUNCH 9-12	Total	1	
ENCHILADA	ENCHILADA	1	35.28
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CORN, STREET	1/2 CUP SERVING	1	21.66
BROWNIE MIX, SHIRLEY J	SERVINGS	1	23.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	41.02
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
NACHOS	SERVINGS	1	42.75
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	9.94
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
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			171.84
% of Calories			55.9%
Nutrient Guideline			

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

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

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

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

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

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# Washington County School District

Jan 3, 2024 thru Jan 31, 2024

## Base Menu Spreadsheet

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

## Portion Values - Detailed

Page 8

Generated on: 12/11/2023 9:41:39 AM

	Portion Size	Reimb Qty	Carb (g)
Wed - 01/24/2024			
SECONDARY LUNCH 9-12	Total	1	
DUTCH WAFFLE	1 EACH	1	43.0
SAUSAGE LINK - CLOVERDALE	2 LINKS	1	2.02
SCRAMBLED EGGS: SUNNY FRESH	1oz SERVING	1	1.0
PEACH CUP, FROZEN	SERVING	1	21.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
HASHBROWN PATTY:1/2 CUP	2 EACH	1	27.0
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
ALT SEC WEEKLY 1st CHO	Total	1	
SPICY CHICKEN PATTY - A PIERRE	SERVINGS	1	43.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
WAFFLE FRIES, SKIN ON MCCAIN	3oz SERVINGS	1	19.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	2.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEACH, DICED, CANNED	1/2 CUP	1	14.0
PICKLE:, CHIPS	1 OZ.	1	1.0
KETCHUP : P/C	PC	1	10.12
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			159.01
% of Calories			52.9%
Nutrient Guideline			

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

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

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

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

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

Thu - 01/25/2024			
SECONDARY LUNCH 9-12	Total	1	
ORANGE CHICKEN	3.92 OZ	1	17.04
RICE: COOKED BROWN (SEC)	1 CUP	1	32.96
BROCCOLI, ROASTED	1 CUP	1	4.45
COOKIE, COWBOY	1 oz.	1	29.34
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MANDARIN ORANGE- CANNED:PRE	1/2 CUP	1	14.0
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	40.38
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
TACO SALAD :ALT LINE	SERVING	1	33.3
BEANS, CANNED, BLACK BEAN, LS	1/2 CUP	1	18.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MANDARIN ORANGE- CANNED:PRE	1/2 CUP	1	14.0
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			158.36
% of Calories			57.7%
Nutrient Guideline			

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

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

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

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

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

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# Washington County School District

Jan 3, 2024 thru Jan 31, 2024

## Base Menu Spreadsheet

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

## Portion Values - Detailed

Page 9

Generated on: 12/11/2023 9:41:39 AM

	Portion Size	Reimb Qty	Carb (g)
Fri - 01/26/2024			
SECONDARY LUNCH 9-12	Total	1	
CALZONE, MINI, WG	3 CALZONES	1	40.01
DINNER SALAD	1 CUP	1	7.49
PUDDING, CHOICE	SERVING	1	20.5
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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
ALT SEC WEEKLY 1st CHO	Total	1	
WRAP, CHICKEN	WRAP	1	43.67
CHIPS: DORITOS	BAG	1	19.62
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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			149.18
% of Calories			56.3%
Nutrient Guideline			

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

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

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

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

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

Mon - 01/29/2024			
SECONDARY LUNCH 9-12	Total	1	
CHEESEBURGER 100 % BEEF: SEC	PATTY	1	27.0
CHEESE: PROCESS SLICE	1 oz.	1	1.98
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	33.0
CREAMIES JR.	CREAMIE	1	14.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0
PICKLE:, CHIPS	1 OZ.	1	1.0
MUSTARD:, P/C	1 Each	1	0.33
KETCHUP : P/C	PC	1	10.12
MAYONNAISE, LIGHT	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0
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			145.20
% of Calories			54.8%
Nutrient Guideline			

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

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

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

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

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

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# Washington County School District

Jan 3, 2024 thru Jan 31, 2024

## Base Menu Spreadsheet

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

## Portion Values - Detailed

Page 10

Generated on: 12/11/2023 9:41:40 AM

	Portion Size	Reimb Qty	Carb (g)
Tue - 01/30/2024			
SECONDARY LUNCH 9-12	Total	1	
BEEF TACO STICK	1 EACH	1	31.87
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	2.0
CORN, STREET	1/2 CUP SERVING	1	21.66
CORNMEAL SUPER STAR	1 EA	1	23.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	41.02
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
NACHOS	SERVINGS	1	42.75
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	9.94
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
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			171.13
% of Calories			54.0%
Nutrient Guideline			

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

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

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

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

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

Wed - 01/31/2024			
SECONDARY LUNCH 9-12	Total	1	
TERIYAKI BEEF NUGGETS	4 Nugget	1	6.0
POTATO, TRIPLE CHEESE TWICE BA	SERVINGS	1	25.95
GREEN BEANS 3/4 CUP	3/4 CUP	1	4.5
ROLLS - NO EGGS	SERVINGS	1	23.19
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEACH, DICED, CANNED	1/2 CUP	1	14.0
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
SPICY CHICKEN PATTY - A PIERRE	SERVINGS	1	43.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
WAFFLE FRIES, SKIN ON MCCAIN	3oz SERVINGS	1	19.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	2.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEACH, DICED, CANNED	1/2 CUP	1	14.0
PICKLE:, CHIPS	1 OZ.	1	1.0
KETCHUP : P/C	PC	1	10.12
MAYONNAISE, LIGHT	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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

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

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

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

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

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Washington County School District

Jan 3, 2024 thru Jan 31, 2024

Base Menu Spreadsheet

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

Portion Values - Detailed

	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			138.33 53.9%
Nutrient Guideline			

Weighted Average			151.96 55.7%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	151.96	55.75%						

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