

Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/01/2017																
Elementary Lunch	Total	1														
HAM : ELEM	2OZ.	1	71	25	599	0.00	0.37	0.0	0	0.0	*N/A*	9.14	0.0	3.56	1.52	0.00
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	502	2.00	0.37	41.1	148	6.0	*3	3.0	23.99	3.56	1.69	*0.00
CALIFORNIA BLEND VEGETABLE:ELE	3/4 CUP	1	44	0	46	2.00	0.00	20.0	1072	18.0	*2	1.0	5.0	1.59	0.29	0.00
WG DINNER ROLL	ROLL	1	90	0	160	2.00	1.08	40.0	10	2.4	2	4.0	17.0	1.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
CHICKEN SANDWICH: SUNSET ONLY	1 each	1	340	30	470	3.00	2.88	80.0	110	3.6	2	17.0	33.0	16.51	3.00	0.00
Weighted Daily Average			1103	*70	2249	11.14	4.87	1096.0	3169	63.48	*59	59.86	139.00	32.94	9.06	*0.00
% of Calories											*21.6%	21.7%	50.4%	26.9%	7.4%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Thu - 02/02/2017																
Elementary Lunch	Total	1														
POPCORN CHICKEN SMACKERS	4.3 OZ SERVING	1	295	81	490	3.02	2.01	18.1	168	0.0	0	18.1	17.1	17.1	3.02	0.00
TATER TOTS: ELE	1/2 CUP	1	133	0	275	1.60	0.54	10.0	0	0.6	0	1.6	17.47	5.79	0.83	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	75	2.94	2.34	57.2	6427	23.91	*0	2.26	7.21	0.2	0.03	*0.00
FRUIT POCKET	1 EACH	1	160	0	123	3.00	0.00	0.0	55	12.0	11	2.0	27.0	4.2	1.35	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1070	*97	2220	12.70	5.44	1020.2	9004	72.39	*62	49.66	150.11	30.01	6.78	*0.00
% of Calories											*23.0%	18.6%	56.1%	25.2%	5.7%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 2

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/03/2017																
Elementary Lunch	Total	1														
5" ROUND PEPPERONI PIZZA	PIZZA	1	339	40	669	3.00	1.80	399.3	749	5.99	4	18.97	30.94	15.97	7.99	0.00
5" ROUND CHEESE PIZZA	PIZZA	1	330	35	590	3.00	1.80	449.7	750	4.8	4	18.99	30.98	13.99	7.99	0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	106	10	191	3.05	0.84	41.9	11894	3.41	*0	1.79	10.03	6.17	0.53	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	5	3.00	0.36	80.0	400	60.0	*N/A*	0.0	18.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1208	*100	1886	14.19	4.98	1885.8	15420	107.67	*59	65.45	149.96	38.85	18.07	*0.00
% of Calories											*19.5%	21.7%	49.7%	28.9%	13.5%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/06/2017																
Elementary Lunch	Total	1														
TERIYAKI CHICKEN:ELE	2.6 OZ	1	90	40	320	0.00	0.36	0.0	0	0.0	*N/A*	12.0	6.0	2.0	0.50	0.00
VEGGIE WHOLE GRAIN CHOW MEIN:E	4 OZ	1	130	0	460	5.00	1.44	20.0	1500	9.0	*N/A*	5.0	25.0	1.5	0.00	0.00
CARIBBEAN BLEND VEGETABLES:ELE	3/4 CUP	1	26	0	22	1.50	0.54	15.0	75	13.5	2	0.75	4.5	0.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	212	3.64	3.59	77.4	9965	24.86	*1	3.4	10.51	6.06	0.51	*0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	11	0.15	0.00	0.0	0	0.0	*N/A*	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
SMACKERS: SUNSET ONLY	4.3 OZ SERVING	1	295	81	490	3.02	2.01	18.1	168	0.0	0	18.1	17.1	17.1	3.02	0.00
Weighted Daily Average			1050	*146	1947	15.45	8.12	1045.5	13336	80.84	*53	64.96	130.08	29.58	5.61	*0.00
% of Calories											*20.3%	24.7%	49.5%	25.3%	4.8%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/07/2017																
Elementary Lunch	Total	1														
