

Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	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																
Secondary Lunch 9-12	Total	1														
HAM : SECONDARY	3 OZ	1	105	38	888	0.00	0.54	0.0	0	0.0	*N/A*	13.55	0.0	5.27	2.26	0.00
SCALLOPED POTATOES:SEC	3/4 CUP	1	223	0	703	2.80	0.51	57.6	207	8.4	*4	4.2	33.59	4.98	2.37	*0.00
CALIFORNIA BLEND VEGETABLES:SE	1 CUP	1	55	0	57	2.49	0.00	24.9	1334	22.4	*2	1.24	6.22	1.98	0.36	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
ROLL : 2 OZ	ROLL	1	138	11	376	4.70	1.36	14.1	81	0.0	*1	3.93	27.16	2.34	0.49	*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
ALT SEC WEEKLY 1st CHO																
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	1.39	65.8	528	6.26	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	947	2.4	*4	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
TOMATOES, CUCUMBER, CARROTS:SE	1 CUP	1	99	10	131	2.10	0.60	24.3	6219	7.83	*2	1.94	12.03	6.22	0.51	*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			1014	*75	2325	11.85	3.26	1212.4	6487	84.31	*68	47.94	138.52	30.25	11.56	*0.00
% of Calories											*26.8%	18.9%	54.7%	26.9%	10.3%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Thu - 02/02/2017																
Secondary Lunch 9-12	Total	1														
CHICKEN CHUNKS	6 PIECES	1	257	43	585	2.00	1.00	19.0	35	0.0	1	20.0	18.0	13.0	2.00	0.00
TATER TOTS: SEC	3/4 CUP	1	177	0	366	2.13	0.72	13.3	0	0.8	0	2.13	23.29	7.72	1.10	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	4.69	114.5	12855	47.82	*0	4.51	14.42	0.39	0.06	*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

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

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	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)
ALT SEC WEEKLY 1st CHO	Total	1														
CHEF SALAD: ALT LINE	2 CUP	1	299	71	665	10.14	14.27	365.3	35928	94.04	*0	27.02	23.63	10.26	5.33	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	4.69	114.5	12855	47.82	*0	4.51	14.42	0.39	0.06	*0.00
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	1.36	14.1	81	0.0	*1	3.93	27.16	2.34	0.49	*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			1050	*78	2053	20.99	13.87	1259.4	32995	163.11	*66	58.44	158.36	22.09	6.80	*0.00
% of Calories											*25.1%	22.3%	60.3%	18.9%	5.8%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Fri - 02/03/2017																
Secondary Lunch 9-12	Total	1														
PEPPERONI PIZZA -BELLA RO SE 8	SLICES	1	440	50	819	2.00	1.80	499.6	749	6.0	5	22.98	33.97	20.98	9.99	0.00
CHEESE PIZZA -BELLA ROSE 8	SLICE	1	420	42	720	2.00	1.80	500.0	750	6.0	5	23.0	34.0	21.0	9.00	0.00
CARROT & CELERY STICKS:SEC	1 CUP	1	97	10	187	2.42	0.53	43.2	6197	3.43	*1	1.78	7.67	6.18	0.54	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*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
ALT SEC WEEKLY 1st CHO	Total	1														
EXPRESS BEEF & ONION BURGER: P	SANDWIC	1	316	45	711	3.00	2.93	144.7	344	4.81	*3	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	*0.00
BAKED BEANS:ELE	3/4 CUP	1	150	0	613	3.97	1.27	44.9	271	2.24	*21	4.83	36.04	0.38	0.07	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	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
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
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	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

