

Washington County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 3/26/2018 2:40:08 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/03/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
TACO SOUP	1 CUP	1	291	50	*5	19.79	25.68	11.61	3.43	*0.00
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	28	6	0	1.52	0.25	2.28	1.52	0.00
CORNMEAL SUPER STAR, WG:FR017	1 EA	1	148	11	*N/A*	2.8	23.0	5.0	0.90	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	10	*2	2.42	8.31	6.21	0.55	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	*1	3.37	9.22	11.91	1.61	*0.00
JELL-O	GEL CUP	1	100	0	22	0.0	25.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOI										
TACO SALAD :ALT LINE	2 CUP	1	417	52	*0	23.95	41.06	15.74	5.71	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	*1	3.37	9.22	11.91	1.61	*0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
CRISPY CHICKEN SALAD: ALT-SMAC	2 cup	1	397	60	*0	25.04	44.23	13.0	3.00	0.00
Weighted Daily Average			1320	*120	*68	68.99	163.76	42.12	10.72	*0.00
% of Calories					*20.7%	20.9%	49.6%	28.7%	7.3%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Wed - 04/04/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
WG BREADED 8 PIECE CHICKEN	PIECE	1	215	41	0	12.0	11.0	13.0	3.00	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	24	0	*N/A*	0.95	4.76	0.48	0.00	0.00
BROCCOLI ; FROZEN (ELE)	3/4 CUP	1	26	0	0	1.73	3.45	2.36	0.37	0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	*N/A*	0.0	0.0	4.0	1.00	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 2

Generated on: 3/26/2018 2:40:08 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	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	12	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	*4	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	106	10	*1	1.79	10.03	6.17	0.53	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			929	*71	*58	46.22	119.21	31.72	10.47	*0.00
% of Calories					*24.9%	19.9%	51.3%	30.7%	10.1%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Thu - 04/05/2018										
	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
INTERMEDIATE LUNCH 6-8	Total	1								
PULLED PORK SANDWICH:SEC	4oz serving	1	309	44	*3	23.0	39.0	7.5	2.10	0.00
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	0	2.0	16.0	7.0	1.50	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	*0	2.26	7.21	0.2	0.03	0.00
CHOCOLATE CHIP COOKIES	1 EACH	1	136	14	*8	2.19	18.48	6.34	1.52	*0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	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	0	15.6	40.95	8.29	3.62	0.00
BLACK BEANS	1/2 CUP	1	153	0	2	9.25	27.52	1.0	0.00	*0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	10	*2	2.42	8.31	6.21	0.55	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	*0	2.26	7.21	0.2	0.03	0.00
SALSA PICANTE	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			995	*57	*63	55.79	149.68	21.16	6.24	*0.00
% of Calories					*25.5%	22.4%	60.2%	19.1%	5.6%	*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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 3

Generated on: 3/26/2018 2:40:08 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/06/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
PIZZA, BIG DADDY'S (SCHWAN'S)	1 SLICE	1	320	20	*N/A*	19.0	39.0	10.0	3.50	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	10	*2	2.42	8.31	6.21	0.55	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOI										
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	*3	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
CARROT STICKS:SEC	1 CUP	1	72	0	8	1.63	16.84	0.42	0.07	0.00
CHIPS : VARIETY	BAG	1	133	0	2	2.0	19.67	4.67	0.83	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	0	0.22	0.33	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			959	*55	*81	49.16	143.46	22.14	6.67	*0.25
% of Calories					*33.8%	20.5%	59.9%	20.8%	6.3%	*0.2%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Mon - 04/09/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
TERIYAKI CHICKEN:ELE	2.8 OZ	1	90	40	*N/A*	12.0	6.0	2.0	0.50	0.00
VEGGIE WHOLE GRAIN CHOW MEIN:E	4 OZ	1	130	0	*N/A*	5.0	25.0	1.5	0.00	0.00
CARIBBEAN BLEND VEGETABLES:SEC	1 CUP	1	35	0	3	1.0	6.0	0.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	*2	3.4	10.51	6.06	0.51	0.00
SCOOPY-DOO GRAHAM CRACKER STIC	BAG	1	120	0	*N/A*	2.0	21.0	3.5	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 4