SOFT FLOUR TACO: ELE	3.17 oz	1	211	35	418	4.01	3.09	41.1	647	5.01	*0	16.04	22.01	7.51	1.81	0.00
LETTUCE & TOMATO:3/4 CUP	3/4 CUP	1	14	0	6	1.10	0.32	10.1	569	7.16	2	0.95	2.86	0.09	0.01	*0.00
CHEESE SHREDDED: MIX .25OZ	.25 OZ	1	25	6	41	0.00	0.03	51.4	54	0.0	*N/A*	1.8	0.18	1.89	1.20	0.00
BLACK BEANS	1/2 CUP	1	140	0	334	8.03	1.82	42.1	10	0.0	*2	8.03	25.09	1.0	0.00	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	509	4.29	3.08	46.9	5998	18.58	*0	3.37	9.22	11.91	1.61	*0.00
CINNAMON ROLL:, (Riches)	1 EA	1	147	3	84	1.64	0.00	0.5	61	0.0	*0	2.74	29.75	1.87	0.52	*0.00
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0.00	0.0	89	0.0	0	0.89	1.77	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1073	*68	1957	22.08	8.52	1106.9	9056	64.24	*54	59.52	150.89	27.00	6.70	*0.00
% of Calories											*20.3%	22.2%	56.3%	22.6%	5.6%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/08/2017																
Elementary Lunch	Total	1														
BREADED PORK STEAK	1 EACH	1	293	51	424	2.02	1.45	20.2	5	0.0	1	16.17	17.18	17.18	4.55	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	0.37	22.4	5	30.04	*1	2.0	17.03	1.0	0.00	*0.00
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	45	0	222	0.00	0.01	1.1	1	0.0	*N/A*	1.0	5.0	2.0	1.50	0.00
BROCCOLI ; FROZEN (ELE)	3/4 CUP	1	26	0	17	1.73	0.00	1545.0	5888	154.8	0	1.73	3.45	2.36	0.37	0.00
WG DINNER ROLL	ROLL	1	90	0	160	2.00	1.08	40.0	10	2.4	2	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
CHICKEN SANDWICH: SUNSET ONLY	1 each	1	340	30	470	3.00	2.88	80.0	110	3.6	2	17.0	33.0	16.51	3.00	0.00
Weighted Daily Average			1272	*96	2079	11.89	5.97	2623.7	7847	224.33	*57	67.61	152.66	46.77	11.97	*0.00
% of Calories											*17.8%	21.3%	48.0%	33.1%	8.5%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Base Menu Spreadsheet

Elementary Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/09/2017																
Elementary Lunch	Total	1														
CHICKEN NOODLE SOUP:ELE	3/4 CUP	1	89	27	140	1.80	0.69	31.1	1580	1.35	*1	6.21	10.84	2.27	0.31	*0.00
GARLIC TWIST	2 OZ	1	141	11	384	4.71	1.37	21.2	92	0.0	*1	4.18	27.29	2.59	0.61	*0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6005	34.31	*1	2.42	8.31	6.21	0.55	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	75	2.94	2.34	57.2	6427	23.91	*0	2.26	7.21	0.2	0.03	*0.00
PUDDING, CHOCOLATE: (HUN TS)	SNACK P ACK	1	120	0	135	0.00	1.08	100.0	80	0.0	16	2.0	21.0	3.5	2.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			851	*63	1309	13.95	6.33	1154.4	15813	93.06	*70	42.78	134.65	17.50	5.06	*0.00
% of Calories											*32.7%	20.1%	63.3%	18.5%	5.4%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Fri - 02/10/2017																
Elementary Lunch	Total	1														
PIZZA, MAX (WHOLE GRAIN, P EP)	SLICE	1	370	10	600	6.00	2.70	350.0	200	0.0	*N/A*	19.0	47.0	12.0	3.50	0.00
DINNER SALAD	1 CUP	1	132	10	182	5.17	6.75	118.6	17926	47.38	*0	4.55	13.53	6.02	0.50	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	5	3.00	0.36	80.0	400	60.0	*N/A*	0.0	18.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			934	*35	1219	16.31	9.99	1463.5	20154	140.87	*51	49.25	138.53	20.74	5.56	*0.00
% of Calories											*21.7%	21.1%	59.3%	20.0%	5.4%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 02/13/2017																
Elementary Lunch	Total	1														