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Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	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)
Weighted Daily Average % of Calories			1245	*91	2402	14.34	5.02	1630.0	6863	135.14	*78 *25.0%	63.83 20.5%	168.18 54.1%	35.90 26.0%	14.04 10.2%	*0.25 *0.2%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Mon - 02/06/2017																
Secondary Lunch 9-12	Total	1														
TERIYAKI CHICKEN:SEC	4.2 oz	1	120	53	427	0.00	0.48	0.0	0	0.0	*N/A*	16.0	8.0	2.67	0.67	0.00
VEGGIE WHOLE GRAIN CHOW MEIN:S	8 OZ	1	260	0	920	10.00	2.88	40.0	3000	18.0	*N/A*	10.0	50.0	3.0	0.00	0.00
CARIBBEAN BLEND VEGETABLES:SEC	1 CUP	1	35	0	30	2.00	0.72	20.0	100	18.0	3	1.0	6.0	0.0	0.00	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	8.62	197.6	22064	62.52	*1	6.87	20.63	6.13	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
ALT SEC WEEKLY 1st CHO	Total	1														
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	0.83	40.8	6147	54.61	*1	3.06	9.82	6.29	0.56	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	8.62	197.6	22064	62.52	*1	6.87	20.63	6.13	0.51	*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
FRENCH PIZZA ENTER&WATER ONLY	1 each	1	370	30	530	2.00	0.00	400.1	400	0.0	*N/A*	22.01	29.01	20.01	8.00	0.00
Weighted Daily Average % of Calories			1194	*84	2116	22.52	12.40	1527.1	28815	168.49	*63 *21.1%	69.79 23.4%	163.76 54.9%	30.65 23.1%	8.95 6.7%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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

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																
Secondary Lunch 9-12	Total	1														
SOFT FLOUR TACO:SEC	1 serving	1	241	35	443	4.01	3.09	41.1	652	5.01	*1	16.04	26.01	8.01	2.31	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 .5OZ	.5 OZ	1	50	11	81	0.00	0.07	102.8	108	0.0	*N/A*	3.6	0.36	3.77	2.39	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
CHIPS-Baked! Tostitos Scoops	BAG	1	110	0	110	2.00	0.36	0.0	0	0.0	*N/A*	2.0	19.0	2.5	0.00	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	794	6.58	5.80	93.7	11796	34.75	*0	4.74	14.44	12.82	1.73	*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
ALT SEC WEEKLY 1st CHO	Total	1														
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	317	3.6	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	*0.00
FRENCH FRIES: SEC	3/4 CUP	1	147	0	224	1.88	0.24	0.0	0	2.41	0	2.01	22.12	5.63	0.94	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	794	6.58	5.80	93.7	11796	34.75	*0	4.74	14.44	12.82	1.73	*0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	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
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
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 % of Calories			1281	*67	2699	23.50	11.04	1175.9	15054	108.95	*64 *20.0%	60.26 18.8%	182.70 57.1%	35.53 25.0%	7.93 5.6%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	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																
Secondary Lunch 9-12	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	3/4 CUP	1	122	0	479	1.53	0.57	34.2	8	45.78	*2	3.05	25.94	1.53	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 (SEC)	1 CUP	1	34	0	23	2.30	0.00	2060.0	7850	206.4	0	2.3	4.6	3.15	0.49	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	1.36	14.1	81	0.0	*1	3.93	27.16	2.34	0.49	*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
ALT SEC WEEKLY 1st CHO																
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	1.39	65.8	528	6.26	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	947	2.4	*4	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
TOMATOES, CUCUMBER, CAR ROTS:SE	1 CUP	1	99	10	131	2.10	0.60	24.3	6219	7.83	*2	1.94	12.03	6.22	0.51	*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			1069	*81	2075	12.13	3.75	2228.9	9648	195.00	*66	49.70	144.97	36.07	12.33	*0.00
% of Calories											*24.6%	18.6%	54.2%	30.4%	10.4%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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

