

Washington County School District

Apr 1, 2018 thru Apr 30, 2018

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 1

Generated on: 3/26/2018 2:41:23 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										
SECONDARY LUNCH 9-12	Total	1								
TACO SOUP	1 CUP	1	291	50	*5	19.79	25.68	11.61	3.43	*0.00
CHEDDAR/ JACK FANCY SHRED-.5OZ	.5 OZ	1	56	13	0	3.04	0.51	4.56	3.04	0.00
CORNMEAL SUPER STAR, WG:FR017	2 EACH	1	296	22	*N/A*	5.6	46.0	10.0	1.80	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	*2	3.06	9.82	6.29	0.56	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	*1	4.74	14.44	12.82	1.73	*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 SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	*1	4.74	14.44	12.82	1.73	*0.00
ROLL: 2 OZ	ROLL	1	138	11	*1	3.93	27.16	2.34	0.49	*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			1531	*134	*77	73.59	202.23	47.65	12.35	*0.00
% of Calories					*20.2%	19.2%	52.8%	28.0%	7.3%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Wed - 04/04/2018										
SECONDARY LUNCH 9-12	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	3/4 CUP	1	122	0	2	3.05	25.94	1.53	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 (SEC)	1 CUP	1	34	0	0	2.3	4.6	3.15	0.49	0.00
ROLL: 2 OZ	ROLL	1	138	11	*1	3.93	27.16	2.34	0.49	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*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: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 2

Generated on: 3/26/2018 2:41:24 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 SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
CARROT & CELERY STICKS:SEC	1 CUP	1	97	10	*2	1.78	7.67	6.18	0.54	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			1036	*77	*67	47.78	143.93	33.32	10.83	*0.00
% of Calories					*25.8%	18.4%	55.6%	28.9%	9.4%	*0.0%
Nutrient Guideline			846			16.70		<=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)
SECONDARY LUNCH 9-12	Total	1								
PULLED PORK SANDWICH:SEC	4oz serving	1	309	44	*3	23.0	39.0	7.5	2.10	0.00
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	0	3.0	24.0	10.5	2.25	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	*0	4.51	14.42	0.39	0.06	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 SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	107	10	*2	3.06	9.82	6.29	0.56	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	*0	4.51	14.42	0.39	0.06	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			1135	*57	*73	59.65	177.43	23.42	6.70	*0.00
% of Calories					*25.6%	21.0%	62.5%	18.6%	5.3%	*0.0%
Nutrient Guideline			846			16.70		<=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: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 3

Generated on: 3/26/2018 2:41:24 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										
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	107	10	*2	3.06	9.82	6.29	0.56	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*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 SEC WEEKLY 1st CHO										
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 (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*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			1025	*55	*90	50.26	160.01	22.45	6.73	*0.25
% of Calories					*35.1%	19.6%	62.5%	19.7%	5.9%	*0.2%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Mon - 04/09/2018										
SECONDARY LUNCH 9-12	Total	1								
TERIYAKI CHICKEN:SEC	4.2 oz	1	180	80	*N/A*	24.0	12.0	4.0	1.00	0.00
VEGGIE WHOLE GRAIN CHOW MEIN:S	8 OZ	1	260	0	*N/A*	10.0	50.0	3.0	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 (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	*2	6.87	20.63	6.13	0.51	0.00
SCOOBY-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: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 4

Generated on: 3/26/2018 2:41:24 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 SEC WEEKLY 1st CHO	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-3/4 CUP	3/4 CUP	1	167	0	0	3.03	25.79	5.31	1.52	0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	*2	6.87	20.63	6.13	0.51	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*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			1226	*83	*71	64.55	187.65	25.43	5.40	*0.00
% of Calories					*23.2%	21.1%	61.2%	18.7%	4.0%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Tue - 04/10/2018										
SECONDARY LUNCH 9-12	Total	1								
ENCHILADA	BURRITO	1	384	13	*4	20.05	53.68	11.45	4.06	*0.00
CORN :SEC	1 CUP	1	119	0	14	3.97	17.86	2.98	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	*1	4.74	14.44	12.82	1.73	*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 SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	*1	4.74	14.44	12.82	1.73	*0.00
ROLL: 2 OZ	ROLL	1	138	11	*1	3.93	27.16	2.34	0.49	*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: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 5

Generated on: 3/26/2018 2:41:24 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			1384	*89	*72	70.86	190.09	39.45	10.32	*0.00
% of Calories					*20.7%	20.5%	54.9%	25.6%	6.7%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Wed - 04/11/2018										
SECONDARY LUNCH 9-12	Total	1								
TERIYAKI BEEF NUGGETS: (Sec.)	5 NUGGETS	1	201	50	5	17.56	7.53	10.04	4.39	0.06
MASHED POTATOES,from Dry mix,P	3/4 CUP	1	122	0	2	3.05	25.94	1.53	0.00	*0.00
GRAVY, BROWN LOW SODIUM	1/4 CUP	1	30	0	*0	0.0	4.0	1.0	0.50	*0.00
SUNSHINE CARROTS: SEC	1 CUP	1	39	0	*N/A*	0.0	7.47	0.19	0.03	0.00
ROLL: 2 OZ	ROLL	1	138	11	*1	3.93	27.16	2.34	0.49	*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 SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	97	10	*2	1.78	7.67	6.18	0.54	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			1018	81	*51	48.07	139.15	30.21	11.44	*0.03
% of Calories					*20.0%	18.9%	54.7%	26.7%	10.1%	*0.0%
Nutrient Guideline			846			16.70		<=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: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 6

