

Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

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Dec 1, 2017 thru Dec 22, 2017

ELEMENTARY LUNCH

Generated on: 11/8/2017 10:08:58 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/01/2017								
ELEMENTARY LUNCH	Total	1						
MAX STUFFED CRUST PEPPERONI PI	SLICE	1	330	17.0	35.01	14.0	4.50	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	2.42	8.31	6.21	0.55	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0.0	19.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			839	44.80	116.58	22.87	6.60	*0.00
% of Calories				21.4%	55.6%	24.5%	7.1%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/04/2017								
ELEMENTARY LUNCH	Total	1						
TERIYAKI CHICKEN:ELE	2.6 OZ	1	84	11.14	5.57	1.86	0.46	0.00
VEGGIE WHOLE GRAIN CHOW MEIN:E	4 OZ	1	130	5.0	25.0	1.5	0.00	0.00
CARIBBEAN BLEND VEGETABLES:ELE	3/4 CUP	1	26	0.75	4.5	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	3.4	10.51	6.06	0.51	*0.00
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	120	2.0	21.0	3.5	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
SMACKERS: SUNSET ONLY	4.3 OZ SERVIN	1	278	18.6	20.67	13.44	3.10	0.00
Weighted Daily Average			1092	66.27	141.52	29.02	6.62	*0.00
% of Calories				24.3%	51.8%	23.9%	5.5%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/05/2017								
ELEMENTARY LUNCH	Total	1						
BEAN & CHEESE BURRITO-ELE.	BURRITO	1	270	15.0	43.0	5.0	1.00	0.00
REFRIED BEANS	1/2 CUP	1	164	8.21	23.6	4.62	1.54	*0.00
SOUTHWEST BLEND VEGETABLES	3/4 CUP	1	90	4.5	16.88	5.63	1.13	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*0.00
CREAMIES JR.: (CHOICE OF)	CREAMIE	1	93	2.0	14.0	3.5	2.00	0.00
SALSA PICANTE	1 OZ	1	9	0.89	1.77	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1129	59.34	162.73	33.31	8.82	*0.00
% of Calories				21.0%	57.7%	26.6%	7.0%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/06/2017								
ELEMENTARY LUNCH	Total	1						
TERIYAKI BEEF NUGGETS: (Elem.)	4 Nugget	1	160	14.0	6.0	8.0	3.50	0.05
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	2.0	17.03	1.0	0.00	*0.00
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	25	0.98	3.93	0.98	0.00	0.00
SUNSHINE CARROTS;ELE	3/4 CUP	1	30	0.0	5.75	0.14	0.03	0.00
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
CHICKEN SANDWICH: SUNSET ONLY	1 each	1	340	17.0	33.0	16.51	3.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0.0	0.0	4.0	1.00	0.00
Weighted Daily Average			1100	63.37	136.97	34.30	9.07	*0.05
% of Calories				23.1%	49.8%	28.1%	7.4%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/07/2017								
ELEMENTARY LUNCH	Total	1						
CHICKEN BREAST PATTIE SAND: EL	1 each	1	340	17.0	33.0	16.51	3.00	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*0.00
FRENCH FRIES-1/2 CUP	1/2 CUP	1	111	2.02	17.19	3.54	1.01	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	2.26	7.21	0.2	0.03	*0.00
JELL-O	GEL CUP	1	100	0.0	25.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	0.0	0.00	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			1019	47.57	148.67	26.98	6.10	*0.00
% of Calories				18.7%	58.4%	23.8%	5.4%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

Fri - 12/08/2017								
ELEMENTARY LUNCH	Total	1						
WG PEPPERONI PIZZA RIPPERS	SERVING	1	300	15.0	30.0	11.0	4.00	0.00
MARINARA SAUCE: ELE	1/2 CUP	1	70	1.99	11.93	1.49	0.00	0.00
TOMATOES, CUCUMBER, CARROTS:EL	3/4 CUP	1	95	1.77	11.38	6.17	0.51	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0.0	19.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			875	44.13	126.57	21.32	6.06	*0.00
% of Calories				20.2%	57.9%	21.9%	6.2%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/11/2017								
ELEMENTARY LUNCH	Total	1						
THAI SWEET CHILI CHICKEN:ELE	2.85 OZ	1	120	11.0	15.0	2.0	0.50	0.00
VEGETABLE HARVEST RICE PILAF:E	3/4 CUP	1	130	3.0	24.01	2.5	0.00	0.00
KEY WEST BLEND VEGETABLE: ELE	3/4 CUP	1	34	0.0	6.75	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	3.4	10.51	6.06	0.51	*0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
SMACKERS: SUNSET ONLY	4.3 OZ SERVIN	1	278	18.6	20.67	13.44	3.10	0.00
Weighted Daily Average			1048	61.38	138.18	26.86	5.69	*0.00
% of Calories				23.4%	52.7%	23.1%	4.9%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/12/2017								
ELEMENTARY LUNCH	Total	1						
CHEESE QUESADILLA	1 EACH	1	330	18.01	25.01	18.01	11.01	0.00
BLACK BEANS	1/2 CUP	1	153	9.25	27.52	1.0	0.00	*0.00
SOUTHWEST BLEND VEGETABLES	3/4 CUP	1	90	4.5	16.88	5.63	1.13	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*0.00
SALSA PICANTE	1 OZ	1	9	0.89	1.77	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1085	61.38	134.66	39.21	15.29	*0.00
% of Calories				22.6%	49.7%	32.5%	12.7%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

