

Washington County School District

Dec 1, 2015 thru Dec 18, 2015

Base Menu Spreadsheet

Combined: K-8 BREAKFAST MENU/Elementary Lunch

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/01/2015															
K-8 BREAKFAST MENU	Total	2409													
PANCAKE SAUSAGE SANDWIC	SANDWIC	2409	225	20	410	2.00	0.72	40.0	15	3	7.0	14.0	3.5	0.50	0.00
H:FR082															
SYRUP	1 EA	828	0	0	1	0.00	0.00	0.0	0	*N/A*	0.0	0.04	0.0	0.00	0.00
PEACH CUPS -DICED	1 CUP	2000	70	0	10	2.00	0.00	0.0	70	14	0.0	16.0	0.0	0.00	0.00
JUICE, APPLE & EVE:100% .5 F	BOX	1456	60	0	12	0.00	0.18	100.0	500	*N/A*	0.0	14.67	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1218	120	5	180	0.00	0.00	300.0	500	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1181	100	10	125	0.00	0.00	300.0	500	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	12	9.0	12.0	0.0	0.00	0.00
Elementary Lunch															
TACO SOUP	1 CUP	8037	256	50	1137	5.73	3.47	59.7	1015	*6	19.85	21.71	10.05	3.42	*0.00
CHEESE SHREDDED: MIX .25OZ	.25 OZ	325	25	6	41	0.00	0.03	51.4	54	*N/A*	1.8	0.18	1.89	1.20	0.00
TRI-COLOR TORTILLA STRIPS	1 OZ	6062	57	0	24	0.00	0.00	0.0	0	*N/A*	0.0	6.48	2.43	0.00	0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	788	96	10	169	2.23	0.58	32.9	7985	*1	1.61	7.72	6.13	0.53	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	6000	63	*0	2	2.14	0.18	14.9	128	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	3196	111	20	386	3.34	2.64	42.1	5514	*0	3.23	19.67	2.81	0.10	*0.00
CINNAMON ROLL:, (Riches)	1 EA	1	147	3	84	1.64	0.00	0.5	61	*0	2.74	29.75	1.87	0.52	*0.00
MILK : CHOCOLATE MILK	CARTON	7140	120	5	180	0.00	0.00	300.0	500	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	887	100	10	125	0.00	0.00	300.0	500	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			497	*56	1289	7.67	3.82	394.6	3732	*30	26.46	63.00	11.95	3.18	*0.00
% of Calories										*23.7%	21.3%	50.7%	21.6%	5.8%	*0.0%
Nutrient Guideline			507-607	100	1031	7.00	3.30	267.00	1055		8.87	100.00	<=30.0	<10.00	

Wed - 12/02/2015															
K-8 BREAKFAST MENU	Total	2269													
BREAKFAST TAC-GO	TACO	2269	180	200	400	2.00	0.72	100.0	400	1	10.0	14.0	9.0	3.50	0.00
DICED MIX FRUIT:WO40	1 cup	2000	70	0	15	1.00	0.00	0.0	200	16	0.0	16.0	0.0	0.00	0.00
TOAST	SLICE	1	161	0	221	2.00	0.72	150.0	516	*2	3.0	11.0	12.14	2.03	0.00
SALSA PICANTE	1 OZ	375	9	0	142	0.94	0.00	0.0	94	*N/A*	0.94	1.89	0.0	0.00	0.00
KETCHUP : P/C	PC	929	0	0	0	0.00	0.00	0.0	0	*N/A*	0.0	0.0	0.0	0.00	0.00
JUICE, APPLE & EVE:100% .5 F	BOX	1835	60	0	12	0.00	0.18	100.0	500	*N/A*	0.0	14.67	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1088	120	5	180	0.00	0.00	300.0	500	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1171	100	10	125	0.00	0.00	300.0	500	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	12	9.0	12.0	0.0	0.00	0.00

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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Washington County School District

