

Washington County School District

Oct 1, 2024 thru Oct 31, 2024

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 1

Generated on: 9/26/2024 3:18:18 PM

	Portion Size	Reimb Qty	Carb (g)
Tue - 10/01/2024			
ELEMENTARY LUNCH	Total	1	
SOFT FLOUR TACO: ELE	servings	1	21.05
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.6
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CORN 1/2 CUP	1/2 CUP	1	15.0
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	21.28
PEACH, DICED, CANNED	1/2 CUP	1	14.0
CHURRO- APPLE WG	SERVINGS	1	25.0
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			156.57
% of Calories			55.5%
Nutrient Guideline			

Wed - 10/02/2024			
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
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PEACH CUP, FROZEN	SERVING	1	21.0
JUICE, SUN SPLASH	SERVINGS	1	15.0
SYRUP	1 EA	1	4.0
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			168.60
% of Calories			58.3%
Nutrient Guideline			

Thu - 10/03/2024			
ELEMENTARY LUNCH	Total	1	
HOT DOG, BEEF CLOVERDALE	SERVINGS	1	24.0
TATER GEMS 1/2 CUP	8 PIECES	1	16.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	2.0
PEARS, DICED, CANNED	1/2 CUP	1	16.0
FUN FOOD CRACKER	SERVINGS	1	21.0
SALAD BAR: 3 THURS. -ELEM	.5 CUP	1	19.58
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
RELISH- DILL PICKLE	SERVING	1	0.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			141.03
% of Calories			51.9%
Nutrient Guideline			

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Portion Values - Detailed

Page 2

Generated on: 9/26/2024 3:18:18 PM

	Portion Size	Reimb Qty	Carb (g)
Fri - 10/04/2024			
ELEMENTARY LUNCH	Total	1	
CALZONE, MINI, WG	3 CALZONES	1	40.73
MIXED FRESH VEGETABLES	3/4 CUP	1	8.31
CREAMIES JR.	CREAMIE	1	14.0
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	16.0
MARINARA SAUCE	1/2 CUP	1	12.02
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			123.06
% of Calories			55.2%
Nutrient Guideline			

Mon - 10/07/2024			
ELEMENTARY LUNCH	Total	1	
TERIYAKI CHICKEN	2.8 OZ	1	10.0
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	24.01
GREEN BEANS 3/4 CUP	3/4 CUP	1	4.5
CHOCOLATE CHUNK COOKIE	COOKIE	1	15.8
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVING	1	19.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			105.31
% of Calories			61.4%
Nutrient Guideline			

Tue - 10/08/2024			
ELEMENTARY LUNCH	Total	1	
QUESADILLA, THREE CHEESE	SERVINGS	1	32.38
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CORN 1/2 CUP	1/2 CUP	1	15.0
CORNMEAL SUPER STAR	1 EA	1	23.0
PEACH, DICED, CANNED	1/2 CUP	1	14.0
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	21.28
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			163.06
% of Calories			55.3%
Nutrient Guideline			

Wed - 10/09/2024			
ELEMENTARY LUNCH	Total	1	
CHICKEN NOODLE SOUP: USDA 1C.	1 CUP	1	18.34
BREADSTICK, CHEESE - BOSCO'S	SERVINGS	1	17.0
MIXED FRESH VEGETABLES	3/4 CUP	1	8.31
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0

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Page 3

Generated on: 9/26/2024 3:18:18 PM

	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			90.12
% of Calories			49.7%
Nutrient Guideline			

Thu - 10/10/2024			
ELEMENTARY LUNCH	Total	1	
HAMBURGER PATTY, TYSON	HAMBURGERS	1	21.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.6
PICKLE:, CHIPS	1 OZ.	1	1.0
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	22.0
PEARS, DICED, CANNED	1/2 CUP	1	16.0
SWEET CAKE	SERVING	1	44.51
SALAD BAR: 3 THURS. -ELEM	.5 CUP	1	19.58
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
MAYONNAISE, LIGHT	POUCH	1	0.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			169.13
% of Calories			55.6%
Nutrient Guideline			

Fri - 10/11/2024			
ELEMENTARY LUNCH	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	29.0
MIXED FRESH VEGETABLES	3/4 CUP	1	8.31
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	16.0
MARINARA SAUCE	1/2 CUP	1	12.02
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			113.33
% of Calories			55.0%
Nutrient Guideline			

Mon - 10/14/2024			
ELEMENTARY LUNCH	Total	1	
ORANGE CHICKEN	3.92 OZ	1	17.04
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	16.48
GREEN BEANS 3/4 CUP	3/4 CUP	1	4.5
COOKIE: FORTUNE COOKIE	COOKIE	1	7.05
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVING	1	19.0
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			96.08
% of Calories			64.1%
Nutrient Guideline			

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Oct 1, 2024 thru Oct 31, 2024