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Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	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																
Secondary Lunch 9-12	Total	1														
CHICKEN NOODLE SOUP: US DA 1C.	1 CUP	1	109	33	150	2.25	0.87	38.8	1975	1.69	*1	7.69	13.23	2.76	0.39	*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: SEC	1 CUP	1	107	10	151	2.95	0.83	40.8	6147	54.61	*1	3.06	9.82	6.29	0.56	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	4.69	114.5	12855	47.82	*0	4.51	14.42	0.39	0.06	*0.00
PUDDING, CHOCOLATE: (HUNTS)	SNACK PACK	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
ALT SEC WEEKLY 1st CHO																
TACO SALAD :ALT LINE	2 CUP	1	418	55	629	12.15	15.59	406.7	36579	97.89	*N/A*	24.58	40.64	15.92	5.64	0.00
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	1.36	14.1	81	0.0	*1	3.93	27.16	2.34	0.49	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	4.69	114.5	12855	47.82	*0	4.51	14.42	0.39	0.06	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*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 % of Calories			1011	*75	1495	23.38	15.56	1354.3	37060	185.58	*70 *27.5%	53.61 21.2%	157.72 62.4%	20.04 17.8%	6.51 5.8%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Fri - 02/10/2017																
Secondary Lunch 9-12	Total	1														
PIZZA, BIG DADDY'S (SCHWANS)	1 SLICE	1	320	20	550	4.00	2.70	200.0	400	1.2	*N/A*	19.0	39.0	10.0	3.50	0.00
MIXED FRESH VEGETABLES: SEC	1 CUP	1	107	10	151	2.95	0.83	40.8	6147	54.61	*1	3.06	9.82	6.29	0.56	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*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

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Feb 1, 2017 thru Feb 28, 2017

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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)
ALT SEC WEEKLY 1st CHO EXPRESS BEEF & ONION BURGER: P	Total SANDWIC	1	316	45	711	3.00	2.93	144.7	344	4.81	*3	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO BAKED BEANS:ELE	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	*0.00
FRUIT BAR :WINTER:SEC	3/4 CUP	1	150	0	613	3.97	1.27	44.9	271	2.24	*21	4.83	36.04	0.38	0.07	*0.00
PICKLE:, CHIPS	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
KETCHUP : P/C	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
MUSTARD:, 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
LIGHT MAYONNAISE	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
FROZEN JUICE CUPS	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK	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 1% WHITE	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 FAT FREE 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
Weighted Daily Average % of Calories			980	*55	1889	14.61	4.71	1229.0	6288	155.33	*73	50.98	154.77	19.96	6.30	*0.25
Nutrient Guideline			846				4.50	400.00	1500	19.20	*29.8%	20.8%	63.2%	18.3%	5.8%	*0.2%

Mon - 02/13/2017																
Secondary Lunch 9-12	Total	1														
ORANGE CHICKEN :SEC	3.60 OZ	1	160	45	309	0.00	1.80	0.0	100	1.2	*N/A*	12.0	21.0	3.0	0.50	0.00
RICE: COOKED BROWN (SEC)	1 CUP	1	160	0	139	2.00	0.72	2.2	0	0.0	*0	4.0	32.96	1.5	0.00	*0.00
KEY WEST BLEND VEGETABLE: SEC	1 CUP	1	45	0	53	3.00	1.08	30.0	1500	9.0	5	0.0	9.0	0.0	0.00	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	8.62	197.6	22064	62.52	*1	6.87	20.63	6.13	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

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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)
ALT SEC WEEKLY 1st CHO	Total	1														
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	0.83	40.8	6147	54.61	*1	3.06	9.82	6.29	0.56	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	8.62	197.6	22064	62.52	*1	6.87	20.63	6.13	0.51	*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
FRENCH PIZZA ENTER&WATER ONLY	1 each	1	370	30	530	2.00	0.00	400.1	400	0.0	*N/A*	22.01	29.01	20.01	8.00	0.00
Weighted Daily Average			1218	*80	2499	19.44	12.52	1563.2	28315	155.59	*68	65.28	170.25	31.71	9.35	*0.00
% of Calories											*22.2%	21.4%	55.9%	23.4%	6.9%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Tue - 02/14/2017																
Secondary Lunch 9-12	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:SEC	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	794	6.58	5.80	93.7	11796	34.75	*0	4.74	14.44	12.82	1.73	*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

