

# Washington County School District

Sep 1, 2017 thru Sep 30, 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 <sup>1</sup> (g)
Fri - 09/01/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
PEPPERONI PIZZA -BELLA ROSE 8	SLICES	1	440	22.98	33.97	20.98	9.99	0.00
CHEESE PIZZA -BELLA ROSE 8	SLICE	1	420	23.0	34.0	21.0	9.00	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	133	2.0	19.67	4.67	0.83	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			1212	63.22	152.54	37.90	14.38	*0.25
% of Calories				20.9%	50.3%	28.1%	10.7%	*0.2%
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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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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 <sup>1</sup> (g)
Tue - 09/05/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
WHITE CHICKEN CHILI: ELE new	1 CUP	1	372	29.83	29.16	15.32	7.69	*0.00
CHEDDAR/ JACK FANCY SHRED-.5OZ	.5 OZ	1	56	3.04	0.51	4.56	3.04	0.00
CORNMEAL SUPER STAR, WG:FR017	1 EA	1	148	2.8	23.0	5.0	0.90	0.00
CUCUMBER & CARROTS: 3/4 CUP	3/4 CUP	1	92	1.62	6.75	6.15	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: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*0.00
JELL-O	GEL CUP	1	100	0.0	25.0	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								
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	421	25.04	41.23	17.0	3.00	0.00
Weighted Daily Average			1350	73.88	155.33	46.95	13.58	*0.00
% of Calories				21.9%	46.0%	31.3%	9.1%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Wed - 09/06/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
WG BREADED 8 PIECE CHICKEN	PIECE	1	215	12.0	11.0	13.0	3.00	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	2.0	17.03	1.0	0.00	*0.00
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	24	0.95	4.76	0.48	0.00	0.00
BROCCOLI ; FROZEN (ELE)	3/4 CUP	1	26	1.73	3.45	2.36	0.37	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
MARGARINE REDDIES: (1)	1 Patty	1	35	0.0	0.0	4.0	1.00	0.00

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Sep 1, 2017 thru Sep 30, 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 <sup>1</sup> (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			897	45.73	111.18	31.58	10.45	*0.00
% of Calories				20.4%	49.6%	31.7%	10.5%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Thu - 09/07/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
PULLED PORK SANDWICH:SEC	4oz serving	1	309	23.0	39.0	7.5	2.10	0.00
TATER TOTS: 1/2 CUP	8 PIECES	1	140	2.0	16.0	7.0	1.50	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
CHOCOLATE CHIP COOKIES	1 EACH	1	136	2.19	18.48	6.34	1.52	*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
Weighted Daily Average			963	55.30	141.65	21.03	6.22	*0.00
% of Calories				23.0%	58.9%	19.7%	5.8%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

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Fri - 09/08/2017								
INTERMEDIATE LUNCH 6-8	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: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
ALT INT WEEKLY 1st CHOI								
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: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			926	48.67	135.44	22.00	6.66	*0.25
% of Calories				21.0%	58.5%	21.4%	6.5%	*0.2%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Mon - 09/11/2017								
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:SEC	1 CUP	1	35	1.0	6.0	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
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

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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			938	50.80	133.92	22.33	4.82	*0.00
% of Calories				21.7%	57.1%	21.4%	4.6%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Tue - 09/12/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
BURRITO	1 EACH	1	384	20.05	53.68	11.45	4.06	*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: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
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 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	421	25.04	41.23	17.0	3.00	0.00

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Weighted Daily Average			1331	73.57	170.05	42.23	11.10	*0.00
% of Calories				22.1%	51.1%	28.6%	7.5%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Wed - 09/13/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
TERIYAKI BEEF NUGGETS: (Elem.)	4 Nugget	1	160	14.0	6.0	8.0	3.50	0.05
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	2.0	17.03	1.0	0.00	*0.00
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	25	0.98	3.93	0.98	0.00	0.00
SUNSHINE CARROTS;ELE	3/4 CUP	1	30	0.0	5.75	0.14	0.03	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
MARGARINE REDDIES: (1)	1 Patty	1	35	0.0	0.0	4.0	1.00	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-VW 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			872	45.89	109.42	28.23	10.53	*0.03
% of Calories				21.1%	50.2%	29.1%	10.9%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

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# Washington County School District

Sep 1, 2017 thru Sep 30, 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 <sup>1</sup> (g)
Thu - 09/14/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
CHICKEN BREAST PATTIE SAND: EL	1 each	1	340	17.0	33.0	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
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
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
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			901	50.66	131.08	20.90	5.42	*0.00
% of Calories				22.5%	58.2%	20.9%	5.4%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Fri - 09/15/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
WG PEPPERONI PIZZA RIPPERS	SERVING	1	300	15.0	30.0	11.0	4.00	0.00
MARINARA SAUCE: ELE	1/2 CUP	1	70	1.99	11.93	1.49	0.00	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
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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# Washington County School District

Sep 1, 2017 thru Sep 30, 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 <sup>1</sup> (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	133	2.0	19.67	4.67	0.83	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			949	47.33	138.44	23.23	6.89	*0.25
% of Calories				20.0%	58.4%	22.0%	6.5%	*0.2%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Mon - 09/18/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
THAI SWEET CHILI CHICKEN:ELE	2.85 OZ	1	120	11.0	15.0	2.0	0.50	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: 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