Dec 1, 2015 thru Dec 18, 2015

Base Menu Spreadsheet

Combined: K-8 BREAKFAST MENU/Elementary Lunch

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Elementary Lunch	Total	8129													
LEMON CHICKEN: ELE	2.70 OZ	1	120	32	160	0.00	0.58	0.0	40	8	8.8	15.2	2.4	0.40	0.00
VEGETABLE HARVEST RICE PIL AF:E	3/4 CUP	7740	130	0	581	2.00	1.44	20.2	2501	*0	3.0	24.01	2.5	0.00	0.00
ASIAN VEGETABLES	3/4 CUP	7250	40	0	98	2.11	0.76	21.8	1054	*N/A*	0.0	8.36	0.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	6000	63	*0	2	2.14	0.18	14.9	128	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR WEDNESDAY: ELE	1/2 CUP	1	100	5	253	5.23	4.90	130.5	10825	*1	4.54	12.85	3.11	0.25	*0.00
COOKIE: FORTUNE COOKIE	COOKIE	655	32	0	11	0.15	0.00	0.0	0	*N/A*	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK	CARTON	610	120	5	180	0.00	0.00	300.0	500	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	7520	100	10	125	0.00	0.00	300.0	500	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			330	*53	734	4.87	1.90	378.6	3390	*21	12.87	55.49	6.06	2.05	*0.00
% of Calories										*25.7%	15.6%	67.2%	16.5%	5.6%	*0.0%
Nutrient Guideline			507-607	100	1031	7.00	3.30	267.00	1055		8.87	100.00	<=30.0	<10.00	

Thu - 12/03/2015															
K-8 BREAKFAST MENU	Total	2256													
YOGURT STRAW PARFAIT	PARFAIT	2256	189	0	99	2.17	0.68	310.1	16	*11	4.54	43.1	0.72	0.10	*0.00
TOAST	SLICE	1	161	0	221	2.00	0.72	150.0	516	*2	3.0	11.0	12.14	2.03	0.00
JUICE, APPLE & EVE:100% .5 F	BOX	1	60	0	12	0.00	0.18	100.0	500	*N/A*	0.0	14.67	0.0	0.00	0.00
BREAKFAST FRUIT BASKET: EL	1/2 CUP	1	92	0	1	3.80	0.23	31.4	188	*N/A*	1.18	23.62	0.29	0.07	0.00
MILK : CHOCOLATE MILK	CARTON	1350	120	5	180	0.00	0.00	300.0	500	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	896	100	10	125	0.00	0.00	300.0	500	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	12	9.0	12.0	0.0	0.00	0.00
Elementary Lunch	Total	8368													
POPCORN CHICKEN (ELE)	14 PIECES	8368	192	44	630	1.00	2.00	23.0	120	*N/A*	13.99	12.99	10.99	2.00	0.00
FRENCH FRIES: ELE	1/2 CUP	7218	110	0	167	1.40	0.18	0.0	0	0	1.5	16.53	4.21	0.70	0.00
CREAMIES JR.: (CHOICE OF)	CREAMIE	1	93	16	39	0.00	0.00	260.0	1988	*N/A*	2.0	14.0	3.5	2.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	39	0	75	2.94	2.34	57.2	6427	*0	2.26	7.21	0.2	0.03	*0.00
KETCHUP : P/C	PC	445	0	0	0	0.00	0.00	0.0	0	*N/A*	0.0	0.0	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	5477	50	0	430	0.00	0.36	20.0	100	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	640	120	5	180	0.00	0.00	300.0	500	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	7718	100	10	125	0.00	0.00	300.0	500	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	12	9.0	12.0	0.0	0.00	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			396	*44	988	2.20	2.03	394.3	650	*15	21.00	50.82	13.70	3.29	*0.00
% of Calories										*15.5%	21.2%	51.4%	31.2%	7.5%	*0.0%
Nutrient Guideline			507-607	100	1031	7.00	3.30	267.00	1055		8.87	100.00	<=30.0	<10.00	

Fri - 12/04/2015															
K-8 BREAKFAST MENU	Total	6107													
DONUT:Honey Glazed	DONUT	734	270	25	230	2.00	1.44	20.0	19	*N/A*	3.0	34.0	14.0	7.00	0.00
STRING CHEESE: 1oz M	1 EA	305	80	15	200	0.00	0.00	200.0	200	*N/A*	6.0	0.0	6.0	3.50	0.00
PEAR CUPS-DICED	1 CUP	600	70	0	10	2.00	0.00	0.0	70	14	0.0	16.0	0.0	0.00	0.00
JUICE, APPLE & EVE:100% .5 F	BOX	395	60	0	12	0.00	0.18	100.0	500	*N/A*	0.0	14.67	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	225	120	5	180	0.00	0.00	300.0	500	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	499	100	10	125	0.00	0.00	300.0	500	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	12	9.0	12.0	0.0	0.00	0.00
Elementary Lunch	Total	7470													
BEEF RAVIOLI	1 CUP	7470	260	25	600	4.00	15.00	4.0	6	*N/A*	16.0	30.0	8.0	3.50	0.00
CHEESE MAX STICK	1 EACH	645	130	5	300	1.00	1.08	200.0	200	2	8.0	15.0	4.0	1.00	0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	4480	96	10	169	2.23	0.58	32.9	7985	*1	1.61	7.72	6.13	0.53	*0.00
FROZEN JUICE CUPS	1 EACH	6000	70	0	5	3.00	0.36	80.0	400	*N/A*	0.0	18.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1065	120	5	180	0.00	0.00	300.0	500	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	6395	100	10	125	0.00	0.00	300.0	500	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			295	25	501	4.51	8.74	247.7	3150	*9	14.85	38.70	8.78	3.37	*0.00
% of Calories										*11.9%	20.1%	52.4%	26.7%	10.3%	*0.0%
Nutrient Guideline			507-607	100	1031	7.00	3.30	267.00	1055		8.87	100.00	<=30.0	<10.00	

