

# Washington County School District

Dec 1, 2017 thru Dec 22, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 12/01/2017								
SECONDARY LUNCH 9-12	Total	1						
PIZZA, BIG DADDY'S (SCHWAN'S)	1 SLICE	1	320	19.0	39.0	10.0	3.50	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	3.06	9.82	6.29	0.56	*0.00
FRUIT BAR :FALL:SEC	1 CUP	1	101	0.83	26.02	0.36	0.10	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0.0	19.0	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
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
ALT SEC WEEKLY 1st CHO								
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
CARROT STICKS:SEC	1 CUP	1	72	1.63	16.84	0.42	0.07	0.00
CHIPS : VARIETY	BAG	1	133	2.0	19.67	4.67	0.83	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	101	0.83	26.02	0.36	0.10	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0.0	19.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0.22	0.33	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	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
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			991	49.44	151.95	22.24	6.71	*0.25
% of Calories				20.0%	61.3%	20.2%	6.1%	*0.2%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Mon - 12/04/2017								
SECONDARY LUNCH 9-12	Total	1						
TERIYAKI CHICKEN:SEC	4.2 oz	1	180	24.0	12.0	4.0	1.00	0.00
VEGGIE WHOLE GRAIN CHOW MEIN:S	8 OZ	1	260	10.0	50.0	3.0	0.00	0.00
CARIBBEAN BLEND VEGETABLES:SEC	1 CUP	1	35	1.0	6.0	0.0	0.00	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	101	0.83	26.02	0.36	0.10	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	6.87	20.63	6.13	0.51	*0.00
SCOOPY-DOO GRAHAM CRACKER STIC	BAG	1	120	2.0	21.0	3.5	1.00	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
MILK FAT FREE WHITE	CARTON	1	80	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

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
ALT SEC WEEKLY 1st CHO	Total	1						
SPICY CHICKEN SANDWICH	1 EACH	1	342	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*0.00
FRENCH FRIES-3/4 CUP	3/4 CUP	1	167	3.03	25.79	5.31	1.52	0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	6.87	20.63	6.13	0.51	*0.00
FRUIT BAR :FALL:SEC	1 CUP	1	101	0.83	26.02	0.36	0.10	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0.0	13.0	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
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1192	63.73	179.60	25.22	5.38	*0.00
% of Calories				21.4%	60.2%	19.0%	4.1%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Tue - 12/05/2017								
SECONDARY LUNCH 9-12	Total	1						
ENCHILADA	BURRITO	1	384	20.05	53.68	11.45	4.06	*0.00
REFRIED BEANS	1/2 CUP	1	164	8.21	23.6	4.62	1.54	*0.00
SOUTHWEST BLEND VEGETABLES	3/4 CUP	1	90	4.5	16.88	5.63	1.13	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	101	0.83	26.02	0.36	0.10	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*0.00
CREAMIES JR.: (CHOICE OF)	CREAMIE	1	93	2.0	14.0	3.5	2.00	0.00
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
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
ALT SEC WEEKLY 1st CHO	Total	1						
TACO SALAD :ALT LINE	2 CUP	1	417	23.95	41.06	15.74	5.71	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	101	0.83	26.02	0.36	0.10	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*0.00
ROLL: 2 OZ	ROLL	1	138	3.93	27.16	2.34	0.49	*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
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
CRISPY CHICKEN SALAD: ALT	2 cup	1	421	25.04	41.23	17.0	3.00	0.00

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Weighted Daily Average			1455	74.85	194.14	45.81	12.28	*0.00
% of Calories				20.6%	53.4%	28.3%	7.6%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Wed - 12/06/2017								
SECONDARY LUNCH 9-12	Total	1						
TERIYAKI BEEF NUGGETS: (Sec.)	5 NUGGETS	1	201	17.56	7.53	10.04	4.39	0.06
MASHED POTATOES,from Dry mix,P	3/4 CUP	1	122	3.05	25.94	1.53	0.00	*0.00
GRAVY, BROWN LOW SODIUM	1/4 CUP	1	30	0.0	4.0	1.0	0.50	*0.00
SUNSHINE CARROTS: SEC	1 CUP	1	39	0.0	7.47	0.19	0.03	0.00
ROLL: 2 OZ	ROLL	1	138	3.93	27.16	2.34	0.49	*0.00
FRUIT BAR :FALL:SEC	1 CUP	1	101	0.83	26.02	0.36	0.10	*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
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0.0	0.0	4.0	1.00	0.00
ALT SEC WEEKLY 1st CHO	Total	1						
TOMATO BASIL BISQUE	1 CUP	1	111	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-VW BREAD	1 EACH	1	427	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	101	0.83	26.02	0.36	0.10	*0.00
CARROT & CELERY STICKS:SEC	1 CUP	1	97	1.78	7.67	6.18	0.54	*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
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1001	48.12	135.20	30.41	11.53	*0.03
% of Calories				19.2%	54.0%	27.3%	10.4%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