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ALT SEC WEEKLY 1st CHO	Total	1														
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	317	3.6	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	*0.00
FRENCH FRIES: SEC	3/4 CUP	1	147	0	224	1.88	0.24	0.0	0	2.41	0	2.01	22.12	5.63	0.94	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	794	6.58	5.80	93.7	11796	34.75	*0	4.74	14.44	12.82	1.73	*0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	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
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
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			1424	*75	3100	25.91	11.75	1275.5	14955	126.96	*79	62.06	199.53	45.35	12.70	*0.00
% of Calories											*22.1%	17.4%	56.0%	28.7%	8.0%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Wed - 02/15/2017																
	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Secondary Lunch 9-12	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:SEC	3/4 CUP	1	223	0	703	2.80	0.51	57.6	207	8.4	*4	4.2	33.59	4.98	2.37	*0.00
NORTHWEST BLEND VEGETA BLES:SEC	1 CUP	1	35	0	30	2.00	0.72	20.0	750	15.0	3	1.0	6.0	0.0	0.00	0.00
FRUIT BAR :WINTER:SEC	CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	1.36	14.1	81	0.0	*1	3.93	27.16	2.34	0.49	*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
ALT SEC WEEKLY 1st CHO	Total	1														
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	1.39	65.8	528	6.26	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	947	2.4	*4	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
TOMATOES, CUCUMBER, CAR ROTS:SE	1 CUP	1	99	10	131	2.10	0.60	24.3	6219	7.83	*2	1.94	12.03	6.22	0.51	*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

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Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	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)
Weighted Daily Average % of Calories			1078	*86	2028	13.10	3.85	1217.5	6225	80.61	*68 *25.3%	49.54 18.4%	145.91 54.1%	33.63 28.1%	11.75 9.8%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Thu - 02/16/2017																
Secondary Lunch 9-12	Total	1														
MINI CORN DOG NUGGETS (SEC)	6 EACH	1	249	60	418	2.98	1.79	99.5	0	1.19	*N/A*	9.95	29.84	9.95	2.49	0.00
FRENCH FRIES: SEC	3/4 CUP	1	147	0	224	1.88	0.24	0.0	0	2.41	0	2.01	22.12	5.63	0.94	0.00
FRUIT BAR :WINTER:SEC	CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	4.69	114.5	12855	47.82	*0	4.51	14.42	0.39	0.06	*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
ALT SEC WEEKLY 1st CHO	Total	1														
CHEF SALAD: ALT LINE	2 CUP	1	299	71	665	10.14	14.27	365.3	35928	94.04	*0	27.02	23.63	10.26	5.33	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	4.69	114.5	12855	47.82	*0	4.51	14.42	0.39	0.06	*0.00
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	1.36	14.1	81	0.0	*1	3.93	27.16	2.34	0.49	*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 % of Calories			1009	*86	1708	21.35	13.85	1283.0	32928	163.31	*65 *25.9%	53.85 21.4%	157.70 62.5%	19.52 17.4%	6.96 6.2%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	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																
Secondary Lunch 9-12	Total	1														
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	0.83	40.8	6147	54.61	*1	3.06	9.82	6.29	0.56	*0.00
EC																
FRUIT BAR :WINTER:SEC	CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*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
FRENCH PIZZA ENTER&WATER ONLY	1 each	1	370	30	530	2.00	0.00	400.1	400	0.0	*N/A*	22.01	29.01	20.01	8.00	0.00
ALT SEC WEEKLY 1st CHOICE	Total	1														
EXPRESS BEEF & ONION BURGER: P	SANDWIC	1	316	45	711	3.00	2.93	144.7	344	4.81	*3	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	*0.00
BAKED BEANS:ELE	3/4 CUP	1	150	0	613	3.97	1.27	44.9	271	2.24	*21	4.83	36.04	0.38	0.07	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	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
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
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	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 % of Calories			1150	*73	2164	15.11	4.36	1479.1	6488	154.73	*74 *25.6%	62.99 21.9%	164.27 57.1%	30.47 23.8%	10.76 8.4%	*0.25 *0.2%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	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																
Secondary Lunch 9-12	Total	1														
CHICKEN FAJITA WRAP: SEC	WRAP	1	268	62	1348	4.67	1.69	201.5	432	0.0	*0	21.72	24.01	9.72	2.53	1.00
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
CHIPS-Baked! Tostitos Scoops	BAG	1	110	0	110	2.00	0.36	0.0	0	0.0	*N/A*	2.0	19.0	2.5	0.00	0.00
FRUIT BAR :WINTER:SEC	CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	794	6.58	5.80	93.7	11796	34.75	*0	4.74	14.44	12.82	1.73	*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
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
ALT SEC WEEKLY 1st CHO	Total	1														
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	317	3.6	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	*0.00
FRENCH FRIES: SEC	3/4 CUP	1	147	0	224	1.88	0.24	0.0	0	2.41	0	2.01	22.12	5.63	0.94	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	794	6.58	5.80	93.7	11796	34.75	*0	4.74	14.44	12.82	1.73	*0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	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
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
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 % of Calories			1294	*78	3292	24.70	10.82	1227.9	15118	120.61	*68 *20.9%	61.36 19.0%	178.15 55.1%	39.30 27.3%	8.28 5.8%	*0.50 *0.3%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	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																
Secondary Lunch 9-12	Total	1														
TERIYAKI BEEF NUGGETS: (Sec.)	5 NUGGETS	1	201	50	551	1.25	1.80	25.1	25	0.0	5	17.54	7.52	10.02	4.39	0.63
MASHED POTATOES,from Dry mix,P	3/4 CUP	1	122	0	479	1.53	0.57	34.2	8	45.78	*2	3.05	25.94	1.53	0.00	*0.00
GRAVY, BROWN LOW SODIUM	1/4 CUP	1	30	0	142	0.00	0.01	1.1	0	0.0	*N/A*	0.0	4.0	1.0	0.50	*0.00
SUNSHINE CARROTS: SEC	1 CUP	1	39	0	66	3.20	0.77	21.3	1876	2.56	*N/A*	0.0	7.47	0.19	0.03	0.00
FRUIT BAR :WINTER:SEC	CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	1.36	14.1	81	0.0	*1	3.93	27.16	2.34	0.49	*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
ALT SEC WEEKLY 1st CHO																
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	1.39	65.8	528	6.26	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	947	2.4	*4	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
TOMATOES, CUCUMBER, CAR ROTS:SE	1 CUP	1	99	10	131	2.10	0.60	24.3	6219	7.83	*2	1.94	12.03	6.22	0.51	*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			1017	*81	2120	12.19	4.31	1212.0	6670	93.08	*68	48.74	141.08	30.51	11.52	*0.31
% of Calories											*26.7%	19.2%	55.5%	27.0%	10.2%	*0.3%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Thu - 02/23/2017																
Secondary Lunch 9-12	Total	1														
PULLED PORK SANDWICH:SEC	4oz serving	1	309	44	807	5.00	2.44	460.0	394	8.6	*3	23.0	39.0	7.5	2.10	0.00
TATER TOTS: SEC	3/4 CUP	1	177	0	366	2.13	0.72	13.3	0	0.8	0	2.13	23.29	7.72	1.10	0.00
FRUIT BAR :WINTER:SEC	CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	4.69	114.5	12855	47.82	*0	4.51	14.42	0.39	0.06	*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
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