Mon - 12/07/2015															
K-8 BREAKFAST MENU	Total	2406													
FRENCH TOAST STICKS:ELE	3 STICKS	2406	330	0	540	2.00	0.00	0.0	35	7	8.0	47.0	12.0	2.00	0.00
SYRUP	1 EA	678	0	0	1	0.00	0.00	0.0	0	*N/A*	0.0	0.04	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1734	90	0	15	2.00	0.00	0.0	95	19	0.0	22.0	0.0	0.00	0.00
JUICE, APPLE & EVE:100% .5 F	BOX	1981	60	0	12	0.00	0.18	100.0	500	*N/A*	0.0	14.67	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1148	120	5	180	0.00	0.00	300.0	500	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1248	100	10	125	0.00	0.00	300.0	500	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	12	9.0	12.0	0.0	0.00	0.00

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Base Menu Spreadsheet

Combined: K-8 BREAKFAST MENU/Elementary Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Elementary Lunch	Total	7648													
BREADED PORK STEAK	EACH	7648	293	51	424	2.02	1.45	20.2	5	1	16.17	17.18	17.18	4.55	0.00
LOADED BAKED: MASHED POT ATO:EL	1/2 CUP	6310	90	0	204	0.82	0.32	21.2	8	*2	1.64	16.42	2.05	1.23	*0.00
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	2293	45	0	222	0.00	0.01	1.1	1	*N/A*	1.0	5.0	2.0	1.50	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	6000	63	*0	2	2.14	0.18	14.9	128	*8	0.71	16.0	0.23	0.05	*0.00
CORN :ELE	3/4 CUP	1	79	0	13	2.65	0.48	0.0	46	9	2.65	11.91	1.98	0.00	0.00
DINNER ROLL	ROLL	6797	110	0	0	2.00	1.44	40.0	0	*N/A*	4.0	21.0	1.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	4066	35	0	40	0.00	0.00	0.0	200	*N/A*	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	605	120	5	180	0.00	0.00	300.0	500	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	7033	100	10	125	0.00	0.00	300.0	500	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			626	*48	788	5.51	2.42	384.6	790	*25	26.60	79.59	22.17	6.72	*0.00
% of Calories										*15.9%	17.0%	50.9%	31.9%	9.7%	*0.0%
Nutrient Guideline			507-607	100	1031	7.00	3.30	267.00	1055		8.87	100.00	<=30.0	<10.00	

Tue - 12/08/2015															
K-8 BREAKFAST MENU	Total	2357													
CANADIAN HAM&EGG MUFFIN	1 Each	2357	334	233	1209	4.00	2.70	376.3	621	*1	21.14	28.36	15.21	7.62	*0.00
PEACH CUPS -DICED	1 CUP	2000	70	0	10	2.00	0.00	0.0	70	14	0.0	16.0	0.0	0.00	0.00
JUICE, APPLE & EVE:100% .5 F	BOX	1077	60	0	12	0.00	0.18	100.0	500	*N/A*	0.0	14.67	0.0	0.00	0.00
KETCHUP : P/C	PC	452	0	0	0	0.00	0.00	0.0	0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1763	120	5	180	0.00	0.00	300.0	500	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	584	100	10	125	0.00	0.00	300.0	500	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	12	9.0	12.0	0.0	0.00	0.00
Elementary Lunch	Total	8172													
SOFT FLOUR TACO: ELE	3.17 oz	8172	181	35	453	5.01	2.73	81.1	647	*N/A*	15.04	19.01	6.01	1.81	0.00
CHEESE SHREDDED: MIX .5OZ	.5 OZ	7103	50	11	81	0.00	0.07	102.8	108	*N/A*	3.6	0.36	3.77	2.39	0.00
SALSA PICANTE	1 OZ	3742	9	0	142	0.94	0.00	0.0	94	*N/A*	0.94	1.89	0.0	0.00	0.00
LETTUCE & TOMATO:ELE	1/2 CUP	250	12	0	4	1.03	0.35	12.3	2422	1	0.69	2.52	0.16	0.02	*N/A*
REFRIED BEANS	1/2 CUP	5007	180	0	598	8.99	2.03	46.8	0	*N/A*	8.99	25.85	5.06	1.69	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	6000	63	*0	2	2.14	0.18	14.9	128	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	3684	111	20	386	3.34	2.64	42.1	5514	*0	3.23	19.67	2.81	0.10	*0.00
MILK : CHOCOLATE MILK	CARTON	7179	120	5	180	0.00	0.00	300.0	500	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	983	100	10	125	0.00	0.00	300.0	500	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	12	9.0	12.0	0.0	0.00	0.00

