

Washington County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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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 - 02/01/2018								
INTERMEDIATE LUNCH 6-8	Total	1						
BEEF HAMBURGER:SEC	1 EACH	1	287	22.08	26.1	10.15	3.40	0.00
SHREDDED LETTUCE & TOMATO-DELI PICKLE:, CHIPS	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*0.00
BAKED BEANS:ELE	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
FRUIT BAR :WINTER:ELE	3/4 CUP	1	150	4.83	36.04	0.38	0.07	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	63	0.71	16.0	0.23	0.05	*0.00
CREAMIES JR.: (CHOICE OF)	1/2 CUP	1	39	2.26	7.21	0.2	0.03	*0.00
MUSTARD:, P/C	CREAMIE	1	93	2.0	14.0	3.5	2.00	0.00
KETCHUP : P/C	1 Each	1	3	0.22	0.33	0.0	0.00	0.00
MILK : CHOCOLATE MILK	PC	1	31	0.0	8.34	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK FAT FREE WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Total								
XTREME BEAN & CHEESE BURRITO	BURRITO	1	291	15.6	40.95	8.29	3.62	0.00
BLACK BEANS	1/2 CUP	1	153	9.25	27.52	1.0	0.00	*0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	2.42	8.31	6.21	0.55	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	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
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			969	57.06	150.73	17.73	6.41	*0.00
% of Calories				23.6%	62.2%	16.5%	6.0%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Fri - 02/02/2018								
INTERMEDIATE LUNCH 6-8	Total	1						
FOUR MEAT PRIMO PIZZA	SLICE	1	370	20.0	36.0	17.0	7.00	0.00
DINNER SALAD	1 CUP	1	132	4.55	13.53	6.02	0.50	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	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

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

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Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI	Total	1						
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
CARROT STICKS:SEC	1 CUP	1	72	1.63	16.84	0.42	0.07	0.00
CHIPS : VARIETY	BAG	1	133	2.0	19.67	4.67	0.83	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	0.05	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0.0	19.0	0.0	0.00	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
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
Weighted Daily Average			990	50.56	142.29	25.47	8.39	*0.25
% of Calories				20.4%	57.5%	23.1%	7.6%	*0.2%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Mon - 02/05/2018								
INTERMEDIATE LUNCH 6-8	Total	1						
TERIYAKI CHICKEN:ELE	2.8 OZ	1	90	12.0	6.0	2.0	0.50	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 :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	3.4	10.51	6.06	0.51	*0.00
BUG BITES	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

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, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI	Total	1						
SPICY CHICKEN SANDWICH	1 EACH	1	342	21.12	38.1	12.59	2.52	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
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	3.4	10.51	6.06	0.51	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	0.05	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	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			957	51.01	138.91	22.39	4.83	*0.00
% of Calories				21.3%	58.1%	21.1%	4.5%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Tue - 02/06/2018								
INTERMEDIATE LUNCH 6-8	Total	1						
CHILI / SCOOPS: ELE	3/4 CUP	1	370	19.85	39.02	14.0	6.77	0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	106	1.79	10.03	6.17	0.53	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*0.00
SWEET POTATO CAKE: NEUFCHATEL	SERVING	1	217	1.56	35.9	7.97	1.94	*0.03
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
ALT INT WEEKLY 1st CHOI	Total	1						
TACO SALAD :ALT LINE	2 CUP	1	417	23.95	41.06	15.74	5.71	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*0.00
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	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
CRISPY CHICKEN SALAD: ALT-BITE	2 cup	1	348	24.16	39.64	11.13	1.71	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			1300	66.73	160.54	42.64	11.50	*0.02
% of Calories				20.5%	49.4%	29.5%	8.0%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Wed - 02/07/2018								
INTERMEDIATE LUNCH 6-8	Total	1						
ROASTED TURKEY: VIP	2.9 OZ	1	107	24.04	1.34	1.34	0.00	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	2.0	17.03	1.0	0.00	*0.00
GRAVY, TURKEY: (Custom)	1/4 Cup	1	25	1.0	4.0	1.0	0.00	0.00
CORN :ELE	3/4 CUP	1	79	2.65	11.91	1.98	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	0.05	*0.00
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	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
MARGARINE REDDIES: (1)	1 Patty	1	35	0.0	0.0	4.0	1.00	0.00
ALT INT WEEKLY 1st CHOI	Total	1						
TOMATO BASIL BISQUE	1 CUP	1	111	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	0.05	*0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	106	1.79	10.03	6.17	0.53	*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			893	52.57	115.94	25.89	8.77	*0.00
% of Calories				23.5%	51.9%	26.1%	8.8%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