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ELEMENTARY LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/13/2017								
ELEMENTARY LUNCH	Total	1						
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	17.0	15.0	14.0	3.00	0.00
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	3.0	23.99	3.56	1.69	*0.00
GREEN BEANS:ELE	3/4 CUP	1	32	1.91	7.16	0.16	0.03	*N/A*
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0.0	0.0	4.0	1.00	0.00
Weighted Daily Average			910	51.28	117.41	25.38	7.27	*0.00
% of Calories				22.5%	51.6%	25.1%	7.2%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/14/2017								
ELEMENTARY LUNCH	Total	1						
MINI CORN DOG NUGGETS (ELEM)	4 EACH	1	167	6.67	20.0	6.67	1.67	0.00
TATER TOTS: 1/2 CUP	8 PIECES	1	140	2.0	16.0	7.0	1.50	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	2.26	7.21	0.2	0.03	*0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0.22	0.33	0.0	0.00	0.00
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	158	1.89	22.26	7.44	1.70	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			878	38.41	128.40	23.96	6.44	*0.00
% of Calories				17.5%	58.5%	24.6%	6.6%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/15/2017								
ELEMENTARY LUNCH	Total	1						
6" WW PEPPERONI PIZZA	SERVING	1	350	22.0	30.0	16.0	8.00	0.00
DINNER SALAD	1 CUP	1	132	4.55	13.53	6.02	0.50	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0.0	19.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			891	51.92	116.79	24.68	10.05	*0.00
% of Calories				23.3%	52.4%	24.9%	10.1%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/18/2017								
ELEMENTARY LUNCH	Total	1						
CHERRY BLOSSOM CHICKEN FRO30:E	2.94 OZ	1	140	9.33	13.99	5.44	1.55	0.00
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	3.0	24.01	2.5	0.00	0.00
MALIBU BLEND VEGETABLES:ELE	3/4 CUP	1	26	0.75	4.5	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	3.4	10.51	6.06	0.51	*0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
SMACKERS: SUNSET ONLY	4.3 OZ SERVIN	1	278	18.6	20.67	13.44	3.10	0.00
Weighted Daily Average			1061	60.46	134.92	30.30	6.74	*0.00
% of Calories				22.8%	50.9%	25.7%	5.7%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/19/2017								
ELEMENTARY LUNCH	Total	1						
BEEF TACO STICK	1 EACH	1	345	20.07	31.87	12.82	8.35	0.00
REFRIED BEANS	1/2 CUP	1	164	8.21	23.6	4.62	1.54	*0.00
SOUTHWEST BLEND VEGETABLES	3/4 CUP	1	90	4.5	16.88	5.63	1.13	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*0.00
SALSA PICANTE	1 OZ	1	9	0.89	1.77	0.0	0.00	0.00
PUDDING,CHOICE	SERVING	1	115	1.0	20.5	3.0	1.75	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1226	63.41	158.10	40.63	15.92	*0.00
% of Calories				20.7%	51.6%	29.8%	11.7%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

Wed - 12/20/2017								
ELEMENTARY LUNCH	Total	8240						
HAM : ELEM	2OZ.	8240	71	9.14	0.0	3.56	1.52	0.00
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	3.0	23.99	3.56	1.69	*0.00
WG DINNER ROLL	ROLL	6000	90	4.0	17.0	1.0	0.00	0.00
CALIFORNIA BLEND VEGETABLE:ELE	3/4 CUP	4500	44	1.0	5.0	1.59	0.29	0.00
CAKE, JELLO	SLICE	5000	275	3.37	48.68	7.85	4.92	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	5000	63	0.71	16.0	0.23	0.05	*0.00
MARGARINE REDDIES: (1)	1 Patty	2500	35	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	6592	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1638	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			492	23.08	72.76	11.76	5.30	*0.00
% of Calories				18.8%	59.1%	21.5%	9.7%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

Weighted Average			975	52.63	131.02	27.90	8.28	*0.00
				21.6%	53.8%	25.8%	7.7%	*0.0%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

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

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Washington County School District

Dec 1, 2017 thru Dec 22, 2017

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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Generated on: 11/8/2017 10:08:58 AM

Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Protn (g) Shortfall	Carb (g)	T-Fat (g) Overage	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	975		645	151%							
Protein (g)	52.63	21.60%	8.87	594%							
Carbohydrate (g)	131.02	53.77%									
Total Fat (g)	27.90	25.76%	<=30.00%								
Saturated Fat (g)	8.28	7.65%	<10.00%								
Trans Fat ¹ (g)	0.00	0.00%			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*
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