

Washington County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 1/11/2018 8:43:22 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/01/2018								
SECONDARY LUNCH 9-12	Total	1						
HAMBURGER 100 % BEEF: SEC	PATTY	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:SEC	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	188	6.33	45.08	0.49	0.09	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*0.00
CREAMIES JR.: (CHOICE OF)	1 CUP	1	78	4.51	14.42	0.39	0.06	*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
	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
ALT SEC WEEKLY 1st CHO								
XTREME BEAN & CHEESE BURRITO	Total	1						
BLACK BEANS	BURRITO	1	291	15.6	40.95	8.29	3.62	0.00
MIXED FRESH VEGETABLES:SEC	1/2 CUP	1	153	9.25	27.52	1.0	0.00	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	107	3.06	9.82	6.29	0.56	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*0.00
SALSA PICANTE	1 CUP	1	78	4.51	14.42	0.39	0.06	*0.00
MILK : CHOCOLATE MILK	1 OZ	1	9	0.89	1.77	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
	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1085	61.06	176.94	18.23	6.50	*0.00
% of Calories				22.5%	65.2%	15.1%	5.4%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Fri - 02/02/2018								
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 2

Generated on: 1/11/2018 8:43:22 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC WEEKLY 1st CHO	Total	1						
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	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:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*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			1044	51.24	156.02	25.68	8.44	*0.25
% of Calories				19.6%	59.8%	22.1%	7.3%	*0.2%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Mon - 02/05/2018								
SECONDARY LUNCH 9-12	Total	1						
TERIYAKI CHICKEN:SEC	4.2 oz	1	180	24.0	12.0	4.0	1.00	0.00
VEGGIE WHOLE GRAIN CHOW MEIN:S	8 OZ	1	260	10.0	50.0	3.0	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:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	6.87	20.63	6.13	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
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 3

Generated on: 1/11/2018 8:43:22 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC WEEKLY 1st CHO	Total	1						
SPICY CHICKEN SANDWICH	1 EACH	1	342	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-3/4 CUP	3/4 CUP	1	167	3.03	25.79	5.31	1.52	0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	6.87	20.63	6.13	0.51	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*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			1208	64.28	183.30	25.30	5.39	*0.00
% of Calories				21.3%	60.7%	18.8%	4.0%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Tue - 02/06/2018								
SECONDARY LUNCH 9-12	Total	1						
CHILI / SCOOPS: SEC	1 CUP	1	498	28.64	48.88	19.68	10.10	0.00
CARROT & CELERY STICKS:SEC	1 CUP	1	97	1.78	7.67	6.18	0.54	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*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 SEC WEEKLY 1st CHO	Total	1						
TACO SALAD :ALT LINE	2 CUP	1	417	23.95	41.06	15.74	5.71	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*0.00
ROLL: 2 OZ	ROLL	1	138	3.93	27.16	2.34	0.49	*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

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 4

Generated on: 1/11/2018 8:43:22 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			1470	73.13	188.32	47.27	13.58	*0.02
% of Calories				19.9%	51.2%	28.9%	8.3%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Wed - 02/07/2018								
SECONDARY LUNCH 9-12	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	3/4 CUP	1	122	3.05	25.94	1.53	0.00	*0.00
GRAVY, TURKEY: (Custom)	1/4 Cup	1	25	1.0	4.0	1.0	0.00	0.00
CORN :SEC	1 CUP	1	119	3.97	17.86	2.98	0.00	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*0.00
ROLL: 2 OZ	ROLL	1	138	3.93	27.16	2.34	0.49	*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 SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*0.00
CARROT & CELERY STICKS:SEC	1 CUP	1	97	1.78	7.67	6.18	0.54	*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			1007	54.39	141.00	27.54	9.08	*0.00
% of Calories				21.6%	56.0%	24.6%	8.1%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 5

Generated on: 1/11/2018 8:43:23 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/08/2018								
SECONDARY LUNCH 9-12	Total	1						
CHICKEN CHUNKS-SEC	6 PIECES	1	257	20.0	18.0	13.0	2.00	0.00
FRENCH FRIES-3/4 CUP	3/4 CUP	1	167	3.03	25.79	5.31	1.52	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	4.51	14.42	0.39	0.06	*0.00
BROWNIE CUP, WG:FR016	BROWNIE	1	146	1.5	26.0	4.0	0.70	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
ALT SEC WEEKLY 1st CHO								
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:SEC	1 CUP	1	107	3.06	9.82	6.29	0.56	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	4.51	14.42	0.39	0.06	*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			1100	57.56	173.74	22.28	5.86	*0.00
% of Calories				20.9%	63.2%	18.2%	4.8%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Fri - 02/09/2018								
SECONDARY LUNCH 9-12	Total	1						
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	3.06	9.82	6.29	0.56	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*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