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Thu - 02/08/2018								
INTERMEDIATE LUNCH 6-8	Total	1						
CHICKEN CHUNKS-SEC	6 PIECES	1	257	20.0	18.0	13.0	2.00	0.00
FRENCH FRIES-1/2 CUP	1/2 CUP	1	111	2.02	17.19	3.54	1.01	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	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
BROWNIE CUP, WG:FR016	BROWNIE	1	146	1.5	26.0	4.0	0.70	0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0.0	13.0	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
ALT INT WEEKLY 1st CHOI								
XTREME BEAN & CHEESE BURRITO	BURRITO	1	291	15.6	40.95	8.29	3.62	0.00
BLACK BEANS	1/2 CUP	1	153	9.25	27.52	1.0	0.00	*0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	2.42	8.31	6.21	0.55	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	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
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			975	53.80	147.75	20.94	5.52	*0.00
% of Calories				22.1%	60.6%	19.3%	5.1%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Fri - 02/09/2018								
INTERMEDIATE LUNCH 6-8	Total	1						
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	2.42	8.31	6.21	0.55	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	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
PEP. PIZZA RIPPERS: ENT&WATER	SERVING	1	290	16.0	27.0	17.0	5.00	0.00

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ALT INT WEEKLY 1st CHOI	Total	1						
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
CARROT STICKS:SEC	1 CUP	1	72	1.63	16.84	0.42	0.07	0.00
CHIPS : VARIETY	BAG	1	133	2.0	19.67	4.67	0.83	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	0.05	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0.0	19.0	0.0	0.00	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
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
Weighted Daily Average			1079	58.00	149.68	31.07	9.61	*0.25
% of Calories				21.5%	55.5%	25.9%	8.0%	*0.2%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Mon - 02/12/2018								
INTERMEDIATE LUNCH 6-8	Total	1						
ORANGE CHICKEN :ELE	2.94 OZ	1	120	9.0	15.75	2.25	0.38	0.00
RICE: COOKED BROWN (SEC)	1 CUP	1	160	4.0	32.96	1.5	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 :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	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

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Washington County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI	Total	1						
SPICY CHICKEN SANDWICH	1 EACH	1	342	21.12	38.1	12.59	2.52	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
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	3.4	10.51	6.06	0.51	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	0.05	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	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			946	47.63	141.88	20.87	4.28	*0.00
% of Calories				20.1%	60.0%	19.8%	4.1%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Tue - 02/13/2018								
INTERMEDIATE LUNCH 6-8	Total	1						
SOFT FLOUR TACO:SEC	1 serving	1	255	17.0	23.0	10.0	3.20	0.00
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	14	0.95	2.86	0.09	0.01	*0.00
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	28	1.52	0.25	2.28	1.52	0.00
REFRIED BEANS	1/2 CUP	1	164	8.21	23.6	4.62	1.54	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*0.00
CINNAMON ROLL:, (Riches)	1 EA	1	147	2.74	29.75	1.87	0.52	*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
ALT INT WEEKLY 1st CHOI	Total	1						
TACO SALAD :ALT LINE	2 CUP	1	417	23.95	41.06	15.74	5.71	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*0.00
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	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
CRISPY CHICKEN SALAD: ALT-BITE	2 cup	1	348	24.16	39.64	11.13	1.71	0.00

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Washington County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			1262	70.78	158.69	38.00	10.27	*0.00
% of Calories				22.4%	50.3%	27.1%	7.3%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Wed - 02/14/2018								
INTERMEDIATE LUNCH 6-8	Total	1						
HAM : ELEM	2OZ.	1	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
CALIFORNIA BLEND VEGETABLE:ELE	3/4 CUP	1	44	1.0	5.0	1.59	0.29	0.00
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	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
COOKIE: VALENTINES	COOKIE	1	172	1.7	26.9	6.7	1.80	0.00
ALT INT WEEKLY 1st CHOI	Total	1						
TOMATO BASIL BISQUE	1 CUP	1	111	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	0.05	*0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	106	1.79	10.03	6.17	0.53	*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
COOKIE: VALENTINES	COOKIE	1	172	1.7	26.9	6.7	1.80	0.00
Weighted Daily Average			1057	46.00	140.20	34.28	12.33	*0.00
% of Calories				17.4%	53.1%	29.2%	10.5%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

