

# Washington County School District

Apr 3, 2017 thru Apr 28, 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)
Mon - 04/03/2017								
Secondary Lunch 9-12	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 (SEC)	1 CUP	1	44	0.0	8.85	0.0	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*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
ALT SEC WEEKLY 1st CHO	Total	1						
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	3.06	9.82	6.29	0.56	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	6.87	20.63	6.13	0.51	*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
Weighted Daily Average			1171	64.46	160.70	31.80	9.35	*0.00
% of Calories				22.0%	54.9%	24.4%	7.2%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Tue - 04/04/2017								
Secondary Lunch 9-12	Total	1						
CHICKEN FAJITA WRAP: SEC	WRAP	1	268	21.72	24.01	9.72	2.53	1.00
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
CHIPS-Baked! Tostitos Scoops	BAG	1	110	2.0	19.0	2.5	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*0.00
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	158	1.89	22.26	7.44	1.70	*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

\*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 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: SEC	3/4 CUP	1	147	2.01	22.12	5.63	0.94	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*0.00
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	0.50	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
Weighted Daily Average			1287	61.53	176.15	39.39	8.28	*0.50
% of Calories				19.1%	54.7%	27.5%	5.8%	*0.3%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Wed - 04/05/2017								
Secondary Lunch 9-12	Total	1						
TERIYAKI BEEF NUGGETS: (Sec.)	5 NUGGETS	1	151	12.55	6.27	7.53	3.14	0.00
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
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 (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*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
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 :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
TOMATOES, CUCUMBER, CARROTS:SE	1 CUP	1	99	1.94	12.03	6.22	0.51	*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			962	46.62	137.54	27.50	10.43	*0.00
% of Calories				19.4%	57.2%	25.7%	9.8%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

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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)
<b>Thu - 04/06/2017</b>								
Secondary Lunch 9-12	Total	1						
PULLED PORK SANDWICH:SEC	4oz serving	1	309	23.0	39.0	7.5	2.10	0.00
TATER TOTS: SEC	3/4 CUP	1	177	2.13	23.29	7.72	1.10	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	4.51	14.42	0.39	0.06	*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
ALT SEC WEEKLY 1st CHO	Total	1						
TACO SALAD :ALT LINE	2 CUP	1	418	24.58	40.64	15.92	5.64	0.00
ROLL: 2 OZ	ROLL	1	138	3.93	27.16	2.34	0.49	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	4.51	14.42	0.39	0.06	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*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			1084	58.89	165.86	21.91	7.34	*0.00
% of Calories				21.7%	61.2%	18.2%	6.1%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Fri - 04/07/2017</b>								
Secondary Lunch 9-12	Total	1						
SPAGHETTI - BEEF	CUP SERVING	1	416	26.18	50.48	14.1	5.46	*0.00
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	0.00	0.00
GREEN BEANS:SEC	1 CUP	1	57	3.44	12.88	0.29	0.06	*N/A*
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*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

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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						
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
BAKED BEANS:ELE	3/4 CUP	1	150	4.83	36.04	0.38	0.07	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	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
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			1041	56.93	168.54	19.60	7.04	*0.25
% of Calories				21.9%	64.8%	16.9%	6.1%	*0.2%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Mon - 04/10/2017								
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 :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*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
ALT SEC WEEKLY 1st CHO	Total	1						
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	3.06	9.82	6.29	0.56	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	6.87	20.63	6.13	0.51	*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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Weighted Daily Average			1179	64.99	158.97	33.50	9.62	*0.00
% of Calories				22.0%	53.9%	25.6%	7.3%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Tue - 04/11/2017								
Secondary Lunch 9-12	Total	8240						
WAFFLE JUMBO - AUNT JEMIMA	2 Each	8240	190	3.99	30.92	5.98	1.00	0.00
SAUSAGE LINK: 2	2 EACH	1	120	12.0	0.0	9.0	2.00	0.00
SCRAMBLED EGGS: SUNNY FRESH	1/4 CUP	1	90	6.0	2.0	6.0	2.00	0.00
HASHBROWN PATTIES: FRO78 -2	2 EACH	7500	254	1.95	33.2	15.62	1.95	0.00
JUICE : VARIETY SUNCUP	BOX	6500	66	0.0	16.3	0.0	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	5500	110	1.56	27.73	0.52	0.11	*0.00
SYRUP	1 EA	1	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
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: SEC	3/4 CUP	1	147	2.01	22.12	5.63	0.94	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*0.00
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	0.50	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
Weighted Daily Average			672	14.81	113.10	21.48	3.40	*0.00
% of Calories				8.8%	67.3%	28.8%	4.6%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