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Washington County School District

Dec 1, 2015 thru Dec 18, 2015

Base Menu Spreadsheet

Combined: K-8 BREAKFAST MENU/Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			549	*100	1323	12.19	4.78	572.5	3372	*25	33.00	73.71	14.51	5.81	*0.00
% of Calories										*18.1%	24.0%	53.7%	23.8%	9.5%	*0.0%
Nutrient Guideline			507-607	100	1031	7.00	3.30	267.00	1055		8.87	100.00	<=30.0	<10.00	

Wed - 12/09/2015															
K-8 BREAKFAST MENU	Total	2061													
TURKEY SAUSAGE BREAKFAST WRAP	BURRITO	2061	213	81	370	4.34	1.03	121.9	185	*1	12.93	22.0	8.62	2.12	*1.00
SALSA PICANTE	1 OZ	1773	9	0	142	0.94	0.00	0.0	94	*N/A*	0.94	1.89	0.0	0.00	0.00
DICED MIX FRUIT:WO40	1 cup	2000	70	0	15	1.00	0.00	0.0	200	16	0.0	16.0	0.0	0.00	0.00
JUICE, APPLE & EVE:100% .5 F	BOX	531	60	0	12	0.00	0.18	100.0	500	*N/A*	0.0	14.67	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1042	120	5	180	0.00	0.00	300.0	500	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1009	100	10	125	0.00	0.00	300.0	500	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	12	9.0	12.0	0.0	0.00	0.00
Elementary Lunch	Total	7653													
TERIYAKI CHICKEN:ELE	2.6 OZ	7653	90	40	320	0.00	0.36	0.0	0	*N/A*	12.0	6.0	2.0	0.50	0.00
VEGGIE WHOLE GRAIN CHOW MEIN:E	4OZ	3602	130	0	460	5.00	1.44	20.0	1500	*N/A*	5.0	25.0	1.5	0.00	0.00
STIR FRIED VEGETABLE (ELE)	3/4 CUP	2837	28	0	16	1.59	0.29	15.9	595	0	0.79	0.0	0.0	0.00	0.00
SOY SAUCE: PC	PC	2431	10	0	500	0.00	0.00	0.0	0	*N/A*	0.0	0.0	0.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	6000	63	*0	2	2.14	0.18	14.9	128	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR WEDNESDAY: ELE	1/2 CUP	1	100	5	253	5.23	4.90	130.5	10825	*1	4.54	12.85	3.11	0.25	*0.00
COOKIE: FORTUNE COOKIE	COOKIE	7251	32	0	11	0.15	0.00	0.0	0	*N/A*	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK	CARTON	610	120	5	180	0.00	0.00	300.0	500	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	7033	100	10	125	0.00	0.00	300.0	500	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			360	*58	804	5.05	1.24	352.6	1435	*22	22.90	51.56	6.32	2.14	*0.21
% of Calories										*24.1%	25.4%	57.2%	15.8%	5.4%	*0.5%
Nutrient Guideline			507-607	100	1031	7.00	3.30	267.00	1055		8.87	100.00	<=30.0	<10.00	

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Washington County School District