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 6

Generated on: 1/11/2018 8:43:23 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC WEEKLY 1st CHO	Total	1						
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	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:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*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			1137	59.00	164.16	31.32	9.67	*0.25
% of Calories				20.8%	57.8%	24.8%	7.7%	*0.2%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Mon - 02/12/2018								
SECONDARY LUNCH 9-12	Total	1						
ORANGE CHICKEN :SEC	3.92 OZ	1	162	12.13	21.22	3.03	0.51	0.00
RICE: COOKED BROWN (SEC)	1 CUP	1	160	4.0	32.96	1.5	0.00	*0.00
KEY WEST BLEND VEGETABLE: SEC	1 CUP	1	45	0.0	9.0	0.0	0.00	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	6.87	20.63	6.13	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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 7

Generated on: 1/11/2018 8:43:23 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC WEEKLY 1st CHO	Total	1						
SPICY CHICKEN SANDWICH	1 EACH	1	342	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-3/4 CUP	3/4 CUP	1	167	3.03	25.79	5.31	1.52	0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	6.87	20.63	6.13	0.51	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*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			1110	53.84	173.88	22.42	4.66	*0.00
% of Calories				19.4%	62.7%	18.2%	3.8%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Tue - 02/13/2018								
SECONDARY LUNCH 9-12	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-.5OZ	.5 OZ	1	56	3.04	0.51	4.56	3.04	0.00
REFRIED BEANS	1/2 CUP	1	164	8.21	23.6	4.62	1.54	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*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 SEC WEEKLY 1st CHO	Total	1						
TACO SALAD :ALT LINE	2 CUP	1	417	23.95	41.06	15.74	5.71	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*0.00
ROLL: 2 OZ	ROLL	1	138	3.93	27.16	2.34	0.49	*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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 8

Generated on: 1/11/2018 8:43:23 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			1387	73.55	182.84	40.93	11.44	*0.00
% of Calories				21.2%	52.7%	26.6%	7.4%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Wed - 02/14/2018								
SECONDARY LUNCH 9-12	Total	1						
HAM : SECONDARY	3 OZ	1	105	13.55	0.0	5.27	2.26	0.00
SCALLOPED POTATOES:SEC	3/4 CUP	1	223	4.2	33.59	4.98	2.37	*0.00
CALIFORNIA BLEND VEGETABLES:SE	1 CUP	1	55	1.24	6.22	1.98	0.36	0.00
ROLL: 2 OZ	ROLL	1	138	3.93	27.16	2.34	0.49	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*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 SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*0.00
CARROT & CELERY STICKS:SEC	1 CUP	1	97	1.78	7.67	6.18	0.54	*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			1185	49.55	163.24	36.93	13.37	*0.00
% of Calories				16.7%	55.1%	28.1%	10.2%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 9

Generated on: 1/11/2018 8:43:23 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/15/2018								
SECONDARY LUNCH 9-12	Total	1						
CHICKEN NOODLE SOUP: USDA 1C.	1 CUP	1	166	9.87	24.61	3.41	0.64	*0.00
GARLIC TWIST	2 OZ	1	141	4.18	27.29	2.59	0.61	*0.00
TOMATOES, CUCUMBER, CARROTS:SE	1 CUP	1	99	1.94	12.03	6.22	0.51	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	4.51	14.42	0.39	0.06	*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 SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	107	3.06	9.82	6.29	0.56	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	4.51	14.42	0.39	0.06	*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			1035	53.79	170.39	18.74	5.51	*0.00
% of Calories				20.8%	65.9%	16.3%	4.8%	*0.00%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Fri - 02/16/2018								
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 10

Generated on: 1/11/2018 8:43:23 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC WEEKLY 1st CHO	Total	1						
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	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:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*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			1289	64.23	172.01	38.17	14.44	*0.25
% of Calories				19.9%	53.4%	26.7%	10.1%	*0.2%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Tue - 02/20/2018								
SECONDARY LUNCH 9-12	Total	1						
WHITE CHICKEN CHILI: SEC new	1.25 CUP	1	465	37.29	36.45	19.16	9.61	*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	2 EACH	1	296	5.6	46.0	10.0	1.80	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	3.06	9.82	6.29	0.56	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*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 SEC WEEKLY 1st CHO	Total	1						
TACO SALAD :ALT LINE	2 CUP	1	417	23.95	41.06	15.74	5.71	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*0.00
ROLL: 2 OZ	ROLL	1	138	3.93	27.16	2.34	0.49	*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