Generated on: 3/26/2018 2:40:08 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	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	30	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
FRENCH FRIES-1/2 CUP	1/2 CUP	1	111	0	0	2.02	17.19	3.54	1.01	0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	*2	3.4	10.51	6.06	0.51	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	0	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			970	*63	*62	51.29	141.95	22.46	4.84	*0.00
% of Calories					*25.4%	21.1%	58.5%	20.8%	4.5%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Tue - 04/10/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
ENCHILADA	BURRITO	1	384	13	*4	20.05	53.68	11.45	4.06	*0.00
CORN :ELE	3/4 CUP	1	79	0	9	2.65	11.91	1.98	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	*1	3.37	9.22	11.91	1.61	*0.00
CREAMIES JR.: (CHOICE OF)	CREAMIE	1	93	16	*N/A*	2.0	14.0	3.5	2.00	0.00
SALSA PICANTE	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	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	52	*0	23.95	41.06	15.74	5.71	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	*1	3.37	9.22	11.91	1.61	*0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
CRISPY CHICKEN SALAD: ALT-BITE	2 cup	1	348	37	*1	24.16	39.64	11.13	1.71	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 5

Generated on: 3/26/2018 2:40:08 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			1245	*84	*61	68.08	161.03	37.11	9.91	*0.00
% of Calories					*19.5%	21.9%	51.7%	26.8%	7.2%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Wed - 04/11/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
TERIYAKI BEEF NUGGETS: (Elem.)	4 Nugget	1	160	40	4	14.0	6.0	8.0	3.50	0.05
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	25	0	*N/A*	0.98	3.93	0.98	0.00	0.00
SUNSHINE CARROTS;ELE	3/4 CUP	1	30	0	*N/A*	0.0	5.75	0.14	0.03	0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
PEACH CUP, FROZEN	SERVING	1	118	0	*N/A*	0.79	29.98	0.16	0.01	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	*N/A*	0.0	0.0	4.0	1.00	0.00
ALT INT WEEKLY 1st CHOI	Total	1								
TOMATO BASIL BISQUE	1 CUP	1	111	12	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	*4	16.0	32.0	26.42	11.35	0.00
PEACH CUP, FROZEN	SERVING	1	118	0	*N/A*	0.79	29.98	0.16	0.01	0.00
CARROT & CELERY STICKS;ELE	3/4 CUP	1	106	10	*1	1.79	10.03	6.17	0.53	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			950	71	*50	46.30	129.13	28.23	10.49	*0.03
% of Calories					*21.2%	19.5%	54.4%	26.7%	9.9%	*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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 6

Generated on: 3/26/2018 2:40:08 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/12/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
CHICKEN BREAST PATTIE SAND: EL	1 each	1	340	30	2	17.0	33.0	16.51	3.00	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
FRENCH FRIES-1/2 CUP	1/2 CUP	1	111	0	0	2.02	17.19	3.54	1.01	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	*0	2.26	7.21	0.2	0.03	0.00
JELL-O	GEL CUP	1	100	0	22	0.0	25.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOI										
XTREME BEAN & CHEESE BURRITO	BURRITO	1	291	15	0	15.6	40.95	8.29	3.62	0.00
BLACK BEANS	1/2 CUP	1	153	0	2	9.25	27.52	1.0	0.00	*0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	10	*2	2.42	8.31	6.21	0.55	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	*0	2.26	7.21	0.2	0.03	0.00
SALSA PICANTE	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1007	*45	*71	52.17	152.37	22.81	5.94	*0.00
% of Calories					*28.3%	20.7%	60.5%	20.4%	5.3%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Fri - 04/13/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
WG PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	3	16.0	27.0	17.0	5.00	0.00
MARINARA SAUCE: ELE	1/2 CUP	1	70	298	3	1.99	11.93	1.49	0.00	0.00
TOMATOES, CUCUMBER, CARROTS:EL	3/4 CUP	1	95	10	*2	1.77	11.38	6.17	0.51	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 7