Dec 1, 2015 thru Dec 18, 2015

Base Menu Spreadsheet

Combined: K-8 BREAKFAST MENU/Elementary Lunch

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/10/2015															
K-8 BREAKFAST MENU	Total	2336													
YOGURT: UPSTATE FARMS	SERVING	2285	90	0	75	0.00	0.00	300.0	0	*N/A*	3.0	19.0	0.0	0.00	0.00
POP TART: CHOICE OF	1 EA	2159	180	0	185	3.00	1.80	100.1	501	*N/A*	2.0	37.54	2.5	1.00	0.00
BREAKFAST FRUIT BASKET: EL	1/2 CUP	1446	92	0	1	3.80	0.23	31.4	188	*N/A*	1.18	23.62	0.29	0.07	0.00
JUICE, APPLE & EVE:100% .5 F	BOX	1939	60	0	12	0.00	0.18	100.0	500	*N/A*	0.0	14.67	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1183	120	5	180	0.00	0.00	300.0	500	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1092	100	10	125	0.00	0.00	300.0	500	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	12	9.0	12.0	0.0	0.00	0.00
Elementary Lunch															
WHITE CHICKEN CHILI :ELE	1 CUP	7859	278	48	525	6.37	2.71	192.8	194	*0	25.29	27.34	7.79	3.50	*0.00
CORNMEAL SUPER STAR, WG: FR017	1 EA	7663	148	11	91	1.50	1.10	15.0	40	*N/A*	2.8	23.0	5.0	0.90	0.00
CUCUMBER & CARROTS: ELE	3/4 CUP	1	97	10	140	2.06	0.64	26.3	7861	*1	1.71	7.91	6.16	0.52	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	6000	63	*0	2	2.14	0.18	14.9	128	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	3502	39	0	75	2.94	2.34	57.2	6427	*0	2.26	7.21	0.2	0.03	*0.00
MILK : CHOCOLATE MILK	CARTON	6929	120	5	180	0.00	0.00	300.0	500	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	920	100	10	125	0.00	0.00	300.0	500	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			574	*52	726	9.49	4.28	598.7	3189	*22 *15.2%	32.02 22.3%	86.91 60.5%	11.03 17.3%	3.94 6.2%	*0.00 *0.0%
Nutrient Guideline			507-607	100	1031	7.00	3.30	267.00	1055		8.87	100.00	<=30.0	<10.00	

Fri - 12/11/2015															
K-8 BREAKFAST MENU	Total	4600													
CINNAMON ROLL: BREAKFAST Bridge	ROLL	946	182	0	250	3.00	1.44	40.2	0	*0	6.01	31.39	3.5	0.50	*0.00
STRING CHEESE: 1oz M	1 EA	1	80	15	200	0.00	0.00	200.0	200	*N/A*	6.0	0.0	6.0	3.50	0.00
PEAR CUPS-DICED	1 CUP	800	70	0	10	2.00	0.00	0.0	70	14	0.0	16.0	0.0	0.00	0.00
JUICE, APPLE & EVE:100% .5 F	BOX	600	60	0	12	0.00	0.18	100.0	500	*N/A*	0.0	14.67	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	489	120	5	180	0.00	0.00	300.0	500	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	447	100	10	125	0.00	0.00	300.0	500	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	12	9.0	12.0	0.0	0.00	0.00

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Washington County School District

Dec 1, 2015 thru Dec 18, 2015

Base Menu Spreadsheet

Combined: K-8 BREAKFAST MENU/Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Elementary Lunch	Total	8177													
MAX STUFFED CRUST PEPPER ONI PI	SLICE	8177	330	20	870	3.00	1.80	250.1	300	*N/A*	17.0	35.01	14.0	4.50	0.00
FROZEN JUICE CUPS	1 EACH	1590	70	0	5	3.00	0.36	80.0	400	*N/A*	0.0	18.0	0.0	0.00	0.00
MIXED FRESH VEGETABLES:EL	3/4 CUP	3133	187	13	244	7.49	2.07	115.8	8948	*4	7.86	22.09	8.7	0.75	*0.00
MILK : CHOCOLATE MILK	CARTON	7053	120	5	180	0.00	0.00	300.0	500	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1114	100	10	125	0.00	0.00	300.0	500	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			370	20	759	4.48	1.82	420.3	2821	*14	18.97	47.36	11.66	3.28	*0.00
% of Calories										*15.2%	20.5%	51.3%	28.4%	8.0%	*0.0%
Nutrient Guideline			507-607	100	1031	7.00	3.30	267.00	1055		8.87	100.00	<=30.0	<10.00	