ORANGE CHICKEN :ELE	2.94 OZ	1	120	34	232	0.00	1.35	0.0	75	0.9	*N/A*	9.0	15.75	2.25	0.38	0.00
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	80	0	70	1.00	0.36	1.1	0	0.0	*0	2.0	16.48	0.75	0.00	*0.00
KEY WEST BLEND VEGETABLE: ELE	3/4 CUP	1	34	0	39	2.25	0.81	22.5	1125	6.75	3	0.0	6.75	0.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	212	3.64	3.59	77.4	9965	24.86	*1	3.4	10.51	6.06	0.51	*0.00
BUG BITES	BAG	1	120	0	1151	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
SOY SAUCE: PC	PC	1	10	0	500	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SMACKERS: SUNSET ONLY	4.3 OZ SERVING	1	295	81	490	3.02	2.01	18.1	168	0.0	0	18.1	17.1	17.1	3.02	0.00
Weighted Daily Average			1136	*140	3126	13.05	9.02	1134.1	13461	65.99	*62	60.21	147.59	32.38	6.45	*0.00
% of Calories											*22.0%	21.2%	52.0%	25.7%	5.1%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Tue - 02/14/2017																
Elementary Lunch	Total	1														
BEEF TACO STICK	1 EACH	1	345	52	631	3.85	2.77	328.8	252	6.37	*N/A*	20.07	31.87	12.82	8.35	0.00
REFRIED BEANS	1/2 CUP	1	180	0	598	8.99	2.03	46.8	0	28.32	*N/A*	8.99	25.85	5.06	1.69	*0.00
SOUTHWEST BLEND VEGETABLES	3/4 CUP	1	90	0	79	6.75	0.81	0.0	225	13.5	4	4.5	16.88	5.63	1.13	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	509	4.29	3.08	46.9	5998	18.58	*0	3.37	9.22	11.91	1.61	*0.00
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0.00	0.0	89	0.0	0	0.89	1.77	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
COOKIE: VALENTINES	COOKIE	1	172	6	78	1.00	0.72	10.0	50	0.0	15	1.7	26.9	6.7	1.80	0.00
Weighted Daily Average			1353	*84	2856	27.91	9.59	1347.3	8867	100.25	*70	65.22	180.82	44.84	16.13	*0.00
% of Calories											*20.7%	19.3%	53.5%	29.8%	10.7%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/15/2017																
Elementary Lunch	Total	1														
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	59	321	3.00	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	502	2.00	0.37	41.1	148	6.0	*3	3.0	23.99	3.56	1.69	*0.00
NORTHWEST BLEND VEGETA BLE:ELE	3/4 CUP	1	19	0	17	1.11	0.40	11.1	414	8.29	2	0.55	3.32	0.0	0.00	0.00
WG DINNER ROLL	ROLL	1	90	0	160	2.00	1.08	40.0	10	2.4	2	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			921	*74	1471	10.25	3.02	1022.1	2462	50.17	*57	50.26	119.31	25.28	7.24	*0.00
% of Calories											*24.8%	21.8%	51.8%	24.7%	7.1%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Thu - 02/16/2017																
Elementary Lunch	Total	1														
MINI CORN DOG NUGGETS (E LEM)	4 EACH	1	166	40	279	1.99	1.19	66.3	0	0.8	*N/A*	6.63	19.89	6.63	1.66	0.00
FRENCH FRIES: ELE	1/2 CUP	1	110	0	167	1.40	0.18	0.0	0	1.8	0	1.5	16.53	4.21	0.70	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	75	2.94	2.34	57.2	6427	23.91	*0	2.26	7.21	0.2	0.03	*0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
FRUIT POCKET	1 EACH	1	160	0	123	3.00	0.00	0.0	55	12.0	11	2.0	27.0	4.2	1.35	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			874	*55	1522	11.47	3.90	1038.5	8736	71.99	*62	39.10	139.98	17.96	5.29	*0.00
% of Calories											*28.2%	17.9%	64.1%	18.5%	5.4%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/17/2017																
Elementary Lunch	Total	1														