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Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	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)
ALT SEC WEEKLY 1st CHO	Total	1														
TACO SALAD :ALT LINE	2 CUP	1	418	55	629	12.15	15.59	406.7	36579	97.89	*N/A*	24.58	40.64	15.92	5.64	0.00
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	1.36	14.1	81	0.0	*1	3.93	27.16	2.34	0.49	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	4.69	114.5	12855	47.82	*0	4.51	14.42	0.39	0.06	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*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			1091	*70	1937	22.00	15.61	1540.6	33463	162.13	*69	58.71	167.86	21.82	7.33	*0.00
% of Calories											*25.4%	21.5%	61.5%	18.0%	6.0%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Fri - 02/24/2017																
Secondary Lunch 9-12	Total	1														
SPAGHETTI - BEEF	CUP SER VING	1	416	275	1217	6.24	3.77	244.1	851	7.4	*3	26.18	50.48	14.1	5.46	*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:SEC	1 CUP	1	57	0	719	5.44	2.58	74.4	999	12.31	*N/A*	3.44	12.88	0.29	0.06	*N/A*
FRUIT BAR :WINTER:SEC	CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*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
ALT SEC WEEKLY 1st CHO	Total	1														
EXPRESS BEEF & ONION BURGER: P	SANDWIC	1	316	45	711	3.00	2.93	144.7	344	4.81	*3	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	*0.00
BAKED BEANS:ELE	3/4 CUP	1	150	0	613	3.97	1.27	44.9	271	2.24	*21	4.83	36.04	0.38	0.07	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	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
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
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	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