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Washington County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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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 - 02/15/2018								
INTERMEDIATE LUNCH 6-8	Total	1						
CHICKEN NOODLE SOUP:ELE	3/4 CUP	1	135	7.96	19.94	2.79	0.51	*0.00
GARLIC TWIST	2 OZ	1	141	4.18	27.29	2.59	0.61	*0.00
TOMATOES, CUCUMBER, CARROTS:EL	3/4 CUP	1	95	1.77	11.38	6.17	0.51	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	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
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
ALT INT WEEKLY 1st CHOI								
XTREME BEAN & CHEESE BURRITO	BURRITO	1	291	15.6	40.95	8.29	3.62	0.00
BLACK BEANS	1/2 CUP	1	153	9.25	27.52	1.0	0.00	*0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	2.42	8.31	6.21	0.55	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	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
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			920	49.50	146.04	17.95	5.36	*0.00
% of Calories				21.5%	63.5%	17.6%	5.2%	*0.00%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Fri - 02/16/2018								
INTERMEDIATE LUNCH 6-8	Total	1						
PEPPERONI PIZZA -BELLA ROSE 8	SLICES	1	440	22.98	33.97	20.98	9.99	0.00
CHEESE PIZZA -BELLA ROSE 8	SLICE	1	420	23.0	34.0	21.0	9.00	0.00
DINNER SALAD	1 CUP	1	132	4.55	13.53	6.02	0.50	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	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

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Washington County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

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Portion Values - Detailed

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ALT INT WEEKLY 1st CHOI	Total	1						
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
CARROT STICKS:SEC	1 CUP	1	72	1.63	16.84	0.42	0.07	0.00
CHIPS : VARIETY	BAG	1	133	2.0	19.67	4.67	0.83	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	0.05	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0.0	19.0	0.0	0.00	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
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
Weighted Daily Average			1235	63.55	158.28	37.96	14.38	*0.25
% of Calories				20.6%	51.3%	27.7%	10.5%	*0.2%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Tue - 02/20/2018								
INTERMEDIATE LUNCH 6-8	Total	1						
WHITE CHICKEN CHILI: ELE new	1 CUP	1	372	29.83	29.16	15.32	7.69	*0.00
CHEDDAR/ JACK FANCY SHRED-.5OZ	.5 OZ	1	56	3.04	0.51	4.56	3.04	0.00
CORNMEAL SUPER STAR, WG:FR017	1 EA	1	148	2.8	23.0	5.0	0.90	0.00
CUCUMBER & CARROTS: 3/4 CUP	3/4 CUP	1	92	1.62	6.75	6.15	0.51	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*0.00
JELL-O	GEL CUP	1	100	0.0	25.0	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
ALT INT WEEKLY 1st CHOI	Total	1						
TACO SALAD :ALT LINE	2 CUP	1	417	23.95	41.06	15.74	5.71	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*0.00
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	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
CRISPY CHICKEN SALAD: ALT-BITE	2 cup	1	348	24.16	39.64	11.13	1.71	0.00

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Washington County School District

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Base Menu Spreadsheet

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

Portion Values - Detailed

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Weighted Daily Average			1337	73.78	160.28	44.08	12.94	*0.00
% of Calories				22.1%	48.0%	29.7%	8.7%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Wed - 02/21/2018								
INTERMEDIATE LUNCH 6-8	Total	1						
WG BREADED 8 PIECE CHICKEN	PIECE	1	215	12.0	11.0	13.0	3.00	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	2.0	17.03	1.0	0.00	*0.00
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	24	0.95	4.76	0.48	0.00	0.00
BROCCOLI ; FROZEN (ELE)	3/4 CUP	1	26	1.73	3.45	2.36	0.37	0.00
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	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
ALT INT WEEKLY 1st CHOI	Total	1						
TOMATO BASIL BISQUE	1 CUP	1	111	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	0.05	*0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	106	1.79	10.03	6.17	0.53	*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			920	46.07	116.92	31.65	10.46	*0.00
% of Calories				20.0%	50.8%	31.0%	10.2%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