Mon - 12/14/2015															
K-8 BREAKFAST MENU	Total	2413													
FRENCH TOAST STICKS:ELE	3 STICKS	2413	330	0	540	2.00	0.00	0.0	35	7	8.0	47.0	12.0	2.00	0.00
SYRUP	1 EA	657	0	0	1	0.00	0.00	0.0	0	*N/A*	0.0	0.04	0.0	0.00	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1626	90	0	15	2.00	0.00	0.0	95	19	0.0	22.0	0.0	0.00	0.00
JUICE, APPLE & EVE:100% .5 F	BOX	670	60	0	12	0.00	0.18	100.0	500	*N/A*	0.0	14.67	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1872	120	5	180	0.00	0.00	300.0	500	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	531	100	10	125	0.00	0.00	300.0	500	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	12	9.0	12.0	0.0	0.00	0.00
Elementary Lunch	Total	8240													
HAM : ELEM	2OZ.	8240	0	0	0	0.00	0.00	0.0	0	*N/A*	0.0	0.0	0.0	0.00	0.00
LOADED BAKED: MASHED POT ATO:EL	1/2 CUP	7500	90	0	204	0.82	0.32	21.2	8	*2	1.64	16.42	2.05	1.23	*0.00
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	5000	45	0	222	0.00	0.01	1.1	1	*N/A*	1.0	5.0	2.0	1.50	0.00
DINNER ROLL	ROLL	6000	110	0	0	2.00	1.44	40.0	0	*N/A*	4.0	21.0	1.0	0.00	0.00
GREEN BEANS:ELE	3/4 CUP	4500	19	0	237	1.80	0.85	24.6	330	*N/A*	1.13	4.25	0.09	0.02	*N/A*
CAKE, JELLO	SLICE	5000	275	0	495	0.97	1.05	39.5	0	*N/A*	3.37	48.68	7.85	4.92	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	5000	63	*0	2	2.14	0.18	14.9	128	*8	0.71	16.0	0.23	0.05	*0.00
MARGARINE REDDIES: (1)	1 Patty	2500	35	0	40	0.00	0.00	0.0	200	*N/A*	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	6592	120	5	180	0.00	0.00	300.0	500	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1638	100	10	125	0.00	0.00	300.0	500	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			529	*6	885	4.68	1.99	380.2	807	*26	16.09	91.18	10.94	4.91	*0.00
% of Calories										*19.9%	12.2%	68.9%	18.6%	8.3%	*0.0%
Nutrient Guideline			507-607	100	1031	7.00	3.30	267.00	1055		8.87	100.00	<=30.0	<10.00	

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Washington County School District

Dec 1, 2015 thru Dec 18, 2015

Base Menu Spreadsheet

Combined: K-8 BREAKFAST MENU/Elementary Lunch

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/15/2015															
K-8 BREAKFAST MENU	Total	2318													
PORK SAUSAGE BISCUIT SAND WICH	1 EACH	2318	232	25	556	2.02	1.45	101.0	15	3	10.1	25.26	10.1	4.55	0.00
PEACH CUPS -DICED	1 CUP	2000	70	0	10	2.00	0.00	0.0	70	14	0.0	16.0	0.0	0.00	0.00
JUICE, APPLE & EVE:100% .5 F	BOX	1979	60	0	12	0.00	0.18	100.0	500	*N/A*	0.0	14.67	0.0	0.00	0.00
KETCHUP : P/C	PC	413	0	0	0	0.00	0.00	0.0	0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1217	120	5	180	0.00	0.00	300.0	500	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1091	100	10	125	0.00	0.00	300.0	500	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	12	9.0	12.0	0.0	0.00	0.00
Elementary Lunch	Total	8382													
BEEF TACO STICK	1 EACH	8382	345	52	631	3.85	2.77	328.8	252	*N/A*	20.07	31.87	12.82	8.35	0.00
REFRIED BEANS	1/2 CUP	2540	180	0	598	8.99	2.03	46.8	0	*N/A*	8.99	25.85	5.06	1.69	*0.00
TOSTITO SCOOPS (ELE)	8 CHIPS	1	91	0	106	1.52	0.27	15.2	0	0	1.52	16.71	2.28	0.38	0.00
SOUTHWEST BLEND VEGETABLES	3/4 CUP	1	90	0	79	6.75	0.81	0.0	225	4	4.5	16.88	5.63	1.13	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	6000	63	*0	2	2.14	0.18	14.9	128	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	3358	111	20	386	3.34	2.64	42.1	5514	*0	3.23	19.67	2.81	0.10	*0.00
SALSA PICANTE	1 OZ	3766	9	0	142	0.94	0.00	0.0	94	*N/A*	0.94	1.89	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	7380	120	5	180	0.00	0.00	300.0	500	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	992	100	10	125	0.00	0.00	300.0	500	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			577	*59	1102	8.55	3.93	630.6	2642	*25	29.79	76.52	14.93	8.28	*0.00
% of Calories										*17.3%	20.7%	53.1%	23.3%	12.9%	*0.0%
Nutrient Guideline			507-607	100	1031	7.00	3.30	267.00	1055		8.87	100.00	<=30.0	<10.00	

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Washington County School District