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Wed - 04/12/2017								
Secondary Lunch 9-12	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	3/4 CUP	1	122	3.05	25.94	1.53	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 (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
ROLL: 2 OZ	ROLL	1	138	3.93	27.16	2.34	0.49	*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
ALT SEC WEEKLY 1st CHO								
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 :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
TOMATOES, CUCUMBER, CARROTS:SE	1 CUP	1	99	1.94	12.03	6.22	0.51	*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			962	54.37	135.16	26.49	9.11	*0.00
% of Calories				22.6%	56.2%	24.8%	8.5%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/13/2017								
Secondary Lunch 9-12	Total	1						
HAMBURGER 100 % BEEF: SEC	PATTY	1	287	22.08	26.1	10.15	3.40	0.00
FRENCH FRIES: SEC	3/4 CUP	1	147	2.01	22.12	5.63	0.94	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	4.51	14.42	0.39	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
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
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
COOKIE: EASTER	COOKIE	1	172	1.7	26.9	6.7	1.80	0.00

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# Washington County School District

Apr 3, 2017 thru Apr 28, 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)
ALT SEC WEEKLY 1st CHO	Total	1						
CHEF SALAD: ALT LINE	2 CUP	1	299	27.02	23.63	10.26	5.33	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	4.51	14.42	0.39	0.06	*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
COOKIE: EASTER	COOKIE	1	172	1.7	26.9	6.7	1.80	0.00
Weighted Daily Average			1136	60.79	167.73	26.31	8.80	*0.00
% of Calories				21.4%	59.1%	20.8%	7.0%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Tue - 04/18/2017								
Secondary Lunch 9-12	Total	1						
CHILI / SCOOPS: SEC	1 CUP	1	502	29.97	48.0	20.07	9.97	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	3.06	9.82	6.29	0.56	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*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
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: SEC	3/4 CUP	1	147	2.01	22.12	5.63	0.94	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*0.00
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	0.50	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
Weighted Daily Average			1331	60.61	175.14	44.16	11.55	*0.02
% of Calories				18.2%	52.6%	29.9%	7.8%	*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)
<b>Wed - 04/19/2017</b>								
Secondary Lunch 9-12	Total	1						
HAM : SECONDARY	3 OZ	1	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
CALIFORNIA BLEND VEGETABLES:SE	1 CUP	1	55	1.24	6.22	1.98	0.36	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
ROLL: 2 OZ	ROLL	1	138	3.93	27.16	2.34	0.49	*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
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 :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
TOMATOES, CUCUMBER, CARROTS:SE	1 CUP	1	99	1.94	12.03	6.22	0.51	*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			1007	48.11	136.52	30.34	11.56	*0.00
% of Calories				19.1%	54.2%	27.1%	10.3%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Thu - 04/20/2017</b>								
Secondary Lunch 9-12	Total	1						
CHICKEN CHUNKS-SEC	6 PIECES	1	257	20.0	18.0	13.0	2.00	0.00
TATER TOTS: SEC	3/4 CUP	1	177	2.13	23.29	7.72	1.10	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	4.51	14.42	0.39	0.06	*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

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# Washington County School District

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: Secondary Lunch 9-12/ALT SEC WEEKLY 1st CHOICE

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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						
TACO SALAD :ALT LINE	2 CUP	1	418	24.58	40.64	15.92	5.64	0.00
ROLL: 2 OZ	ROLL	1	138	3.93	27.16	2.34	0.49	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	4.51	14.42	0.39	0.06	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*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			1103	57.39	164.86	25.01	6.96	*0.00
% of Calories				20.8%	59.8%	20.4%	5.7%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Fri - 04/21/2017								
Secondary Lunch 9-12	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
CARROT & CELERY STICKS:SEC	1 CUP	1	97	1.78	7.67	6.18	0.54	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*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
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
BAKED BEANS:ELE	3/4 CUP	1	150	4.83	36.04	0.38	0.07	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	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
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			1238	64.01	166.18	35.98	14.04	*0.25
% of Calories				20.7%	53.7%	26.2%	10.2%	*0.2%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