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Thu - 12/07/2017								
SECONDARY LUNCH 9-12	Total	1						
CHICKEN BREAST PATTIE SAND :SE	1 each	1	370	18.0	38.0	16.51	3.00	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*0.00
FRENCH FRIES-3/4 CUP	3/4 CUP	1	167	3.03	25.79	5.31	1.52	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	101	0.83	26.02	0.36	0.10	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	4.51	14.42	0.39	0.06	*0.00
JELL-O	GEL CUP	1	100	0.0	25.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	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
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	0.0	0.00	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
ALT SEC WEEKLY 1st CHO	Total	1						
XTREME BEAN & CHEESE BURRITO	BURRITO	1	291	15.6	40.95	8.29	3.62	0.00
BLACK BEANS	1/2 CUP	1	153	9.25	27.52	1.0	0.00	*0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	3.06	9.82	6.29	0.56	*0.00
FRUIT BAR :FALL:SEC	1 CUP	1	101	0.83	26.02	0.36	0.10	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	4.51	14.42	0.39	0.06	*0.00
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
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1122	55.72	174.87	23.99	6.26	*0.00
% of Calories				19.9%	62.4%	19.2%	5.0%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Fri - 12/08/2017								
SECONDARY LUNCH 9-12	Total	1						
WG PEPPERONI PIZZA RIPPERS	SERVING	1	300	15.0	30.0	11.0	4.00	0.00
MARINARA SAUCE: SEC	3/4 CUP	1	104	2.98	17.89	2.24	0.00	0.00
TOMATOES, CUCUMBER, CARROTS:SE	1 CUP	1	99	1.94	12.03	6.22	0.51	*0.00
FRUIT BAR :FALL:SEC	1 CUP	1	101	0.83	26.02	0.36	0.10	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0.0	19.0	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
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00

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ALT SEC WEEKLY 1st CHO	Total	1						
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
CARROT STICKS:SEC	1 CUP	1	72	1.63	16.84	0.42	0.07	0.00
CHIPS : VARIETY	BAG	1	133	2.0	19.67	4.67	0.83	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	101	0.83	26.02	0.36	0.10	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0.0	19.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0.22	0.33	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	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
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1029	48.37	157.50	23.82	6.94	*0.25
% of Calories				18.8%	61.2%	20.8%	6.1%	*0.2%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Mon - 12/11/2017								
SECONDARY LUNCH 9-12	Total	1						
THAI SWEET CHILI CHICKEN:SEC	4.27 OZ	1	180	16.48	22.47	3.0	0.75	0.00
VEGETABLE HARVEST RICE PILAF:S	1.25 CUP	1	219	5.05	40.42	4.21	0.00	0.00
KEY WEST BLEND VEGETABLE (SEC)	1 CUP	1	44	0.0	8.85	0.0	0.00	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	101	0.83	26.02	0.36	0.10	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	6.87	20.63	6.13	0.51	*0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0.0	6.97	0.2	0.03	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
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00