Dec 1, 2015 thru Dec 18, 2015

Base Menu Spreadsheet

Combined: K-8 BREAKFAST MENU/Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/16/2015															
K-8 BREAKFAST MENU	Total	2284													
BREAKFAST CRISPITOS	CRISPITO	2284	223	81	567	1.01	1.09	60.8	101	1	7.09	17.21	14.18	3.04	0.00
DICED MIX FRUIT:WO40	1 cup	2000	70	0	15	1.00	0.00	0.0	200	16	0.0	16.0	0.0	0.00	0.00
TOAST	SLICE	1	161	0	221	2.00	0.72	150.0	516	*2	3.0	11.0	12.14	2.03	0.00
KETCHUP : P/C	PC	343	0	0	0	0.00	0.00	0.0	0	*N/A*	0.0	0.0	0.0	0.00	0.00
SALSA PICANTE	1 OZ	291	9	0	142	0.94	0.00	0.0	94	*N/A*	0.94	1.89	0.0	0.00	0.00
JUICE, APPLE & EVE:100% .5 F	BOX	635	60	0	12	0.00	0.18	100.0	500	*N/A*	0.0	14.67	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1861	120	5	180	0.00	0.00	300.0	500	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	413	100	10	125	0.00	0.00	300.0	500	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	12	9.0	12.0	0.0	0.00	0.00
Elementary Lunch															
ORANGE CHICKEN :ELE	2.94 OZ	1	128	36	247	0.00	1.44	0.0	80	*N/A*	9.59	16.79	2.4	0.40	0.00
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	80	0	70	1.00	0.36	1.1	0	*0	2.0	16.48	0.75	0.00	*0.00
CANTONESE BLEND VEG. (ELE)	3/4 CUP	1	28	0	14	0.94	0.00	0.0	472	*N/A*	0.94	4.72	0.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	*8	0.71	16.0	0.23	0.05	*0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	11	0.15	0.00	0.0	0	*N/A*	0.0	6.97	0.2	0.03	0.00
SALAD BAR WEDNESDAY: ELE	1/2 CUP	1	100	5	253	5.23	4.90	130.5	10825	*1	4.54	12.85	3.11	0.25	*0.00
SOY SAUCE: PC	PC	1	10	0	500	0.00	0.00	0.0	0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			418	*87	772	2.01	1.15	388.9	933	*32	15.23	54.09	14.63	3.31	*0.00
% of Calories										*30.5%	14.6%	51.7%	31.5%	7.1%	*0.0%
Nutrient Guideline			507-607	100	1031	7.00	3.30	267.00	1055		8.87	100.00	<=30.0	<10.00	

Thu - 12/17/2015															
K-8 BREAKFAST MENU	Total	2397													
MIXED BERRY SMOOTHIE: ELE	SERVING :8oz	2397	188	4	85	4.06	0.00	257.1	287	*24	5.49	39.63	0.95	0.57	0.00
MUFFIN: blue/choc	MUFFIN	800	236	36	148	3.50	1.45	9.0	64	*N/A*	4.79	39.25	6.49	1.10	0.00
TOAST	SLICE	1	161	0	221	2.00	0.72	150.0	516	*2	3.0	11.0	12.14	2.03	0.00
BREAKFAST FRUIT BASKET: EL	1/2 CUP	1	92	0	1	3.80	0.23	31.4	188	*N/A*	1.18	23.62	0.29	0.07	0.00
JUICE, APPLE & EVE:100% .5 F	BOX	1543	60	0	12	0.00	0.18	100.0	500	*N/A*	0.0	14.67	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1828	120	5	180	0.00	0.00	300.0	500	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	559	100	10	125	0.00	0.00	300.0	500	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	12	9.0	12.0	0.0	0.00	0.00

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Washington County School District