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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)
<b>Mon - 04/24/2017</b>								
Secondary Lunch 9-12	Total	1						
TERIYAKI CHICKEN:SEC	4.2 oz	1	120	16.0	8.0	2.67	0.67	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 :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*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
ALT SEC WEEKLY 1st CHO	Total	1						
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	3.06	9.82	6.29	0.56	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	6.87	20.63	6.13	0.51	*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
Weighted Daily Average			1187	69.96	161.76	30.73	8.95	*0.00
% of Calories				23.6%	54.5%	23.3%	6.8%	*0.0%
Nutrient Guideline			846	16.70		<=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 <sup>1</sup> (g)
Tue - 04/25/2017								
Secondary Lunch 9-12	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
CHEESE SHREDDED: MIX .5OZ	.5 OZ	1	50	3.6	0.36	3.77	2.39	0.00
BLACK BEANS	1/2 CUP	1	153	9.25	27.52	1.0	0.00	*0.00
CHIPS-Baked! Tostitos Scoops	BAG	1	110	2.0	19.0	2.5	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*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
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: SEC	3/4 CUP	1	147	2.01	22.12	5.63	0.94	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*0.00
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	0.50	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
Weighted Daily Average			1280	61.04	181.92	35.61	7.93	*0.00
% of Calories				19.1%	56.9%	25.0%	5.6%	*0.0%
Nutrient Guideline			846	16.70		<=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 <sup>1</sup> (g)
Wed - 04/26/2017								
Secondary Lunch 9-12	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	3/4 CUP	1	122	3.05	25.94	1.53	0.00	*0.00
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	45	1.0	5.0	2.0	1.50	0.00
BROCCOLI : FROZEN (SEC)	1 CUP	1	34	2.3	4.6	3.15	0.49	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
ROLL: 2 OZ	ROLL	1	138	3.93	27.16	2.34	0.49	*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
ALT SEC WEEKLY 1st CHO								
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 :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
TOMATOES, CUCUMBER, CARROTS:SE	1 CUP	1	99	1.94	12.03	6.22	0.51	*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			1062	49.87	142.97	36.15	12.33	*0.00
% of Calories				18.8%	53.9%	30.6%	10.5%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 04/27/2017								
Secondary Lunch 9-12	Total	1						
CHICKEN NOODLE SOUP: USDA 1C.	1 CUP	1	109	7.69	13.23	2.76	0.39	*0.00
GARLIC TWIST	2 OZ	1	141	4.18	27.29	2.59	0.61	*0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	3.06	9.82	6.29	0.56	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	4.51	14.42	0.39	0.06	*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

\*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  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Washington County School District

Apr 3, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: Secondary Lunch 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

	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						
CHEF SALAD: ALT LINE	2 CUP	1	299	27.02	23.63	10.26	5.33	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	4.51	14.42	0.39	0.06	*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
Weighted Daily Average			944	55.01	147.22	17.29	6.36	*0.00
% of Calories				23.3%	62.4%	16.5%	6.1%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Fri - 04/28/2017								
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 :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*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
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
BAKED BEANS:ELE	3/4 CUP	1	150	4.83	36.04	0.38	0.07	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	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
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			973	51.16	152.77	20.05	6.31	*0.25
% of Calories				21.0%	62.8%	18.5%	5.8%	*0.2%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

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# Washington County School District

Apr 3, 2017 thru Apr 28, 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 Average			1090	55.59 20.4%	156.28 57.4%	29.07 24.0%	8.85 7.3%	*0.07 *0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1090		846	129%				
Protein (g)	55.59	20.40%	16.70	333%				
Carbohydrate (g)	156.28	57.36%						
Total Fat (g)	29.07	24.01%	<=30.00%					
Saturated Fat (g)	8.85	7.31%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.07	0.06%			Missing			

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