Generated on: 3/26/2018 2:40:09 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	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	45	*3	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
CARROT STICKS:SEC	1 CUP	1	72	0	8	1.63	16.84	0.42	0.07	0.00
CHIPS : VARIETY	BAG	1	133	0	2	2.0	19.67	4.67	0.83	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	0	0.22	0.33	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			976	*207	*84	48.32	144.96	26.36	7.40	*0.25
% of Calories					*34.5%	19.8%	59.4%	24.3%	6.8%	*0.2%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Mon - 04/16/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
THAI SWEET CHILI CHICKEN:ELE	2.85 OZ	1	120	45	11	11.0	15.0	2.0	0.50	0.00
VEGETABLE HARVEST RICE PILAF:S	1.25 CUP	1	219	0	*0	5.05	40.42	4.21	0.00	0.00
KEY WEST BLEND VEGETABLE: ELE	3/4 CUP	1	34	0	3	0.0	6.75	0.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	*2	3.4	10.51	6.06	0.51	0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	*N/A*	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 8

Generated on: 3/26/2018 2:40:09 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	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	30	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
FRENCH FRIES-1/2 CUP	1/2 CUP	1	111	0	0	2.02	17.19	3.54	1.01	0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	*2	3.4	10.51	6.06	0.51	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	0	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			985	*65	*67	49.32	147.52	22.17	4.35	*0.00
% of Calories					*27.4%	20.0%	59.9%	20.3%	4.0%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Tue - 04/17/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
CHICKEN FAJITA WRAP:ELE	WRAP	1	205	49	*0	16.26	17.78	7.6	3.04	0.00
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	14	0	2	0.95	2.86	0.09	0.01	0.00
BLACK BEANS	1/2 CUP	1	153	0	2	9.25	27.52	1.0	0.00	*0.00
SUNSHINE CARROTS:ELE	3/4 CUP	1	30	0	*N/A*	0.0	5.75	0.14	0.03	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	*1	3.37	9.22	11.91	1.61	*0.00
SALSA PICANTE	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	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	52	*0	23.95	41.06	15.74	5.71	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	*1	3.37	9.22	11.91	1.61	*0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
CRISPY CHICKEN SALAD: ALT-SMAC	2 cup	1	397	60	*0	25.04	44.23	13.0	3.00	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 9

Generated on: 3/26/2018 2:40:09 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			1192	*105	*56	69.40	150.49	33.99	9.06	*0.00
% of Calories					*18.7%	23.3%	50.5%	25.7%	6.8%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Wed - 04/18/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	59	0	17.0	15.0	14.0	3.00	0.00
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	*3	3.0	23.99	3.56	1.69	*0.00
GREEN BEANS:ELE	3/4 CUP	1	32	0	*N/A*	1.91	7.16	0.16	0.03	*N/A*
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	*N/A*	0.0	0.0	4.0	1.00	0.00
ALT INT WEEKLY 1st CHOI	Total	1								
TOMATO BASIL BISQUE	1 CUP	1	111	12	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-VW BREAD	1 EACH	1	427	50	*4	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	106	10	*1	1.79	10.03	6.17	0.53	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			980	*80	*59	48.84	124.16	32.16	11.14	*0.00
% of Calories					*24.1%	19.9%	50.7%	29.5%	10.2%	*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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 10