Dec 1, 2015 thru Dec 18, 2015

Base Menu Spreadsheet

Combined: K-8 BREAKFAST MENU/Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Elementary Lunch	Total	8176													
CHICKEN BREAST PATTIE SANDWICH	1 each	1	380	30	510	5.00	3.60	170.0	115	3	20.0	38.0	16.51	3.00	0.00
TATER TOTS: ELE	1/2 CUP	1140	133	0	275	1.60	0.54	10.0	0	0	1.6	17.47	5.79	0.83	0.00
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	1	5	0	2	0.36	0.09	3.4	230	1	0.26	1.11	0.06	0.01	*N/A*
FRUIT BAR : WINTER: ELE	1/2 CUP	6000	63	*0	2	2.14	0.18	14.9	128	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 3 THURSDAY'S: ELE	.5 CUP	3540	39	0	75	2.94	2.34	57.2	6427	*0	2.26	7.21	0.2	0.03	*0.00
CHOCOLATE PUDDING	SERVING	958	120	0	135	0.00	1.08	100.0	80	16	2.0	21.0	3.5	2.00	0.00
MUSTARD:, P/C	1 Each	225	5	0	50	0.00	0.00	0.0	0	*N/A*	1.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	350	0	0	0	0.00	0.00	0.0	0	0	0.0	0.0	0.02	0.00	0.00
KETCHUP: P/C	PC	1	0	0	0	0.00	0.00	0.0	0	*N/A*	0.0	0.0	0.0	0.00	0.00
PICKLE:, CHIPS	1 OZ.	430	5	0	340	0.00	0.00	0.0	5	1	0.0	1.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1040	120	5	180	0.00	0.00	300.0	500	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	7126	100	10	125	0.00	0.00	300.0	500	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			249	*12	255	3.56	1.18	411.4	2875	*25	11.14	43.62	3.66	1.61	*0.00
% of Calories										*40.8%	17.9%	70.1%	13.2%	5.8%	*0.0%
Nutrient Guideline			507-607	100	1031	7.00	3.30	267.00	1055		8.87	100.00	<=30.0	<10.00	

Fri - 12/18/2015															
K-8 BREAKFAST MENU	Total	6107													
DONUT:Honey Glazed	DONUT	734	270	25	230	2.00	1.44	20.0	19	*N/A*	3.0	34.0	14.0	7.00	0.00
STRING CHEESE: 1oz M	1 EA	305	80	15	200	0.00	0.00	200.0	200	*N/A*	6.0	0.0	6.0	3.50	0.00
PEAR CUPS-DICED	1 CUP	600	70	0	10	2.00	0.00	0.0	70	14	0.0	16.0	0.0	0.00	0.00
JUICE, APPLE & EVE: 100% .5 F	BOX	395	60	0	12	0.00	0.18	100.0	500	*N/A*	0.0	14.67	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	225	120	5	180	0.00	0.00	300.0	500	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	499	100	10	125	0.00	0.00	300.0	500	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	12	9.0	12.0	0.0	0.00	0.00
Elementary Lunch	Total	8023													
WG PEPPERONI PIZZA RIPPERS	SERVING	8023	300	30	550	2.00	3.60	250.0	300	2	15.0	30.0	11.0	4.00	0.00
CUCUMBER & CARROTS: ELE	3/4 CUP	6074	97	10	140	2.06	0.64	26.3	7861	*1	1.71	7.91	6.16	0.52	*0.00
MARINARA SAUCE: ELE	1/2 CUP	7182	30	0	370	0.00	0.56	12.5	210	*N/A*	0.75	5.45	0.56	0.10	0.00
FROZEN JUICE CUPS	1 EACH	6000	70	0	5	3.00	0.36	80.0	400	*N/A*	0.0	18.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	615	120	5	180	0.00	0.00	300.0	500	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	7398	100	10	125	0.00	0.00	300.0	500	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	0	125	0.00	0.00	300.0	500	12	9.0	12.0	0.0	0.00	0.00

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Washington County School District

Dec 1, 2015 thru Dec 18, 2015

Base Menu Spreadsheet

Combined: K-8 BREAKFAST MENU/Elementary Lunch

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)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			341	29	660	3.48	2.84	387.7	4158	*10	14.88	41.61	11.43	3.82	*0.00
% of Calories										*11.6%	17.5%	48.9%	30.2%	10.1%	*0.0%
Nutrient Guideline			507-607	100	1031	7.00	3.30	267.00	1055		8.87	100.00	<=30.0	<10.00	

Weighted Average			437	*46	827	5.59	3.01	424.5	2425	*21 *44.3%	21.13 19.4%	61.01 55.9%	11.55 23.8%	3.98 8.2%	*0.02 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	437		507 - 607	86%		70		Correction Required - Calories are Low
Cholesterol (mg)	46		100	46%	Missing			
Sodium (mg)	827		1031					
Fiber (g)	5.59		7.00	80%		1.41		Correction Required - Fiber is Low
Iron (mg)	3.01		3.30	91%		0.29		Correction Required - Iron is Low
Calcium (mg)	424.5		267.00	159%				
Vitamin A (IU)	2425		1055	230%				
Sugars (g)	21	19.68%			Missing			
Protein (g)	21.13	19.36%	8.87	238%				
Carbohydrate (g)	61.01	55.91%	100.00					
Total Fat (g)	11.55	23.82%	<=30.00%					
Saturated Fat (g)	3.98	8.21%	<10.00%					
Trans Fat ¹ (g)	0.02	0.03%			Missing			

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