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Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	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)
Weighted Daily Average % of Calories			1048	*178	2586	17.97	6.66	1287.9	3945	138.49	*75 *28.5%	56.76 21.7%	170.54 65.1%	19.51 16.8%	7.04 6.0%	*0.25 *0.2%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Mon - 02/27/2017																
Secondary Lunch 9-12	Total	1														
CHERRY BLOSSOM CHICKEN FRO30:S	3.92 OZ	1	180	45	155	0.00	0.72	0.0	65	2.4	13	12.0	18.0	7.0	2.00	0.00
VEGETABLE BROWN RICE : SEC	8 OZ	1	219	0	977	3.37	2.42	33.7	4211	8.09	*N/A*	5.05	40.42	4.21	0.00	0.00
MALIBU BLEND VEGETABLES: SEC	1 CUP	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT BAR :WINTER:SEC	CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	8.62	197.6	22064	62.52	*1	6.87	20.63	6.13	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
ALT SEC WEEKLY 1st CHO	Total	1														
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES: SEC	1 CUP	1	107	10	151	2.95	0.83	40.8	6147	54.61	*1	3.06	9.82	6.29	0.56	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	8.62	197.6	22064	62.52	*1	6.87	20.63	6.13	0.51	*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
FRENCH PIZZA ENTER&WATER ONLY	1 each	1	370	30	530	2.00	0.00	400.1	400	0.0	*N/A*	22.01	29.01	20.01	8.00	0.00
Weighted Daily Average % of Calories			1186	*80	1994	18.20	11.94	1514.0	29403	155.73	*68 *22.9%	64.81 21.9%	160.97 54.3%	33.42 25.4%	9.61 7.3%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	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																
Secondary Lunch 9-12	Total	1														
ENCHILADA	BURRITO	1	406	30	1273	8.32	4.01	264.6	659	2.53	*2	17.38	51.3	14.88	6.63	*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 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:SEC	CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	794	6.58	5.80	93.7	11796	34.75	*0	4.74	14.44	12.82	1.73	*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
ALT SEC WEEKLY 1st CHO																
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	317	3.6	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	*0.00
FRENCH FRIES: SEC	3/4 CUP	1	147	0	224	1.88	0.24	0.0	0	2.41	0	2.01	22.12	5.63	0.94	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	*0	3	4.13	0.34	29.1	228	54.67	*17	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	794	6.58	5.80	93.7	11796	34.75	*0	4.74	14.44	12.82	1.73	*0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	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
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
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 % of Calories			1331	*65	3298	27.39	11.88	1249.6	15260	110.88	*70 *21.0%	59.63 17.9%	191.20 57.5%	40.83 27.6%	9.95 6.7%	*0.01 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	
Weighted Average			1142	*82	2304	18.98	9.32	1393.0	17683	139.90	*69 *54.7%	57.80 20.3%	164.02 57.5%	30.34 23.9%	9.46 7.5%	*0.10 *0.1%

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Washington County School District

Feb 1, 2017 thru Feb 28, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	1142		846	135%													
Cholesterol (mg)	82					Missing			2304								
Sodium (mg)	2304																
Fiber (g)	18.98																
Iron (mg)	9.32		4.50	207%													
Calcium (mg)	1393.0		400.00	348%													
Vitamin A (IU)	17683		1500	1179%													
Sugars (g)	69	24.30%			Missing												
Vitamin C (mg)	139.90		19.20	729%													
Protein (g)	57.80	20.25%	16.70	346%													
Carbohydrate (g)	164.02	57.47%															
Total Fat (g)	30.34	23.92%	<=30.00%														
Saturated Fat (g)	9.46	7.46%	<10.00%														
Trans Fat ¹ (g)	0.10	0.08%			Missing												

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