Generated on: 3/26/2018 2:40:09 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/19/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
MINI CORN DOG NUGGETS (SEC)	6 EACH	1	250	60	1	10.0	30.0	10.0	2.50	0.00
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	0	2.0	16.0	7.0	1.50	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	*0	2.26	7.21	0.2	0.03	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	0	0.22	0.33	0.0	0.00	0.00
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	158	10	*10	1.89	22.26	7.44	1.70	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOI										
XTREME BEAN & CHEESE BURRITO	BURRITO	1	291	15	0	15.6	40.95	8.29	3.62	0.00
BLACK BEANS	1/2 CUP	1	153	0	2	9.25	27.52	1.0	0.00	*0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	10	*2	2.42	8.31	6.21	0.55	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	*0	2.26	7.21	0.2	0.03	0.00
SALSA PICANTE	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			979	*63	*64	49.25	147.23	22.96	6.53	*0.00
% of Calories					*26.0%	20.1%	60.2%	21.1%	6.0%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Fri - 04/20/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	1	21.0	29.0	11.0	4.40	0.00
DINNER SALAD	1 CUP	1	132	10	*1	4.55	13.53	6.02	0.50	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
PIZZA, BIG DADDY'S: ENT&WATER	1 SLICE	1	320	20	*N/A*	19.0	39.0	10.0	3.50	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 11

Generated on: 3/26/2018 2:40:09 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	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	45	*3	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
CARROT STICKS:SEC	1 CUP	1	72	0	8	1.63	16.84	0.42	0.07	0.00
CHIPS : VARIETY	BAG	1	133	0	2	2.0	19.67	4.67	0.83	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	0	0.22	0.33	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1120	*68	*81	60.72	160.58	27.54	8.85	*0.25
% of Calories					*29.0%	21.7%	57.4%	22.1%	7.1%	*0.2%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Mon - 04/23/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
CHERRY BLOSSOM CHICKEN FRO30:S	3.92 OZ	1	180	45	13	12.0	18.0	7.0	2.00	0.00
VEGETABLE BROWN RICE : SEC	8 OZ	1	219	0	*N/A*	5.05	40.42	4.21	0.00	0.00
MALIBU BLEND VEGETABLES:ELE	3/4 CUP	1	26	0	2	0.75	4.5	0.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	*2	3.4	10.51	6.06	0.51	0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	*N/A*	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 12

Generated on: 3/26/2018 2:40:09 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	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	30	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
FRENCH FRIES-1/2 CUP	1/2 CUP	1	111	0	0	2.02	17.19	3.54	1.01	0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	*2	3.4	10.51	6.06	0.51	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	0	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1011	*65	*68	50.19	147.89	24.67	5.10	*0.00
% of Calories					*26.8%	19.8%	58.5%	21.9%	4.5%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Tue - 04/24/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
BEEF TACO STICK	1 EACH	1	345	52	1	20.07	31.87	12.82	8.35	0.00
REFRIED BEANS	1/2 CUP	1	164	0	0	8.21	23.6	4.62	1.54	*0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	*1	3.37	9.22	11.91	1.61	*0.00
SALSA PICANTE	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	0.00
PUDDING,CHOICE	SERVING	1	115	0	15	1.0	20.5	3.0	1.75	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	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	52	*0	23.95	41.06	15.74	5.71	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	*1	3.37	9.22	11.91	1.61	*0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
CRISPY CHICKEN SALAD: ALT-SMAC	2 cup	1	397	60	*0	25.04	44.23	13.0	3.00	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 13

Generated on: 3/26/2018 2:40:09 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			1304	*107	*62	70.81	161.52	39.79	13.35	*0.00
% of Calories					*18.9%	21.7%	49.6%	27.5%	9.2%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Wed - 04/25/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
BREADED PORK STEAK	1 EACH	1	293	51	1	16.17	17.18	17.18	4.55	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	45	0	*N/A*	1.0	5.0	2.0	1.50	0.00
NORTHWEST BLEND VEGETABLE:ELE	3/4 CUP	1	19	0	2	0.55	3.32	0.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	*N/A*	0.0	0.0	4.0	1.00	0.00
ALT INT WEEKLY 1st CHOI	Total	1								
TOMATO BASIL BISQUE	1 CUP	1	111	12	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	*4	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	106	10	*1	1.79	10.03	6.17	0.53	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			976	*76	*59	47.74	122.35	33.39	11.81	*0.00
% of Calories					*24.3%	19.6%	50.2%	30.8%	10.9%	*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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 14