Generated on: 3/26/2018 2:41:24 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										
SECONDARY LUNCH 9-12	Total	1								
CHICKEN BREAST PATTIE SAND :SE	1 each	1	370	30	3	18.0	38.0	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-3/4 CUP	3/4 CUP	1	167	0	0	3.03	25.79	5.31	1.52	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	*0	4.51	14.42	0.39	0.06	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 SEC WEEKLY 1st CHO										
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:SEC	1 CUP	1	107	10	*2	3.06	9.82	6.29	0.56	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	*0	4.51	14.42	0.39	0.06	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			1155	*45	*81	56.53	182.92	24.20	6.28	*0.00
% of Calories					*28.0%	19.6%	63.3%	18.8%	4.9%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Fri - 04/13/2018										
SECONDARY LUNCH 9-12	Total	1								
WG PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	3	16.0	27.0	17.0	5.00	0.00
MARINARA SAUCE: SEC	3/4 CUP	1	104	447	4	2.98	17.89	2.24	0.00	0.00
TOMATOES, CUCUMBER, CARROTS:SE	1 CUP	1	99	10	*3	1.94	12.03	6.22	0.52	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*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: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 7

Generated on: 3/26/2018 2:41:24 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 SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*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			1058	*281	*94	49.69	164.05	27.03	7.46	*0.25
% of Calories					*35.5%	18.8%	62.0%	23.0%	6.3%	*0.2%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Mon - 04/16/2018										
SECONDARY LUNCH 9-12	Total	1								
THAI SWEET CHILI CHICKEN:SEC	4.27 OZ	1	180	67	16	16.48	22.47	3.0	0.75	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 (SEC)	1 CUP	1	44	0	*N/A*	0.0	8.85	0.0	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	*2	6.87	20.63	6.13	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: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 8

Generated on: 3/26/2018 2:41:24 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 SEC WEEKLY 1st CHO	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-3/4 CUP	3/4 CUP	1	167	0	0	3.03	25.79	5.31	1.52	0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	*2	6.87	20.63	6.13	0.51	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*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			1166	*76	*78	56.82	182.51	23.88	4.79	*0.00
% of Calories					*26.8%	19.5%	62.6%	18.4%	3.7%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Tue - 04/17/2018										
SECONDARY LUNCH 9-12	Total	1								
CHICKEN FAJITA WRAP: SEC	WRAP	1	290	66	*0	22.02	24.04	11.8	4.55	1.00
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: SEC	1 CUP	1	39	0	*N/A*	0.0	7.47	0.19	0.03	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	*1	4.74	14.44	12.82	1.73	*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 SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	*1	4.74	14.44	12.82	1.73	*0.00
ROLL: 2 OZ	ROLL	1	138	11	*1	3.93	27.16	2.34	0.49	*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: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 9

Generated on: 3/26/2018 2:41:24 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			1359	*119	*64	74.39	180.56	37.96	10.24	*0.50
% of Calories					*18.9%	21.9%	53.2%	25.1%	6.8%	*0.3%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Wed - 04/18/2018										
SECONDARY LUNCH 9-12	Total	1								
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	59	0	17.0	15.0	14.0	3.00	0.00
SCALLOPED POTATOES:SEC	3/4 CUP	1	223	0	*4	4.2	33.59	4.98	2.37	*0.00
GREEN BEANS:SEC	1 CUP	1	57	0	*N/A*	3.44	12.88	0.29	0.06	*N/A*
ROLL: 2 OZ	ROLL	1	138	11	*1	3.93	27.16	2.34	0.49	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*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 SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
CARROT & CELERY STICKS:SEC	1 CUP	1	97	10	*2	1.78	7.67	6.18	0.54	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			1106	*86	*68	50.94	151.51	33.88	11.80	*0.00
% of Calories					*24.7%	18.4%	54.8%	27.6%	9.6%	*0.0%
Nutrient Guideline			846			16.70		<=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: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 10

Generated on: 3/26/2018 2:41:24 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										
SECONDARY LUNCH 9-12	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-3/4 CUP	12 PIECES	1	210	0	0	3.0	24.0	10.5	2.25	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	*0	4.51	14.42	0.39	0.06	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 SEC WEEKLY 1st CHO										
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:SEC	1 CUP	1	107	10	*2	3.06	9.82	6.29	0.56	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	*0	4.51	14.42	0.39	0.06	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			1119	*63	*73	53.12	174.98	25.22	6.99	*0.00
% of Calories					*26.0%	19.0%	62.6%	20.3%	5.6%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Fri - 04/20/2018										
SECONDARY LUNCH 9-12	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 (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*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: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 11

