

Washington County School District

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Elementary Lunch

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)
Mon - 04/03/2017								
Elementary Lunch	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:E	3/4 CUP	1	130	3.0	24.01	2.5	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 :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	3.4	10.51	6.06	0.51	*0.00
SCOOBY-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
SMACKERS: SUNSET ONLY	4.3 OZ SERVIN	1	295	18.1	17.1	17.1	3.02	0.00
Weighted Daily Average			1185	63.37	156.66	33.96	6.58	*0.00
% of Calories				21.4%	52.9%	25.8%	5.0%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/04/2017								
Elementary Lunch	Total	1						
CHICKEN FAJITA WRAP:ELE	WRAP	1	189	16.04	17.76	6.04	1.52	0.00
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	14	0.95	2.86	0.09	0.01	*0.00
REFRIED BEANS	1/2 CUP	1	180	8.99	25.85	5.06	1.69	*0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*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
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
Weighted Daily Average			1085	57.99	142.00	33.32	8.09	*0.00
% of Calories				21.4%	52.4%	27.6%	6.7%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

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Base Menu Spreadsheet

Elementary Lunch

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)
Wed - 04/05/2017								
Elementary Lunch	Total	1						
TERIYAKI BEEF NUGGETS: (Elem.)	4 Nugget	1	120	10.0	5.0	6.0	2.50	0.00
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
CARROTS,FRZ,CKD,BLD,DRND,WO/SA	1/2 CUP	1	27	0.42	5.64	0.5	0.09	*N/A*
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0.0	0.0	4.0	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
CHICKEN SANDWICH: SUNSET ONLY	1 each	1	340	17.0	33.0	16.51	3.00	0.00
Weighted Daily Average			1089	60.28	143.89	32.78	8.15	*0.00
% of Calories				22.1%	52.9%	27.1%	6.7%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/06/2017								
Elementary Lunch	Total	1						
PULLED PORK SANDWICH:ELE	3oz serving	1	237	17.75	30.75	6.0	1.58	0.00
TATER TOTS: ELE	1/2 CUP	1	133	1.6	17.47	5.79	0.83	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	2.26	7.21	0.2	0.03	*0.00
PUDDING, CHOCOLATE: (HUNTS)	SNACK PACK	1	120	2.0	21.0	3.5	2.00	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			932	49.47	147.05	18.28	5.99	*0.00
% of Calories				21.2%	63.1%	17.7%	5.8%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

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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 ¹ (g)
Fri - 04/07/2017								
Elementary Lunch	Total	1						
RAVIOLI, BEEF	8 RAVIOLI	1	251	16.07	30.14	8.04	3.52	0.00
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	0.00	0.00
GREEN BEANS:ELE	3/4 CUP	1	32	1.91	7.16	0.16	0.03	*N/A*
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0.0	18.0	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
HAMBURGER : SUNSET ONLY	PATTY	1	257	21.08	21.1	10.15	3.40	0.00
Weighted Daily Average			1072	68.93	155.68	22.14	8.51	*0.00
% of Calories				25.7%	58.1%	18.6%	7.1%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/10/2017								
Elementary Lunch	Total	1						
CHERRY BLOSSOM CHICKEN FRO30:E	2.94 OZ	1	140	9.33	13.99	5.44	1.55	0.00
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	3.0	24.01	2.5	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 :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*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
SMACKERS: SUNSET ONLY	4.3 OZ SERVIN	1	295	18.1	17.1	17.1	3.02	0.00
Weighted Daily Average			1110	60.45	139.37	34.10	6.67	*0.00
% of Calories				21.8%	50.2%	27.7%	5.4%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

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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 - 04/11/2017								
Elementary Lunch	Total	8240						
WAFFLE JUMBO - AUNT JEMIMA	2 Each	8240	190	3.99	30.92	5.98	1.00	0.00
SAUSAGE LINK: 1	1 EACH	1	60	6.0	0.0	4.5	1.00	0.00
SCRAMBLED EGGS: SUNNY FRESH	1/4 CUP	1	90	6.0	2.0	6.0	2.00	0.00
HASHBROWN PATTIES: FRO78 -1	1 EACH	7500	130	1.0	17.0	8.0	1.00	0.00
JUICE : VARIETY SUNCUP	BOX	6500	66	0.0	16.3	0.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	5000	72	0.87	18.29	0.3	0.06	*0.00
SYRUP	1 EA	5000	11	0.0	4.34	0.0	0.00	0.00
KETCHUP : P/C	PC	3500	31	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	5200	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	3030	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
Weighted Daily Average			537	13.43	93.57	14.37	2.50	*0.00
% of Calories				10.0%	69.8%	24.1%	4.2%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/12/2017								
Elementary Lunch	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
CARROTS,FRZ,CKD,BLD,DRND,WO/SA	1/2 CUP	1	27	0.42	5.64	0.5	0.09	*N/A*
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0.0	0.0	4.0	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
CHICKEN SANDWICH: SUNSET ONLY	1 each	1	340	17.0	33.0	16.51	3.00	0.00
Weighted Daily Average			1090	77.34	140.46	28.30	5.65	*0.00
% of Calories				28.4%	51.6%	23.4%	4.7%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

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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 - 04/13/2017								
Elementary Lunch	Total	1						
HAMBURGER: ELE.	HAMBURGER	1	269	21.57	22.29	10.89	3.56	0.00
FRENCH FRIES: ELE	1/2 CUP	1	110	1.5	16.53	4.21	0.70	0.00
LETTUCE & TOMATO: 1leaf, 2 slice	1 lf, 2 slc	1	5	0.26	1.11	0.06	0.01	*N/A*
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
FRUIT BAR : SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S: ELE	1/2 CUP	1	39	2.26	7.21	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
KETCHUP : P/C	PC	1	31	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	5	1.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	0.50	0.00
COOKIE: EASTER	COOKIE	1	172	1.7	26.9	6.7	1.80	0.00
Weighted Daily Average			1048	54.16	146.66	28.85	8.16	*0.00
% of Calories				20.7%	56.0%	24.8%	7.0%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