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Portion Values - Detailed

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Thu - 02/22/2018								
INTERMEDIATE LUNCH 6-8	Total	1						
PULLED PORK SANDWICH:SEC	4oz serving	1	309	23.0	39.0	7.5	2.10	0.00
TATER TOTS: 1/2 CUP	8 PIECES	1	140	2.0	16.0	7.0	1.50	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	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
CHOCOLATE CHIP COOKIES	1 EACH	1	136	2.19	18.48	6.34	1.52	*0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	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
ALT INT WEEKLY 1st CHOI	Total	1						
XTREME BEAN & CHEESE BURRITO	BURRITO	1	291	15.6	40.95	8.29	3.62	0.00
BLACK BEANS	1/2 CUP	1	153	9.25	27.52	1.0	0.00	*0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	2.42	8.31	6.21	0.55	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	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
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			986	55.63	147.39	21.09	6.23	*0.00
% of Calories				22.6%	59.8%	19.3%	5.7%	*0.00%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Fri - 02/23/2018								
INTERMEDIATE LUNCH 6-8	Total	1						
PIZZA, BIG DADDY'S (SCHWAN'S)	1 SLICE	1	320	19.0	39.0	10.0	3.50	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	2.42	8.31	6.21	0.55	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	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

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Washington County School District

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Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI	Total	1						
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
CARROT STICKS:SEC	1 CUP	1	72	1.63	16.84	0.42	0.07	0.00
CHIPS : VARIETY	BAG	1	133	2.0	19.67	4.67	0.83	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	0.05	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0.0	19.0	0.0	0.00	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
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
Weighted Daily Average			949	49.00	141.18	22.07	6.66	*0.25
% of Calories				20.6%	59.5%	20.9%	6.3%	*0.2%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Mon - 02/26/2018								
INTERMEDIATE LUNCH 6-8	Total	1						
TERIYAKI CHICKEN:ELE	2.8 OZ	1	90	12.0	6.0	2.0	0.50	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:SEC	1 CUP	1	35	1.0	6.0	0.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	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

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI	Total	1						
SPICY CHICKEN SANDWICH	1 EACH	1	342	21.12	38.1	12.59	2.52	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
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	3.4	10.51	6.06	0.51	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	0.05	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	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			961	51.13	139.66	22.39	4.83	*0.00
% of Calories				21.3%	58.1%	21.0%	4.5%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Tue - 02/27/2018								
INTERMEDIATE LUNCH 6-8	Total	1						
ENCHILADA	BURRITO	1	384	20.05	53.68	11.45	4.06	*0.00
CORN :ELE	3/4 CUP	1	79	2.65	11.91	1.98	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	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
ALT INT WEEKLY 1st CHOI	Total	1						
TACO SALAD :ALT LINE	2 CUP	1	417	23.95	41.06	15.74	5.71	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*0.00
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	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
CRISPY CHICKEN SALAD: ALT-BITE	2 cup	1	348	24.16	39.64	11.13	1.71	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			1236	67.92	158.74	37.03	9.90	*0.00
% of Calories				22.0%	51.4%	27.0%	7.2%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Wed - 02/28/2018								
INTERMEDIATE LUNCH 6-8	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 :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	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
ALT INT WEEKLY 1st CHOI	Total	1						
TOMATO BASIL BISQUE	1 CUP	1	111	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	0.05	*0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	106	1.79	10.03	6.17	0.53	*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			895	46.22	115.16	28.29	10.54	*0.03
% of Calories				20.7%	51.5%	28.5%	10.6%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Weighted Average			1046	55.63	143.70	28.51	8.59	*0.05
				21.3%	55.0%	24.5%	7.4%	*0.0%

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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	1046		783	134%							
Protein (g)	55.63	21.28%	15.00	371%							
Carbohydrate (g)	143.70	54.97%									
Total Fat (g)	28.51	24.54%	<=30.00%								
Saturated Fat (g)	8.59	7.39%	<10.00%								
Trans Fat ¹ (g)	0.05	0.05%			Missing						

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