

Washington County School District

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

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Generated on: 7/28/2017 10:03:05 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 08/14/2017								
INTERMEDIATE LUNCH 6-8	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:ELE	3/4 CUP	1	26	0.75	4.5	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	3.4	10.51	6.06	0.51	*0.00
COOKIE: FORTUNE COOKIE	1/2 CUP	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
ALT INT WEEKLY 1st CHOI	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-1/2 CUP	1/2 CUP	1	111	2.02	17.19	3.54	1.01	0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	3.4	10.51	6.06	0.51	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*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			979	49.70	139.87	24.53	5.09	*0.00
% of Calories				20.3%	57.2%	22.6%	4.7%	*0.0%
Nutrient Guideline			783	15.00		<=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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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 08/15/2017								
INTERMEDIATE LUNCH 6-8	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:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*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 INT WEEKLY 1st CHOI								
TACO SALAD :ALT LINE	2 CUP	1	417	23.95	41.06	15.74	5.71	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*0.00
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	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
CRISPY CHICKEN SALAD: ALT	2 cup	1	486	26.54	50.23	20.0	4.00	0.00
Weighted Daily Average			1361	73.32	164.93	45.97	14.39	*0.00
% of Calories				21.6%	48.5%	30.4%	9.5%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Wed - 08/16/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
BREADED PORK STEAK	1 EACH	1	293	16.17	17.18	17.18	4.55	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	2.0	17.03	1.0	0.00	*0.00
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	45	1.0	5.0	2.0	1.50	0.00
NORTHWEST BLEND VEGETABLE:ELE	3/4 CUP	1	19	0.55	3.32	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	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

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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Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT 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 ¹ (g)
ALT INT WEEKLY 1st CHOI	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:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	106	1.79	10.03	6.17	0.53	*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			926	47.25	114.32	31.25	11.29	*0.00
% of Calories				20.4%	49.4%	30.4%	11.0%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Thu - 08/17/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
BEEF HAMBURGER:SEC	1 EACH	1	287	22.08	26.1	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
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
BAKED BEANS:ELE	3/4 CUP	1	150	4.83	36.04	0.38	0.07	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	2.26	7.21	0.2	0.03	*0.00
CREAMIES JR.: (CHOICE OF)	CREAMIE	1	93	2.0	14.0	3.5	2.00	0.00
MUSTARD:, P/C	1 Each	1	3	0.22	0.33	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
ALT INT WEEKLY 1st CHOI	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:ELE	3/4 CUP	1	99	2.42	8.31	6.21	0.55	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	2.26	7.21	0.2	0.03	*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

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Weighted Daily Average			946	56.73	144.99	17.66	6.40	*0.00
% of Calories				24.0%	61.3%	16.8%	6.1%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Fri - 08/18/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
FOUR MEAT PRIMO PIZZA	SLICE	1	370	20.0	36.0	17.0	7.00	0.00
DINNER SALAD	1 CUP	1	132	4.55	13.53	6.02	0.50	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*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 INT WEEKLY 1st CHOI	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	124	2.0	20.14	3.71	0.29	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*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			963	50.23	136.79	24.93	8.11	*0.25
% of Calories				20.9%	56.8%	23.3%	7.6%	*0.2%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

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Mon - 08/21/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
TERIYAKI CHICKEN:ELE	2.6 OZ	1	90	12.0	6.0	2.0	0.50	0.00
VEGGIE WHOLE GRAIN CHOW MEIN: E	4 OZ	1	130	5.0	25.0	1.5	0.00	0.00
CARIBBEAN BLEND VEGETABLES: ELE	3/4 CUP	1	26	0.75	4.5	0.0	0.00	0.00
FRUIT BAR :FALL: ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: MONDAYS: ELE	1/2 CUP	1	115	3.4	10.51	6.06	0.51	*0.00
BUG BITES	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
ALT INT WEEKLY 1st CHOI	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-1/2 CUP	1/2 CUP	1	111	2.02	17.19	3.54	1.01	0.00
SALAD BAR: MONDAYS: ELE	1/2 CUP	1	115	3.4	10.51	6.06	0.51	*0.00
FRUIT BAR :FALL: ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*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			934	50.67	133.17	22.33	4.82	*0.00
% of Calories				21.7%	57.1%	21.5%	4.7%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Tue - 08/22/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
CHILI / SCOOPS: ELE	3/4 CUP	1	370	19.85	39.02	14.0	6.77	0.00
CARROT & CELERY STICKS: ELE	3/4 CUP	1	106	1.79	10.03	6.17	0.53	*0.00
FRUIT BAR :FALL: ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*0.00
SWEET POTATO CAKE: NEUFCHATEL	SERVING	1	217	1.56	35.9	7.97	1.94	*0.03
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 INT WEEKLY 1st CHOI	Total	1						
TACO SALAD :ALT LINE	2 CUP	1	417	23.95	41.06	15.74	5.71	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*0.00
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	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
CRISPY CHICKEN SALAD: ALT	2 cup	1	486	26.54	50.23	20.0	4.00	0.00
Weighted Daily Average			1346	67.58	160.10	47.01	12.63	*0.02
% of Calories				20.1%	47.6%	31.4%	8.4%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Wed - 08/23/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
ROASTED TURKEY: VIP	2.9 OZ	1	120	27.04	1.5	1.5	0.00	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	2.0	17.03	1.0	0.00	*0.00
GRAVY, TURKEY: (Custom)	1/4 Cup	1	25	1.0	4.0	1.0	0.00	0.00
CORN :ELE	3/4 CUP	1	79	2.65	11.91	1.98	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	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 INT WEEKLY 1st CHOI	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:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	106	1.79	10.03	6.17	0.53	*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			859	53.74	110.28	23.91	8.27	*0.00
% of Calories				25.0%	51.3%	25.0%	8.7%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

