

Washington County School District

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Pre-School Lunch

Portion Values - Detailed

Page 1

Generated on: 3/21/2017 10:15:26 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/03/2017								
Pre-School Lunch	Total	1						
YOGURT: UPSTATE FARMS	1 SERVING	1	90	3.0	19.0	0.0	0.00	0.00
BREAD BANANA:slice	1 EACH	1	280	5.0	44.0	10.0	2.00	0.00
CARROT & CELERY STICKS: PRE	1/2 cup	1	91	1.52	6.57	6.11	0.52	*0.00
PEAR CUPS-DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			751	25.52	117.57	18.61	4.02	*0.00
% of Calories				13.6%	62.6%	22.3%	4.8%	*0.0%
Nutrient Guideline			517	6.65		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/04/2017								
Pre-School Lunch	Total	1						
SCOOPS & BEANS: PRE	1/2 CUP	1	290	10.99	44.85	7.56	1.69	*0.00
STRING CHEESE: 1oz M	1 EA	1	80	6.0	0.0	6.0	3.50	0.00
APPLE SLICES	1 BAG	1	30	0.0	7.0	0.0	0.00	0.00
CUCUMBERS: 1/2 CUP	1/2 CUP	1	77	1.35	3.29	6.1	0.51	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			697	34.34	87.13	22.15	7.19	*0.00
% of Calories				19.7%	50.0%	28.6%	9.3%	*0.0%
Nutrient Guideline			517	6.65		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/05/2017								
Pre-School Lunch	Total	1						
MINI CORN DOG NUGGETS : PRE	4 EACH	1	166	6.63	19.89	6.63	1.66	0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	5	1.0	1.0	0.0	0.00	0.00
BROCCOLI & CAULIFLOWER: PRE	1/2 CUP	1	82	1.98	4.42	6.14	0.54	*0.00
PEACH CUPS -DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			574	25.61	81.65	15.27	3.70	*0.00
% of Calories				17.8%	56.9%	23.9%	5.8%	*0.0%
Nutrient Guideline			517	6.65		<=30.0	<10.00	

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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Page 2

Generated on: 3/21/2017 10:15:26 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/06/2017								
Pre-School Lunch	Total	1						
HAMBURGER 100% BEEF :ELE	PATTY	1	257	21.08	21.1	10.15	3.40	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	5	1.0	1.0	0.0	0.00	0.00
FRENCH FRIES: ELE	1/2 CUP	1	110	1.5	16.53	4.21	0.70	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0.0	22.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			727	40.49	103.64	16.94	5.61	*0.00
% of Calories				22.3%	57.1%	21.0%	7.0%	*0.0%
Nutrient Guideline			517	6.65		<=30.0	<10.00	

Mon - 04/10/2017								
Pre-School Lunch	Total	1						
WG PEPPERONI PIZZA RIPPERS	SERVING	1	300	15.0	30.0	11.0	4.00	0.00
CARROT STICKS: PRE	1/2 CUP	1	36	0.82	8.42	0.21	0.03	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0.0	16.3	0.0	0.00	0.00
RANCH: (WILD COYOTE LITE) SEC	PC CUP	1	70	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			763	32.82	104.72	19.71	6.03	0.00
% of Calories				17.2%	54.9%	23.3%	7.1%	0.0%
Nutrient Guideline			517	6.65		<=30.0	<10.00	

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Washington County School District

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Pre-School Lunch

Portion Values - Detailed

Page 3

Generated on: 3/21/2017 10:15:26 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/11/2017								
Pre-School Lunch	Total	1						
BEEF TACO STICK	1 EACH	1	345	20.07	31.87	12.82	8.35	0.00
REFRIED BEANS	1/2 CUP	1	180	8.99	25.85	5.06	1.69	*0.00
ORANGES	ORANGE	1	93	1.87	23.32	0.24	0.03	0.00
SALSA PICANTE	1 OZ	1	9	0.89	1.77	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			878	47.81	123.14	20.61	11.56	*0.00
% of Calories				21.8%	56.1%	21.1%	11.9%	*0.0%
Nutrient Guideline			517	6.65		<=30.0	<10.00	

Wed - 04/12/2017								
Pre-School Lunch	Total	1						
TURKEY CHEESE ROLL	1 EACH	1	147	10.33	2.33	10.33	5.50	0.00
CORNMEAL SUPER STAR, WG:FR017	1 EA	1	148	2.8	23.0	5.0	0.90	0.00
CARROT & CELERY STICKS: PRE	1/2 cup	1	91	1.52	6.57	6.11	0.52	*0.00
GRAPES,Fresh	1/2 CUP	1	31	0.29	7.89	0.16	0.05	*N/A*
MARSHMALLOW RICE TREAT	1 EACH	1	80	1.0	15.0	2.0	0.84	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			716	31.95	86.79	26.11	9.31	*0.00
% of Calories				17.8%	48.5%	32.8%	11.7%	*0.0%
Nutrient Guideline			517	6.65		<=30.0	<10.00	

Thu - 04/13/2017								
Pre-School Lunch	Total	1						
HAM SANDWICH: PRE	SANDWICH	1	278	15.25	30.28	11.28	5.43	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*0.00
CUCUMBERS: 1/2 CUP	1/2 CUP	1	77	1.35	3.29	6.1	0.51	*0.00
BANANAS	1 EACH	1	105	1.29	26.95	0.39	0.13	*N/A*
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	0.50	0.00
MUSTARD:, P/C	1 Each	1	5	1.0	1.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00

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Apr 3, 2017 thru Apr 28, 2017

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Portion Values - Detailed

Page 4

Generated on: 3/21/2017 10:15:26 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			738	35.80	96.19	24.34	8.07	*0.00
% of Calories				19.4%	52.1%	29.7%	9.8%	*0.0%
Nutrient Guideline			517	6.65		<=30.0	<10.00	