Tue - 04/18/2017								
Elementary Lunch	Total	1						
CHILI / SCOOPS: ELE	3/4 CUP	1	372	20.74	38.43	14.27	6.68	0.00
MIXED FRESH VEGETABLES: ELE	3/4 CUP	1	99	2.42	8.31	6.21	0.55	*0.00
FRUIT BAR : SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*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
Weighted Daily Average			1224	53.95	154.14	43.15	12.34	*0.03
% of Calories				17.6%	50.4%	31.7%	9.1%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/19/2017								
Elementary Lunch	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
MARGARINE REDDIES: (1)	1 Patty	1	35	0.0	0.0	4.0	1.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*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
CHICKEN SANDWICH: SUNSET ONLY	1 each	1	340	17.0	33.0	16.51	3.00	0.00
Weighted Daily Average			1112	60.01	141.28	33.01	9.07	*0.00
% of Calories				21.6%	50.8%	26.7%	7.3%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

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Thu - 04/20/2017								
Elementary Lunch	Total	1						
POPCORN CHICKEN SMACKERS	4.3 OZ SERVIN	1	295	18.1	17.1	17.1	3.02	0.00
TATER TOTS: ELE	1/2 CUP	1	133	1.6	17.47	5.79	0.83	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	2.26	7.21	0.2	0.03	*0.00
FRUIT POCKET	1 EACH	1	160	2.0	27.0	4.2	1.35	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			1080	49.82	152.40	30.08	6.78	*0.00
% of Calories				18.5%	56.5%	25.1%	5.7%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/21/2017								
Elementary Lunch	Total	1						
5" ROUND PEPPERONI PIZZA	PIZZA	1	339	18.97	30.94	15.97	7.99	0.00
5" ROUND CHEESE PIZZA	PIZZA	1	330	18.99	30.98	13.99	7.99	0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	106	1.79	10.03	6.17	0.53	*0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0.0	18.0	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
Weighted Daily Average			1217	65.61	152.24	38.92	18.07	*0.00
% of Calories				21.6%	50.0%	28.8%	13.4%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/24/2017								
Elementary Lunch	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 :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*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
SMACKERS: SUNSET ONLY	4.3 OZ SERVIN	1	295	18.1	17.1	17.1	3.02	0.00
Weighted Daily Average			1060	65.12	132.37	29.66	5.62	*0.00
% of Calories				24.6%	50.0%	25.2%	4.8%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

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Washington County School District

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Base Menu Spreadsheet

Elementary Lunch

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)
Tue - 04/25/2017								
Elementary Lunch	Total	1						
SOFT FLOUR TACO: ELE	3.17 oz	1	211	16.04	22.01	7.51	1.81	0.00
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	14	0.95	2.86	0.09	0.01	*0.00
CHEESE SHREDDED: MIX .25OZ	.25 OZ	1	25	1.8	0.18	1.89	1.20	0.00
BLACK BEANS	1/2 CUP	1	153	9.25	27.52	1.0	0.00	*0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*0.00
CINNAMON ROLL:, (Riches)	1 EA	1	147	2.74	29.75	1.87	0.52	*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			1094	60.89	155.61	27.07	6.70	*0.00
% of Calories				22.3%	56.9%	22.3%	5.5%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/26/2017								
Elementary Lunch	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
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 :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0.0	0.0	4.0	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
CHICKEN SANDWICH: SUNSET ONLY	1 each	1	340	17.0	33.0	16.51	3.00	0.00
Weighted Daily Average			1281	67.76	154.94	46.84	11.98	*0.00
% of Calories				21.2%	48.4%	32.9%	8.4%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

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Base Menu Spreadsheet

Elementary Lunch

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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 - 04/27/2017								
Elementary Lunch	Total	1						
CHICKEN NOODLE SOUP:ELE	3/4 CUP	1	89	6.21	10.84	2.27	0.31	*0.00
GARLIC TWIST	2 OZ	1	141	4.18	27.29	2.59	0.61	*0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	2.42	8.31	6.21	0.55	*0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	2.26	7.21	0.2	0.03	*0.00
PUDDING, CHOCOLATE: (HUNTS)	SNACK PACK	1	120	2.0	21.0	3.5	2.00	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			860	42.94	136.94	17.57	5.06	*0.00
% of Calories				20.0%	63.7%	18.4%	5.3%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

Fri - 04/28/2017								
Elementary Lunch	Total	1						
PIZZA, MAX (WHOLE GRAIN, PEP)	SLICE	1	370	19.0	47.0	12.0	3.50	0.00
DINNER SALAD	1 CUP	1	132	4.55	13.53	6.02	0.50	*0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0.0	18.0	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
Weighted Daily Average			944	49.41	140.82	20.82	5.56	*0.00
% of Calories				20.9%	59.7%	19.8%	5.3%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

Weighted Average			1057	56.72	143.67	29.62	7.86	*0.00
				21.5%	54.4%	25.2%	6.7%	*0.0%

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Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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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)	T-Fat (g) Overage	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	1057		645	164%							
Protein (g)	56.72	21.47%	8.87	640%							
Carbohydrate (g)	143.67	54.38%									
Total Fat (g)	29.62	25.23%	<=30.00%								
Saturated Fat (g)	7.86	6.69%	<10.00%								
Trans Fat ¹ (g)	0.00	0.00%			Missing						

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