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ALT SEC WEEKLY 1st CHO	Total	1						
SPICY CHICKEN SANDWICH	1 EACH	1	342	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*0.00
FRENCH FRIES-3/4 CUP	3/4 CUP	1	167	3.03	25.79	5.31	1.52	0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	6.87	20.63	6.13	0.51	*0.00
FRUIT BAR :FALL:SEC	1 CUP	1	101	0.83	26.02	0.36	0.10	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0.0	13.0	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
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1132	56.00	174.45	23.67	4.78	*0.00
% of Calories				19.8%	61.6%	18.8%	3.8%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Tue - 12/12/2017								
SECONDARY LUNCH 9-12	Total	1						
CHICKEN FAJITA WRAP: SEC	WRAP	1	290	22.02	24.04	11.8	4.55	1.00
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	14	0.95	2.86	0.09	0.01	*0.00
BLACK BEANS	1/2 CUP	1	153	9.25	27.52	1.0	0.00	*0.00
SOUTHWEST BLEND VEGETABLES	3/4 CUP	1	90	4.5	16.88	5.63	1.13	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	101	0.83	26.02	0.36	0.10	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*0.00
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
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
ALT SEC WEEKLY 1st CHO	Total	1						
TACO SALAD :ALT LINE	2 CUP	1	417	23.95	41.06	15.74	5.71	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	101	0.83	26.02	0.36	0.10	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*0.00
ROLL: 2 OZ	ROLL	1	138	3.93	27.16	2.34	0.49	*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
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
CRISPY CHICKEN SALAD: ALT	2 cup	1	421	25.04	41.23	17.0	3.00	0.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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# Washington County School District

Dec 1, 2017 thru Dec 22, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			1363	75.82	175.72	42.47	10.77	*0.50
% of Calories				22.3%	51.6%	28.1%	7.1%	*0.3%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Wed - 12/13/2017								
SECONDARY LUNCH 9-12	Total	1						
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	17.0	15.0	14.0	3.00	0.00
SCALLOPED POTATOES:SEC	3/4 CUP	1	223	4.2	33.59	4.98	2.37	*0.00
GREEN BEANS:SEC	1 CUP	1	57	3.44	12.88	0.29	0.06	*N/A*
ROLL: 2 OZ	ROLL	1	138	3.93	27.16	2.34	0.49	*0.00
FRUIT BAR :FALL:SEC	1 CUP	1	101	0.83	26.02	0.36	0.10	*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
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0.0	0.0	4.0	1.00	0.00
ALT SEC WEEKLY 1st CHO	Total	1						
TOMATO BASIL BISQUE	1 CUP	1	111	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	101	0.83	26.02	0.36	0.10	*0.00
CARROT & CELERY STICKS:SEC	1 CUP	1	97	1.78	7.67	6.18	0.54	*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
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1072	50.12	143.46	33.67	11.78	*0.00
% of Calories				18.7%	53.5%	28.3%	9.9%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

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# Washington County School District

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Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 12/14/2017								
SECONDARY LUNCH 9-12	Total	1						
MINI CORN DOG NUGGETS ( SEC)	6 EACH	1	250	10.0	30.0	10.0	2.50	0.00
TATER TOTS-3/4 CUP	12 PIECES	1	210	3.0	24.0	10.5	2.25	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	101	0.83	26.02	0.36	0.10	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	4.51	14.42	0.39	0.06	*0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0.22	0.33	0.0	0.00	0.00
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	158	1.89	22.26	7.44	1.70	*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
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
ALT SEC WEEKLY 1st CHO								
XTREME BEAN & CHEESE BURRITO	BURRITO	1	291	15.6	40.95	8.29	3.62	0.00
BLACK BEANS	1/2 CUP	1	153	9.25	27.52	1.0	0.00	*0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	3.06	9.82	6.29	0.56	*0.00
FRUIT BAR :FALL:SEC	1 CUP	1	101	0.83	26.02	0.36	0.10	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	4.51	14.42	0.39	0.06	*0.00
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
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1085	52.30	166.93	25.01	6.97	*0.00
% of Calories				19.3%	61.5%	20.7%	5.8%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Fri - 12/15/2017								
SECONDARY LUNCH 9-12	Total	1						
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	21.0	29.0	11.0	4.40	0.00
DINNER SALAD	1 CUP	1	132	4.55	13.53	6.02	0.50	*0.00
FRUIT BAR :FALL:SEC	1 CUP	1	101	0.83	26.02	0.36	0.10	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0.0	19.0	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
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
PIZZA, BIG DADDY'S: ENT&WATER	1 SLICE	1	320	19.0	39.0	10.0	3.50	0.00

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# Washington County School District