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Portion Values - Detailed

Page 4

Generated on: 9/26/2024 3:18:18 PM

	Portion Size	Reimb Qty	Carb (g)
Tue - 10/15/2024			
ELEMENTARY LUNCH	Total	1	
BEEF TACO STICK	1 EACH	1	31.87
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CORN 1/2 CUP	1/2 CUP	1	15.0
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	21.28
SALSA PICANTE	1 OZ	1	1.4
PEACH, DICED, CANNED	1/2 CUP	1	14.0
COOKIE, COWBOY	1 oz.	1	29.43
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			168.98
% of Calories			54.0%
Nutrient Guideline			

Wed - 10/16/2024			
ELEMENTARY LUNCH	Total	1	
CHICKEN TENDERS - TYSON ELEM	2 TENDERS	1	13.52
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	22.0
MIXED FRESH VEGETABLES	3/4 CUP	1	8.31
PIRATE'S BOOTY	SERVINGS	1	15.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
BARBAQUE SAUCE: P/C	1 Each	1	13.0
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			128.43
% of Calories			53.2%
Nutrient Guideline			

Tue - 10/22/2024			
ELEMENTARY LUNCH	Total	1	
TACO SOUP - RAW - 3/4 CUP	1 CUP	1	28.87
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	34.0
MIXED FRESH VEGETABLES	3/4 CUP	1	8.31
PEACH, DICED, CANNED	1/2 CUP	1	14.0
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	21.28
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			138.71
% of Calories			49.7%
Nutrient Guideline			

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Portion Values - Detailed

Page 5

Generated on: 9/26/2024 3:18:18 PM

	Portion Size	Reimb Qty	Carb (g)
Wed - 10/23/2024			
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
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
BROCCOLI, ROASTED	3/4 CUP	1	3.29
ROLLS - NO EGGS	SERVINGS	1	22.59
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			95.75
% of Calories			52.2%
Nutrient Guideline			

Thu - 10/24/2024			
ELEMENTARY LUNCH	Total	1	
CHICKEN CHUNKS, POPCORN TYSON	10 NUGGETS	1	15.18
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	22.0
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	21.0
PEARS, DICED, CANNED	1/2 CUP	1	16.0
MIXED FRESH VEGETABLES	3/4 CUP	1	8.31
SALAD BAR: 3 THURS. -ELEM	.5 CUP	1	19.58
BARBAQUE SAUCE: P/C	1 Each	1	13.0
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			157.19
% of Calories			53.4%
Nutrient Guideline			

Fri - 10/25/2024			
ELEMENTARY LUNCH	Total	1	
PIZZA, CHEESE RIPPERS	SERVINGS	1	28.0
MIXED FRESH VEGETABLES	3/4 CUP	1	8.31
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	22.35
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	16.0
MARINARA SAUCE	1/2 CUP	1	12.02
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			118.68
% of Calories			54.6%
Nutrient Guideline			

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Page 6

Generated on: 9/26/2024 3:18:18 PM

	Portion Size	Reimb Qty	Carb (g)
Mon - 10/28/2024			
ELEMENTARY LUNCH	Total	1	
ORANGE CHICKEN	3.92 OZ	1	17.04
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	16.48
GREEN BEANS 3/4 CUP	3/4 CUP	1	4.5
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVING	1	19.0
BROWNIE MIX, SHIRLEY J	SERVINGS	1	23.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			112.03
% of Calories			66.5%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 10/29/2024			
ELEMENTARY LUNCH	Total	1	
SOFT FLOUR TACO: ELE	servings	1	21.05
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.6
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CORN 1/2 CUP	1/2 CUP	1	15.0
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	21.28
PEACH, DICED, CANNED	1/2 CUP	1	14.0
CHURRO- APPLE WG	SERVINGS	1	25.0
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			156.57
% of Calories			55.5%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 10/30/2024			
ELEMENTARY LUNCH	Total	1	
ALFREDO: ELE	3/4 CUP	1	26.31
CHICKEN, DICED L/S TYSON	1.5oz SERVING	1	0.51
BREADSTICK, CHEESY GARLIC	SERVINGS	1	15.0
BROCCOLI, ROASTED	3/4 CUP	1	3.29
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			91.59
% of Calories			52.6%
Nutrient Guideline			

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Page 7

Generated on: 9/26/2024 3:18:18 PM

	Portion Size	Reimb Qty	Carb (g)
Thu - 10/31/2024			
ELEMENTARY LUNCH	Total	1	
CHILI, THREE BEAN JTM	8oz SERVING	1	38.0
CHEDDAR/ JACK FANCY SHRED-.5OZ	.5 OZ	1	0.51
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	34.0
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PEARS, DICED, CANNED	1/2 CUP	1	16.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			143.29
% of Calories			59.5%
Nutrient Guideline			

Weighted Average			131.88
			55.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	131.88	55.32%						

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