6" WW PEPPERONI PIZZA	SERVING	1	350	40	690	4.00	2.70	300.0	500	12.0	7	22.0	30.0	16.0	8.00	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6005	34.31	*1	2.42	8.31	6.21	0.55	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	5	3.00	0.36	80.0	400	60.0	*N/A*	0.0	18.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			882	*65	1270	11.50	3.90	1325.0	8533	139.79	*58	50.13	116.31	24.93	10.10	*0.00
% of Calories											*26.5%	22.7%	52.7%	25.4%	10.3%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/21/2017																
Elementary Lunch	Total	1														
CHICKEN FAJITA WRAP:ELE	WRAP	1	189	46	1021	3.51	1.72	146.1	324	0.0	*0	16.04	17.76	6.04	1.52	0.00
LETTUCE & TOMATO:3/4 CUP	3/4 CUP	1	14	0	6	1.10	0.32	10.1	569	7.16	2	0.95	2.86	0.09	0.01	*0.00
REFRIED BEANS	1/2 CUP	1	180	0	598	8.99	2.03	46.8	0	28.32	*N/A*	8.99	25.85	5.06	1.69	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	509	4.29	3.08	46.9	5998	18.58	*0	3.37	9.22	11.91	1.61	*0.00
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0.00	0.0	89	0.0	0	0.89	1.77	0.0	0.00	0.00
COOKIE: PUMPKIN CHOCOLA TE CHIP	COOKIE	1	158	10	180	2.40	0.79	42.1	525	0.01	*10	1.89	22.26	7.44	1.70	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1075	*81	2880	23.31	8.12	1206.9	9134	87.56	*63	57.83	139.71	33.25	8.08	*0.00
% of Calories											*23.3%	21.5%	52.0%	27.8%	6.8%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 02/22/2017																
Elementary Lunch	Total	1														
TERIYAKI BEEF NUGGETS: (EI em.)	4 Nugget	1	160	40	440	1.00	1.44	20.0	20	0.0	4	13.99	5.99	7.99	3.50	0.50
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	0.37	22.4	5	30.04	*1	2.0	17.03	1.0	0.00	*0.00
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	25	0	326	0.00	0.01	1.1	0	0.0	*N/A*	0.98	3.93	0.98	0.00	0.00
SUNSHINE CARROTS;ELE	3/4 CUP	1	30	0	51	2.46	0.59	16.4	1443	1.97	*N/A*	0.0	5.75	0.14	0.03	0.00
WG DINNER ROLL	ROLL	1	90	0	160	2.00	1.08	40.0	10	2.4	2	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
CHICKEN SANDWICH: SUNSET ONLY	1 each	1	340	30	470	3.00	2.88	80.0	110	3.6	2	17.0	33.0	16.51	3.00	0.00
Weighted Daily Average			1122	*85	2232	11.61	6.55	1094.9	3416	71.50	*59	63.68	142.70	34.35	9.08	*0.50
% of Calories											*21.2%	22.7%	50.9%	27.5%	7.3%	*0.4%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Thu - 02/23/2017																
Elementary Lunch	Total	1														
PULLED PORK SANDWICH:ELE	3oz serving	1	237	33	615	3.50	1.83	360.0	294	6.15	*2	17.75	30.75	6.0	1.58	0.00
TATER TOTS: ELE	1/2 CUP	1	133	0	275	1.60	0.54	10.0	0	0.6	0	1.6	17.47	5.79	0.83	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	75	2.94	2.34	57.2	6427	23.91	*0	2.26	7.21	0.2	0.03	*0.00
PUDDING, CHOCOLATE: (HUNTS)	SNACK P ACK	1	120	0	135	0.00	1.08	100.0	80	0.0	16	2.0	21.0	3.5	2.00	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			922	*48	1927	10.18	5.97	1442.1	9055	64.14	*69	49.31	144.77	18.21	5.99	*0.00
% of Calories											*29.8%	21.4%	62.8%	17.8%	5.8%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 02/24/2017																
Elementary Lunch	Total	1														
RAVIOLI, BEEF	8 RAVIOLI	1	251	30	693	5.02	2.71	20.1	201	0.0	*N/A*	16.07	30.14	8.04	3.52	0.00
WG DINNER ROLL	ROLL	1	90	0	160	2.00	1.08	40.0	10	2.4	2	4.0	17.0	1.0	0.00	0.00
GREEN BEANS:ELE	3/4 CUP	1	32	0	399	3.02	1.43	41.4	555	6.84	*N/A*	1.91	7.16	0.16	0.03	*N/A*