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 11

Generated on: 1/11/2018 8:43:23 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			1576	81.64	200.98	50.36	14.79	*0.00
% of Calories				20.7%	51.0%	28.8%	8.4%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Wed - 02/21/2018								
SECONDARY LUNCH 9-12	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	3/4 CUP	1	122	3.05	25.94	1.53	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 (SEC)	1 CUP	1	34	2.3	4.6	3.15	0.49	0.00
ROLL: 2 OZ	ROLL	1	138	3.93	27.16	2.34	0.49	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*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 SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*0.00
CARROT & CELERY STICKS:SEC	1 CUP	1	97	1.78	7.67	6.18	0.54	*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			1018	47.51	139.59	33.19	10.82	*0.00
% of Calories				18.7%	54.8%	29.3%	9.6%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 12

Generated on: 1/11/2018 8:43:23 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 02/22/2018								
SECONDARY LUNCH 9-12	Total	1						
PULLED PORK SANDWICH:SEC	4oz serving	1	309	23.0	39.0	7.5	2.10	0.00
TATER TOTS-3/4 CUP	12 PIECES	1	210	3.0	24.0	10.5	2.25	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	4.51	14.42	0.39	0.06	*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 SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	107	3.06	9.82	6.29	0.56	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	4.51	14.42	0.39	0.06	*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			1117	59.39	173.08	23.29	6.69	*0.00
% of Calories				21.3%	62.0%	18.8%	5.4%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Fri - 02/23/2018								
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	107	3.06	9.82	6.29	0.56	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 13

Generated on: 1/11/2018 8:43:23 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC WEEKLY 1st CHO	Total	1						
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	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:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*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			1007	50.00	155.66	22.32	6.72	*0.25
% of Calories				19.9%	61.8%	19.9%	6.0%	*0.2%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Mon - 02/26/2018								
SECONDARY LUNCH 9-12	Total	1						
TERIYAKI CHICKEN:SEC	4.2 oz	1	180	24.0	12.0	4.0	1.00	0.00
VEGGIE WHOLE GRAIN CHOW MEIN:S	8 OZ	1	260	10.0	50.0	3.0	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:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	6.87	20.63	6.13	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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 14

Generated on: 1/11/2018 8:43:23 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC WEEKLY 1st CHO	Total	1						
SPICY CHICKEN SANDWICH	1 EACH	1	342	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-3/4 CUP	3/4 CUP	1	167	3.03	25.79	5.31	1.52	0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	6.87	20.63	6.13	0.51	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*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			1208	64.28	183.30	25.30	5.39	*0.00
% of Calories				21.3%	60.7%	18.8%	4.0%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Tue - 02/27/2018								
SECONDARY LUNCH 9-12	Total	1						
ENCHILADA	BURRITO	1	384	20.05	53.68	11.45	4.06	*0.00
CORN :SEC	1 CUP	1	119	3.97	17.86	2.98	0.00	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*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 SEC WEEKLY 1st CHO	Total	1						
TACO SALAD :ALT LINE	2 CUP	1	417	23.95	41.06	15.74	5.71	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*0.00
ROLL: 2 OZ	ROLL	1	138	3.93	27.16	2.34	0.49	*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

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

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 15

Generated on: 1/11/2018 8:43:23 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			1367	70.59	185.75	39.32	10.31	*0.00
% of Calories				20.7%	54.4%	25.9%	6.8%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Wed - 02/28/2018								
SECONDARY LUNCH 9-12	Total	1						
TERIYAKI BEEF NUGGETS: (Sec.)	5 NUGGETS	1	201	17.56	7.53	10.04	4.39	0.06
MASHED POTATOES,from Dry mix,P	3/4 CUP	1	122	3.05	25.94	1.53	0.00	*0.00
GRAVY, BROWN LOW SODIUM	1/4 CUP	1	30	0.0	4.0	1.0	0.50	*0.00
SUNSHINE CARROTS: SEC	1 CUP	1	39	0.0	7.47	0.19	0.03	0.00
ROLL: 2 OZ	ROLL	1	138	3.93	27.16	2.34	0.49	*0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*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 SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	117	1.39	29.73	0.44	0.11	*0.00
CARROT & CELERY STICKS:SEC	1 CUP	1	97	1.78	7.67	6.18	0.54	*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			1017	48.67	138.90	30.49	11.54	*0.03
% of Calories				19.1%	54.7%	27.0%	10.2%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Weighted Average			1177	59.88	169.64	30.48	9.17	*0.06
				20.3%	57.6%	23.3%	7.0%	*0.0%

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 16

Generated on: 1/11/2018 8:43:23 AM

Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Protn (g) Shortfall	Carb (g)	T-Fat (g) Overage	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	1177		846	139%							
Protein (g)	59.88	20.35%	16.70	359%							
Carbohydrate (g)	169.64	57.64%									
Total Fat (g)	30.48	23.30%	<=30.00%								
Saturated Fat (g)	9.17	7.01%	<10.00%								
Trans Fat ¹ (g)	0.06	0.04%			Missing						

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.