Sep 1, 2017 thru Sep 30, 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 <sup>1</sup> (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			953	48.83	139.49	22.03	4.34	*0.00
% of Calories				20.5%	58.6%	20.8%	4.1%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Tue - 09/19/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
CHICKEN FAJITA WRAP:ELE	WRAP	1	205	16.26	17.78	7.6	3.04	0.00
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
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
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	421	25.04	41.23	17.0	3.00	0.00

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# Washington County School District

Sep 1, 2017 thru Sep 30, 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 <sup>1</sup> (g)
Weighted Daily Average			1157	68.91	138.09	35.79	9.04	*0.00
% of Calories				23.8%	47.7%	27.8%	7.0%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Wed - 09/20/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	17.0	15.0	14.0	3.00	0.00
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	3.0	23.99	3.56	1.69	*0.00
GREEN BEANS:ELE	3/4 CUP	1	32	1.91	7.16	0.16	0.03	*N/A*
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
MARGARINE REDDIES: (1)	1 Patty	1	35	0.0	0.0	4.0	1.00	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			947	48.35	116.14	32.02	11.13	*0.00
% of Calories				20.4%	49.1%	30.4%	10.6%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

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# Washington County School District

Sep 1, 2017 thru Sep 30, 2017

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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)
Thu - 09/21/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
MINI CORN DOG NUGGETS ( SEC)	6 EACH	1	250	10.0	30.0	10.0	2.50	0.00
TATER TOTS: 1/2 CUP	8 PIECES	1	140	2.0	16.0	7.0	1.50	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
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 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			946	48.76	139.21	22.83	6.51	*0.00
% of Calories				20.6%	58.9%	21.7%	6.2%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Fri - 09/22/2017								
INTERMEDIATE LUNCH 6-8	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: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
PIZZA, BIG DADDY'S: ENT&WATER	1 SLICE	1	320	19.0	39.0	10.0	3.50	0.00

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Portion Values - Detailed

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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	133	2.0	19.67	4.67	0.83	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			1087	60.23	152.55	27.41	8.83	*0.25
% of Calories				22.2%	56.1%	22.7%	7.3%	*0.2%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Mon - 09/25/2017								
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	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

Sep 1, 2017 thru Sep 30, 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 <sup>1</sup> (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			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	

Tue - 09/26/2017								
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	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	421	25.04	41.23	17.0	3.00	0.00

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# Washington County School District

Sep 1, 2017 thru Sep 30, 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 <sup>1</sup> (g)
Weighted Daily Average			1328	72.57	160.43	44.47	13.89	*0.00
% of Calories				21.9%	48.3%	30.1%	9.4%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Wed - 09/27/2017								
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
MARGARINE REDDIES: (1)	1 Patty	1	35	0.0	0.0	4.0	1.00	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-VW 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			943	47.25	114.32	33.25	11.79	*0.00
% of Calories				20.0%	48.5%	31.7%	11.3%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

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# Washington County School District

Sep 1, 2017 thru Sep 30, 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 <sup>1</sup> (g)
Thu - 09/28/2017								
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 PICKLE:, CHIPS	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*0.00
BAKED BEANS:ELE	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	3/4 CUP	1	150	4.83	36.04	0.38	0.07	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
CREAMIES JR.: (CHOICE OF)	1/2 CUP	1	39	2.26	7.21	0.2	0.03	*0.00
MUSTARD:, P/C	CREAMIE	1	93	2.0	14.0	3.5	2.00	0.00
KETCHUP : P/C	1 Each	1	3	0.22	0.33	0.0	0.00	0.00
MILK : CHOCOLATE MILK	PC	1	31	0.0	8.34	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK FAT FREE WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOI								
XTREME BEAN & CHEESE BURRITO	Total	1						
BLACK BEANS	BURRITO	1	291	15.6	40.95	8.29	3.62	0.00
MIXED FRESH VEGETABLES:ELE	1/2 CUP	1	153	9.25	27.52	1.0	0.00	*0.00
FRUIT BAR :FALL:ELE	3/4 CUP	1	99	2.42	8.31	6.21	0.55	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALSA PICANTE	1/2 CUP	1	39	2.26	7.21	0.2	0.03	*0.00
MILK : CHOCOLATE MILK	1 OZ	1	9	0.89	1.77	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK FAT FREE WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
% of Calories			946	56.73	144.99	17.66	6.40	*0.00
Nutrient Guideline				24.0%	61.3%	16.8%	6.1%	*0.0%
			783	15.00		<=30.0	<10.00	

Fri - 09/29/2017								
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

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# Washington County School District

Sep 1, 2017 thru Sep 30, 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 <sup>1</sup> (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	133	2.0	19.67	4.67	0.83	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			967	50.23	136.55	25.41	8.38	*0.25
% of Calories				20.8%	56.5%	23.6%	7.8%	*0.2%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Weighted Average			1030	55.33	138.03	29.09	8.77	*0.06
				21.5%	53.6%	25.4%	7.7%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1030		783	131%				
Protein (g)	55.33	21.50%	15.00	369%				
Carbohydrate (g)	138.03	53.63%						
Total Fat (g)	29.09	25.43%	<=30.00%					
Saturated Fat (g)	8.77	7.67%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.06	0.06%			Missing			

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