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Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
ALT SEC WEEKLY 1st CHO	Total	1						
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
CARROT STICKS:SEC	1 CUP	1	72	1.63	16.84	0.42	0.07	0.00
CHIPS : VARIETY	BAG	1	133	2.0	19.67	4.67	0.83	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	101	0.83	26.02	0.36	0.10	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0.0	19.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0.22	0.33	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	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
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1148	60.68	168.31	27.60	8.88	*0.25
% of Calories				21.1%	58.6%	21.6%	7.0%	*0.2%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Mon - 12/18/2017								
SECONDARY LUNCH 9-12	Total	1						
CHERRY BLOSSOM CHICKEN FRO30:S	3.92 OZ	1	180	12.0	18.0	7.0	2.00	0.00
VEGETABLE BROWN RICE : SEC	8 OZ	1	219	5.05	40.42	4.21	0.00	0.00
MALIBU BLEND VEGETABLES:SEC	1 CUP	1	0	0.0	0.0	0.0	0.00	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	101	0.83	26.02	0.36	0.10	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	6.87	20.63	6.13	0.51	*0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0.0	6.97	0.2	0.03	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
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00

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# Washington County School District

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Base Menu Spreadsheet

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
ALT SEC WEEKLY 1st CHO	Total	1						
SPICY CHICKEN SANDWICH	1 EACH	1	342	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*0.00
FRENCH FRIES-3/4 CUP	3/4 CUP	1	167	3.03	25.79	5.31	1.52	0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	6.87	20.63	6.13	0.51	*0.00
FRUIT BAR :FALL:SEC	1 CUP	1	101	0.83	26.02	0.36	0.10	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0.0	13.0	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
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1110	53.76	167.79	25.68	5.40	*0.00
% of Calories				19.4%	60.5%	20.8%	4.4%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Tue - 12/19/2017								
SECONDARY LUNCH 9-12	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	164	8.21	23.6	4.62	1.54	*0.00
SOUTHWEST BLEND VEGETABLES	3/4 CUP	1	90	4.5	16.88	5.63	1.13	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	101	0.83	26.02	0.36	0.10	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*0.00
SALSA PICANTE	1 OZ	1	9	0.89	1.77	0.0	0.00	0.00
PUDDING,CHOICE	SERVING	1	115	1.0	20.5	3.0	1.75	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
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
ALT SEC WEEKLY 1st CHO	Total	1						
TACO SALAD :ALT LINE	2 CUP	1	417	23.95	41.06	15.74	5.71	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	101	0.83	26.02	0.36	0.10	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*0.00
ROLL: 2 OZ	ROLL	1	138	3.93	27.16	2.34	0.49	*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
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
CRISPY CHICKEN SALAD: ALT	2 cup	1	421	25.04	41.23	17.0	3.00	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average			1446	74.36	186.49	46.25	14.30	*0.00
% of Calories				20.6%	51.6%	28.8%	8.9%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Wed - 12/20/2017								
SECONDARY LUNCH 9-12	Total	8240						
HAM : SECONDARY	3 OZ	8240	105	13.55	0.0	5.27	2.26	0.00
SCALLOPED POTATOES:SEC	3/4 CUP	1	223	4.2	33.59	4.98	2.37	*0.00
ROLL: 2 OZ	ROLL	6000	138	3.93	27.16	2.34	0.49	*0.00
CALIFORNIA BLEND VEGETABLES:SE	1 CUP	4500	55	1.24	6.22	1.98	0.36	0.00
CAKE, JELLO	SLICE	5000	275	3.37	48.68	7.85	4.92	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	5000	117	1.39	29.73	0.44	0.11	*0.00
MARGARINE REDDIES: (1)	1 Patty	2500	35	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	6592	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1638	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	9.0	12.0	0.0	0.00	0.00
ALT SEC WEEKLY 1st CHO	Total	1						
TOMATO BASIL BISQUE	1 CUP	1	111	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-VW BREAD	1 EACH	1	427	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	101	0.83	26.02	0.36	0.10	*0.00
CARROT & CELERY STICKS:SEC	1 CUP	1	97	1.78	7.67	6.18	0.54	*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
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			600	27.98	89.17	14.80	6.47	*0.00
% of Calories				18.7%	59.5%	22.2%	9.7%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Weighted Average			1125	56.52	161.83	29.33	8.46	*0.09
				20.1%	57.6%	23.5%	6.8%	*0.1%

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Protn (g) Shortfall	Carb (g) Overage	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Error Messages (if any)
Calories	1125		846	133%							
Protein (g)	56.52	20.10%	16.70	338%							
Carbohydrate (g)	161.83	57.55%									
Total Fat (g)	29.33	23.47%	<=30.00%								
Saturated Fat (g)	8.46	6.77%	<10.00%								
Trans Fat <sup>1</sup> (g)	0.09	0.07%			Missing						

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