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Washington County School District

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT 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 ¹ (g)
Thu - 08/24/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
CHICKEN CHUNKS-SEC	6 PIECES	1	257	20.0	18.0	13.0	2.00	0.00
FRENCH FRIES-1/2 CUP	1/2 CUP	1	111	2.02	17.19	3.54	1.01	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	2.26	7.21	0.2	0.03	*0.00
CINNAMON ROLL:, (Riches)	1 EA	1	147	2.74	29.75	1.87	0.52	*0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0.0	13.0	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 INT WEEKLY 1st CHOI								
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:ELE	3/4 CUP	1	99	2.42	8.31	6.21	0.55	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	2.26	7.21	0.2	0.03	*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			953	54.09	143.89	19.81	5.42	*0.00
% of Calories				22.7%	60.4%	18.7%	5.1%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Fri - 08/25/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	2.42	8.31	6.21	0.55	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*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
FRENCH PIZZA ENTER&WATER ONLY	1 each	1	370	22.01	29.01	20.01	8.00	0.00

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Washington County School District

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT 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 ¹ (g)
ALT INT WEEKLY 1st CHOI	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	124	2.0	20.14	3.71	0.29	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*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			1092	60.67	145.18	32.03	10.83	*0.25
% of Calories				22.2%	53.2%	26.4%	8.9%	*0.2%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Mon - 08/28/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
ORANGE CHICKEN :ELE	2.94 OZ	1	120	9.0	15.75	2.25	0.38	0.00
RICE: COOKED BROWN (SEC)	1 CUP	1	160	4.0	32.96	1.5	0.00	*0.00
KEY WEST BLEND VEGETABLE: ELE	3/4 CUP	1	34	0.0	6.75	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	3.4	10.51	6.06	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

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT 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 ¹ (g)
ALT INT WEEKLY 1st CHOI	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-1/2 CUP	1/2 CUP	1	111	2.02	17.19	3.54	1.01	0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	3.4	10.51	6.06	0.51	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*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			923	47.30	136.14	20.80	4.28	*0.00
% of Calories				20.5%	59.0%	20.3%	4.2%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Tue - 08/29/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
SOFT FLOUR TACO:SEC	1 serving	1	241	16.04	26.01	8.01	2.31	0.00
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	14	0.95	2.86	0.09	0.01	*0.00
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	28	1.52	0.25	2.28	1.52	0.00
REFRIED BEANS	1/2 CUP	1	164	8.21	23.6	4.62	1.54	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*0.00
BROWNIE CUP, WG:FR016	BROWNIE	1	146	1.5	26.0	4.0	0.70	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 INT WEEKLY 1st CHOI	Total	1						
TACO SALAD :ALT LINE	2 CUP	1	417	23.95	41.06	15.74	5.71	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*0.00
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	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
CRISPY CHICKEN SALAD: ALT	2 cup	1	486	26.54	50.23	20.0	4.00	0.00

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Washington County School District

Aug 14, 2017 thru Aug 31, 2017

Base Menu Spreadsheet

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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 ¹ (g)
Weighted Daily Average			1300	70.54	157.87	42.44	11.05	*0.00
% of Calories				21.7%	48.6%	29.4%	7.6%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Wed - 08/30/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
HAM : ELEM	2OZ.	1	71	9.14	0.0	3.56	1.52	0.00
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	3.0	23.99	3.56	1.69	*0.00
CALIFORNIA BLEND VEGETABLE:ELE	3/4 CUP	1	44	1.0	5.0	1.59	0.29	0.00
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*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 INT WEEKLY 1st CHOI	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:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	106	1.79	10.03	6.17	0.53	*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			844	43.96	107.56	25.52	10.02	*0.00
% of Calories				20.8%	50.9%	27.2%	10.7%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Thu - 08/31/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
CHICKEN NOODLE SOUP:ELE	3/4 CUP	1	135	7.96	19.94	2.79	0.51	*0.00
GARLIC TWIST	2 OZ	1	141	4.18	27.29	2.59	0.61	*0.00
TOMATOES, CUCUMBER, CARROTS:EL	3/4 CUP	1	95	1.77	11.38	6.17	0.51	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	2.26	7.21	0.2	0.03	*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

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ALT INT WEEKLY 1st CHOI	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:ELE	3/4 CUP	1	99	2.42	8.31	6.21	0.55	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	2.26	7.21	0.2	0.03	*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			897	49.16	140.30	17.89	5.35	*0.00
% of Calories				21.9%	62.5%	17.9%	5.4%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Weighted Average			1023	55.35	138.24	28.29	8.43	*0.04
				21.6%	54.1%	24.9%	7.4%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1023		783	131%				
Protein (g)	55.35	21.64%	15.00	369%				
Carbohydrate (g)	138.24	54.06%						
Total Fat (g)	28.29	24.89%	<=30.00%					
Saturated Fat (g)	8.43	7.41%	<10.00%					
Trans Fat ¹ (g)	0.04	0.03%			Missing			

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