Tue - 04/18/2017								
Pre-School Lunch	Total	1						
BURRITO : ELEMENTARY	BURRITO	1	291	11.84	40.95	8.29	3.62	0.01
REFRIED BEANS	1/2 CUP	1	180	8.99	25.85	5.06	1.69	*0.00
GRAPES,Fresh	1/2 CUP	1	31	0.29	7.89	0.16	0.05	*N/A*
SALSA PICANTE	1 OZ	1	9	0.89	1.77	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			731	38.01	108.46	16.01	6.86	*0.01
% of Calories				20.8%	59.4%	19.7%	8.4%	*0.0%
Nutrient Guideline			517	6.65		<=30.0	<10.00	

Wed - 04/19/2017								
Pre-School Lunch	Total	1						
FRENCH BREAD CHEESE PIZZA	1 each	1	370	22.01	29.01	20.01	8.00	0.00
PEAR CUPS-DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
CHERRY TOMATOES	1/2 CUP	1	13	0.65	10.55	0.15	0.00	0.00
RANCH: (WILD COYOTE LITE) SEC	PC CUP	1	70	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			744	39.65	89.56	28.65	10.00	0.00
% of Calories				21.3%	48.2%	34.7%	12.1%	0.0%
Nutrient Guideline			517	6.65		<=30.0	<10.00	

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Pre-School Lunch

Portion Values - Detailed

Page 5

Generated on: 3/21/2017 10:15:26 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/20/2017								
Pre-School Lunch	Total	1						
TURKEY SANDWICH: PRE	SANDWICH	1	287	16.33	30.33	11.33	5.50	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*0.00
CELERY STICKS:ELE	1/2 CUP	1	12	0.51	2.21	0.13	0.03	*N/A*
MANDARIN ORANGE- CANNED:PRE	1/2 CUP	1	77	0.66	19.59	0.17	0.01	*N/A*
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	0.50	0.00
RANCH: (WILD COYOTE LITE) SEC	PC CUP	1	70	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			718	35.41	88.80	24.21	8.05	*0.00
% of Calories				19.7%	49.5%	30.3%	10.1%	*0.0%
Nutrient Guideline			517	6.65		<=30.0	<10.00	

Mon - 04/24/2017								
Pre-School Lunch	Total	1						
YOGURT: UPSTATE FARMS	SERVING	1	90	3.0	19.0	0.0	0.00	0.00
BREAD BANANA:slice	1 EACH	1	280	5.0	44.0	10.0	2.00	0.00
CARROT & CELERY STICKS: PRE	1/2 cup	1	91	1.52	6.57	6.11	0.52	*0.00
PEAR CUPS-DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			751	25.52	117.57	18.61	4.02	*0.00
% of Calories				13.6%	62.6%	22.3%	4.8%	*0.0%
Nutrient Guideline			517	6.65		<=30.0	<10.00	

Tue - 04/25/2017								
Pre-School Lunch	Total	1						
SCOOPS & BEANS: PRE	1/2 CUP	1	290	10.99	44.85	7.56	1.69	*0.00
STRING CHEESE: 1oz M	1 EA	1	80	6.0	0.0	6.0	3.50	0.00
APPLE SLICES	1 BAG	1	30	0.0	7.0	0.0	0.00	0.00
CUCUMBERS: 1/2 CUP	1/2 CUP	1	77	1.35	3.29	6.1	0.51	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00

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Apr 3, 2017 thru Apr 28, 2017

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Pre-School Lunch

Portion Values - Detailed

Page 6

Generated on: 3/21/2017 10:15:26 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			697	34.34	87.13	22.15	7.19	*0.00
% of Calories				19.7%	50.0%	28.6%	9.3%	*0.0%
Nutrient Guideline			517	6.65		<=30.0	<10.00	

Wed - 04/26/2017								
Pre-School Lunch	Total	1						
MINI CORN DOG NUGGETS : PRE	4 EACH	1	166	6.63	19.89	6.63	1.66	0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	5	1.0	1.0	0.0	0.00	0.00
BROCCOLI & CAULIFLOWER: PRE	1/2 CUP	1	82	1.98	4.42	6.14	0.54	*0.00
PEACH CUPS -DICED	1 CUP	1	70	0.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			574	25.61	81.65	15.27	3.70	*0.00
% of Calories				17.8%	56.9%	23.9%	5.8%	*0.0%
Nutrient Guideline			517	6.65		<=30.0	<10.00	

Thu - 04/27/2017								
Pre-School Lunch	Total	1						
HAMBURGER 100% BEEF :ELE	PATTY	1	257	21.08	21.1	10.15	3.40	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	5	1.0	1.0	0.0	0.00	0.00
FRENCH FRIES: ELE	1/2 CUP	1	110	1.5	16.53	4.21	0.70	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0.0	22.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			727	40.49	103.64	16.94	5.61	*0.00
% of Calories				22.3%	57.1%	21.0%	7.0%	*0.0%
Nutrient Guideline			517	6.65		<=30.0	<10.00	

Weighted Average			719	34.22	98.51	20.37	6.73	*0.00
				19.0%	54.8%	25.5%	8.4%	*0.0%

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Pre-School Lunch

Portion Values - Detailed

Page 7

Generated on: 3/21/2017 10:15:26 AM

Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Protn (g) Shortfall	Carb (g)	T-Fat (g) Overage	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	719		517	139%							
Protein (g)	34.22	19.04%	6.65	515%							
Carbohydrate (g)	98.51	54.80%									
Total Fat (g)	20.37	25.50%	<=30.00%								
Saturated Fat (g)	6.73	8.42%	<10.00%								
Trans Fat ¹ (g)	0.00	0.00%			Missing						

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