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	5	3.00	0.36	80.0	400	60.0	*N/A*	0.0	18.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
HAMBURGER : SUNSET ONLY	PATTY	1	257	39	390	2.03	34.38	73.7	10	2.43	2	21.08	21.1	10.15	3.40	0.00
Weighted Daily Average			1063	*84	2079	17.22	40.15	1170.0	2804	105.15	*55	68.77	153.39	22.07	8.50	*0.00
% of Calories											*20.5%	25.9%	57.7%	18.7%	7.2%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Mon - 02/27/2017																
Elementary Lunch	Total	1														
CHERRY BLOSSOM CHICKEN	2.94 OZ	1	140	35	120	0.00	0.56	0.0	51	1.87	10	9.33	13.99	5.44	1.55	0.00
FRO30:E																
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	0	580	2.00	1.44	20.0	2501	4.8	*N/A*	3.0	24.01	2.5	0.00	0.00
MALIBU BLEND VEGETABLES: ELE	3/4 CUP	1	26	0	34	1.50	0.54	15.0	750	13.5	2	0.75	4.5	0.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	212	3.64	3.59	77.4	9965	24.86	*1	3.4	10.51	6.06	0.51	*0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	11	0.15	0.00	0.0	0	0.0	*N/A*	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
SMACKERS: SUNSET ONLY	4.3 OZ S ERVING	1	295	81	490	3.02	2.01	18.1	168	0.0	0	18.1	17.1	17.1	3.02	0.00
Weighted Daily Average			1100	*141	1879	12.45	8.32	1045.5	15063	78.51	*63	60.29	137.09	34.03	6.66	*0.00
% of Calories											*23.1%	21.9%	49.8%	27.8%	5.5%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=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

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Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 02/28/2017																
Elementary Lunch	Total	1														
BURRITO : ELEMENTARY	BURRITO	1	291	15	479	7.96	3.60	150.0	295	1.2	*N/A*	11.84	40.95	8.29	3.62	0.01
BLACK BEANS	1/2 CUP	1	140	0	334	8.03	1.82	42.1	10	0.0	*2	8.03	25.09	1.0	0.00	*0.00
SOUTHWEST BLEND VEGETA BLES	3/4 CUP	1	90	0	79	6.75	0.81	0.0	225	13.5	4	4.5	16.88	5.63	1.13	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	*0	2	2.14	0.18	14.9	128	27.48	*8	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	509	4.29	3.08	46.9	5998	18.58	*0	3.37	9.22	11.91	1.61	*0.00
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0.00	0.0	89	0.0	0	0.89	1.77	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
CHOCOLATE CHIP COOKIES	1 EACH	1	136	14	173	1.44	0.68	37.1	292	0.0	*8	2.19	18.48	6.34	1.52	*0.00
Weighted Daily Average			1223	*54	2535	31.50	10.17	1190.9	9162	66.76	*65	56.51	180.71	35.89	9.43	*0.01
% of Calories											*21.3%	18.5%	59.1%	26.4%	6.9%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Weighted Average			1065	*84	2034	15.69	8.58	1284.9	9710	92.04	*60	56.86	144.65	29.82	8.51	*0.03
											*51.1%	21.4%	54.3%	25.2%	7.2%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1065		645	165%				
Cholesterol (mg)	84				Missing			
Sodium (mg)	2034						2034	
Fiber (g)	15.69							
Iron (mg)	8.58		3.30	260%				
Calcium (mg)	1284.9		267.00	481%				
Vitamin A (IU)	9710		1055	920%				
Sugars (g)	60	22.71%			Missing			
Vitamin C (mg)	92.04		15.00	614%				
Protein (g)	56.86	21.36%	8.87	641%				
Carbohydrate (g)	144.65	54.33%						
Total Fat (g)	29.82	25.20%	<=30.00%					
Saturated Fat (g)	8.51	7.19%	<10.00%					
Trans Fat ¹ (g)	0.03	0.02%			Missing			

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