Generated on: 3/26/2018 2:41:24 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 SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*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			1182	*68	*90	61.50	176.36	27.81	8.90	*0.25
% of Calories					*30.4%	20.8%	59.7%	21.2%	6.8%	*0.2%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Mon - 04/23/2018										
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	0	0	0	0.0	0.0	0.0	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	*2	6.87	20.63	6.13	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: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 12

Generated on: 3/26/2018 2:41:24 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 SEC WEEKLY 1st CHO	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-3/4 CUP	3/4 CUP	1	167	0	0	3.03	25.79	5.31	1.52	0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	*2	6.87	20.63	6.13	0.51	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*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			1144	*65	*76	54.58	175.84	25.88	5.42	*0.00
% of Calories					*26.7%	19.1%	61.5%	20.4%	4.3%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Tue - 04/24/2018										
SECONDARY LUNCH 9-12	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 (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	*1	4.74	14.44	12.82	1.73	*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 SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	*1	4.74	14.44	12.82	1.73	*0.00
ROLL: 2 OZ	ROLL	1	138	11	*1	3.93	27.16	2.34	0.49	*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: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 13

Generated on: 3/26/2018 2:41:24 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			1423	*112	*70	72.93	187.60	41.64	13.76	*0.00
% of Calories					*19.8%	20.5%	52.7%	26.3%	8.7%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Wed - 04/25/2018										
SECONDARY LUNCH 9-12	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	3/4 CUP	1	122	0	2	3.05	25.94	1.53	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 VEGETABLES:SEC	1 CUP	1	35	0	3	1.0	6.0	0.0	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
ROLL: 2 OZ	ROLL	1	138	11	*1	3.93	27.16	2.34	0.49	*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 SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
CARROT & CELERY STICKS:SEC	1 CUP	1	97	10	*2	1.78	7.67	6.18	0.54	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			1086	*81	*69	49.24	147.84	34.59	12.11	*0.00
% of Calories					*25.4%	18.1%	54.4%	28.7%	10.0%	*0.0%
Nutrient Guideline			846			16.70		<=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: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 14

Generated on: 3/26/2018 2:41:24 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										
SECONDARY LUNCH 9-12	Total	1								
HAMBURGER 100 % BEEF: SEC	PATTY	1	287	39	3	22.08	26.1	10.15	3.40	0.00
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
BAKED BEANS:SEC	1 CUP	1	188	0	*26	6.33	45.08	0.49	0.09	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	*0	4.51	14.42	0.39	0.06	0.00
CREAMIES JR.: (CHOICE OF)	CREAMIE	1	93	16	*N/A*	2.0	14.0	3.5	2.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	0	0.22	0.33	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
ALT SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	107	10	*2	3.06	9.82	6.29	0.56	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	*0	4.51	14.42	0.39	0.06	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			1103	*55	*83	61.33	181.28	18.36	6.52	*0.00
% of Calories					*30.1%	22.2%	65.8%	15.0%	5.3%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Fri - 04/27/2018										
SECONDARY LUNCH 9-12	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 (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*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: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 15

Generated on: 3/26/2018 2:41:24 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 SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*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			1062	*65	*94	51.50	160.36	25.81	8.45	*0.25
% of Calories					*35.4%	19.4%	60.4%	21.9%	7.2%	*0.2%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Mon - 04/30/2018										
SECONDARY LUNCH 9-12	Total	1								
TERIYAKI CHICKEN:SEC	4.2 oz	1	180	80	*N/A*	24.0	12.0	4.0	1.00	0.00
VEGGIE WHOLE GRAIN CHOW MEIN:S	8 OZ	1	260	0	*N/A*	10.0	50.0	3.0	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 (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	*2	6.87	20.63	6.13	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: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 16

Generated on: 3/26/2018 2:41:24 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 SEC WEEKLY 1st CHO	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-3/4 CUP	3/4 CUP	1	167	0	0	3.03	25.79	5.31	1.52	0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	*2	6.87	20.63	6.13	0.51	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*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			1226	*83	*75	64.55	187.65	25.43	5.40	*0.00
% of Calories					*24.5%	21.1%	61.2%	18.7%	4.0%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Weighted Average			1177	*89	*76	58.59	172.70	29.68	8.59	*0.08
					*58.0%	19.9%	58.7%	22.7%	6.6%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1177		846	139%				
Cholesterol (mg)	89				Missing			
Sugars (g)	76	25.76%			Missing			
Protein (g)	58.59	19.91%	16.70	351%				
Carbohydrate (g)	172.70	58.68%						
Total Fat (g)	29.68	22.69%	<=30.00%					
Saturated Fat (g)	8.59	6.57%	<10.00%					
Trans Fat ¹ (g)	0.08	0.06%			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.