Generated on: 3/26/2018 2:40:09 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/26/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
BEEF HAMBURGER:SEC	1 EACH	1	287	39	*3	22.08	26.1	10.15	3.40	0.00
SHREDDED LETTUCE & TOMATO-DELI PICKLE:, CHIPS	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
BAKED BEANS:ELE	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	3/4 CUP	1	150	0	*21	4.83	36.04	0.38	0.07	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
CREAMIES JR.: (CHOICE OF)	1/2 CUP	1	39	0	*0	2.26	7.21	0.2	0.03	0.00
MUSTARD:, P/C	CREAMIE	1	93	16	*N/A*	2.0	14.0	3.5	2.00	0.00
KETCHUP : P/C	1 Each	1	3	0	0	0.22	0.33	0.0	0.00	0.00
MILK : CHOCOLATE MILK	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK FAT FREE WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
	CARTON	1	80	0	12	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	0	15.6	40.95	8.29	3.62	0.00
MIXED FRESH VEGETABLES:ELE	1/2 CUP	1	153	0	2	9.25	27.52	1.0	0.00	*0.00
FRUIT BAR :SPRING (ELE)	3/4 CUP	1	99	10	*2	2.42	8.31	6.21	0.55	0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALSA PICANTE	1/2 CUP	1	39	0	*0	2.26	7.21	0.2	0.03	0.00
MILK : CHOCOLATE MILK	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK FAT FREE WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			978	*55	*71	57.22	153.01	17.80	6.42	*0.00
% of Calories					*29.2%	23.4%	62.6%	16.4%	5.9%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Fri - 04/27/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
FOUR MEAT PRIMO PIZZA	SLICE	1	370	40	9	20.0	36.0	17.0	7.00	0.00
DINNER SALAD	1 CUP	1	132	10	*1	4.55	13.53	6.02	0.50	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 15

Generated on: 3/26/2018 2:40:09 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	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	45	*3	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
CARROT STICKS:SEC	1 CUP	1	72	0	8	1.63	16.84	0.42	0.07	0.00
CHIPS : VARIETY	BAG	1	133	0	2	2.0	19.67	4.67	0.83	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	0	0.22	0.33	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1000	*65	*85	50.72	144.58	25.54	8.40	*0.25
% of Calories					*34.0%	20.3%	57.8%	23.0%	7.6%	*0.2%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Mon - 04/30/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
TERIYAKI CHICKEN:ELE	2.8 OZ	1	90	40	*N/A*	12.0	6.0	2.0	0.50	0.00
VEGGIE WHOLE GRAIN CHOW MEIN:E	4 OZ	1	130	0	*N/A*	5.0	25.0	1.5	0.00	0.00
CARIBBEAN BLEND VEGETABLES:ELE	3/4 CUP	1	26	0	2	0.75	4.5	0.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	*2	3.4	10.51	6.06	0.51	0.00
BUG BITES	BAG	1	120	0	8	2.0	21.0	3.5	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 16

Generated on: 3/26/2018 2:40:09 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	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	30	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
FRENCH FRIES-1/2 CUP	1/2 CUP	1	111	0	0	2.02	17.19	3.54	1.01	0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	*2	3.4	10.51	6.06	0.51	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	0	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			966	*63	*65	51.17	141.20	22.46	4.84	*0.00
% of Calories					*27.1%	21.2%	58.5%	20.9%	4.5%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Weighted Average			1042	*79	*67	54.58	145.30	27.83	8.13	*0.05
					*57.7%	21.0%	55.8%	24.0%	7.0%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1042		783	133%				
Cholesterol (mg)	79				Missing			
Sugars (g)	67	25.64%			Missing			
Protein (g)	54.58	20.95%	15.00	364%				
Carbohydrate (g)	145.30	55.77%						
Total Fat (g)	27.83	24.03%	<=30.00%					
Saturated Fat (g)	8.13	7.02%	<10.00%					
Trans Fat ¹ (g)	0.05	0.04%			Missing			

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.