

Washington County School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/01/2017																
Elementary Lunch	Total	1														
ROASTED TURKEY: VIP	2.9 OZ	1	120	53	841	0.00	0.54	0.0	0	0.0	*N/A*	27.04	1.5	1.5	0.00	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	0.37	22.4	5	30.04	*1	2.0	17.03	1.0	0.00	*0.00
GRAVY, TURKEY: (Custom)	1/4 Cup	1	25	0	290	0.00	0.00	0.0	0	0.0	*N/A*	1.0	4.0	1.0	0.00	0.00
CARROTS,FRZ,CKD,BLD,DRN D,WO/SA	1/2 CUP	1	27	0	43	2.41	0.39	25.6	12357	1.68	3	0.42	5.64	0.5	0.09	*N/A*
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	0.27	18.4	139	40.62	*10	0.87	18.29	0.3	0.06	*0.00
WG DINNER ROLL	ROLL	1	90	0	160	2.00	1.08	40.0	10	2.4	2	4.0	17.0	1.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
CHICKEN SANDWICH: SUNSET ONLY	1 each	1	340	30	470	3.00	2.88	80.0	110	3.6	2	17.0	33.0	16.51	3.00	0.00
Weighted Daily Average			1090	*98	2591	11.00	5.53	1086.4	14322	84.34	*60	77.34	140.46	28.30	5.65	*0.00
% of Calories											*21.9%	28.4%	51.6%	23.4%	4.7%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Thu - 03/02/2017																
Elementary Lunch	Total	1														
WHOLE GRAIN BISCUIT: RICH'S	BISCUIT	1	190	0	670	1.89	1.28	38.2	2	0.23	2	4.0	23.0	9.0	5.00	0.00
SCRAMBLED EGGS W/HAM:ELE	1/2 CUP	1	143	263	461	0.00	1.37	36.3	352	0.57	*0	13.51	2.61	8.53	2.84	0.00
BLUE RASPBERRY- LEMON- F ROZEN	1 EACH	1	90	0	30	0.00	0.00	80.0	1000	60.0	18	0.0	22.0	0.0	0.00	0.00
HASHBROWN PATTIES: FRO7 8-1	1 EACH	1	130	0	250	1.00	0.36	0.0	0	1.2	0	1.0	17.0	8.0	1.00	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
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
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00

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Washington County School District

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Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			931	278	2370	3.78	3.01	1054.5	3568	68.00	*62	44.39	128.12	28.03	10.34	0.00
% of Calories											*26.7%	19.1%	55.1%	27.1%	10.0%	0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Fri - 03/03/2017																
Elementary Lunch	Total	1														
PIZZA, MAX (WHOLE GRAIN, P EP)	SLICE	1	370	10	600	6.00	2.70	350.0	200	0.0	*N/A*	19.0	47.0	12.0	3.50	0.00
DINNER SALAD	1 CUP	1	132	10	182	5.17	6.75	118.6	17926	47.38	*0	4.55	13.53	6.02	0.50	*0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	0.27	18.4	139	40.62	*10	0.87	18.29	0.3	0.06	*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			944	*35	1219	16.76	10.08	1467.0	20165	154.00	*52	49.41	140.82	20.82	5.56	*0.00
% of Calories											*22.0%	20.9%	59.7%	19.8%	5.3%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Mon - 03/06/2017																
Elementary Lunch	Total	1														
LEMON CHICKEN: ELE	2.70 OZ	1	120	32	160	0.00	0.58	0.0	40	0.96	8	8.8	15.2	2.4	0.40	0.00
VEGETABLE HARVEST RICE P ILAF:E	3/4 CUP	1	130	0	581	2.00	1.44	20.2	2501	4.8	*0	3.0	24.01	2.5	0.00	0.00
IMPERIAL BLEND:ELE	3/4 CUP	1	23	0	8	1.52	0.00	15.2	152	16.01	2	0.76	3.81	0.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	0.27	18.4	139	40.62	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	212	3.64	3.59	77.4	9965	24.86	*1	3.4	10.51	6.06	0.51	*0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	11	0.15	0.00	0.0	0	0.0	*N/A*	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
SOY SAUCE: PC	PC	1	10	0	500	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SMACKERS: SUNSET ONLY	4.3 OZ S ERVING	1	295	81	490	3.02	2.01	18.1	168	0.0	0	18.1	17.1	17.1	3.02	0.00
Weighted Daily Average			1096	*138	2393	12.92	7.88	1049.4	14465	93.24	*62	59.93	139.89	31.06	5.52	*0.00
% of Calories											*22.5%	21.9%	51.0%	25.5%	4.5%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/07/2017																
Elementary Lunch	Total	1														
CHILI / SCOOPS: ELE	3/4 CUP	1	372	51	563	8.63	3.40	244.8	1233	14.45	*N/A*	20.74	38.43	14.27	6.68	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6005	34.31	*1	2.42	8.31	6.21	0.55	*0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	0.27	18.4	139	40.62	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	509	4.29	3.08	46.9	5998	18.58	*0	3.37	9.22	11.91	1.61	*0.00
SWEET POTATO CAKE: NEUF CHATEL	SERVING	1	217	11	162	1.41	0.45	16.1	778	0.25	*26	1.56	35.9	7.97	1.94	*0.03
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			1224	*97	1811	19.27	7.86	1256.3	15654	114.20	*79	53.95	154.14	43.15	12.34	*0.03
% of Calories											*25.8%	17.6%	50.4%	31.7%	9.1%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Wed - 03/08/2017																
Elementary Lunch	Total	1														
HAM : ELEM	2OZ.	1	71	25	599	0.00	0.37	0.0	0	0.0	*N/A*	9.14	0.0	3.56	1.52	0.00
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	502	2.00	0.37	41.1	148	6.0	*3	3.0	23.99	3.56	1.69	*0.00
CALIFORNIA BLEND VEGETABLE:ELE	3/4 CUP	1	44	0	46	2.00	0.00	20.0	1072	18.0	*2	1.0	5.0	1.59	0.29	0.00
WG DINNER ROLL	ROLL	1	90	0	160	2.00	1.08	40.0	10	2.4	2	4.0	17.0	1.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	0.27	18.4	139	40.62	*10	0.87	18.29	0.3	0.06	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
CHICKEN SANDWICH: SUNSET ONLY	1 each	1	340	30	470	3.00	2.88	80.0	110	3.6	2	17.0	33.0	16.51	3.00	0.00
Weighted Daily Average			1112	*70	2250	11.59	4.96	1099.6	3180	76.61	*61	60.01	141.28	33.01	9.07	*0.00
% of Calories											*21.8%	21.6%	50.8%	26.7%	7.3%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/09/2017																
Elementary Lunch	Total	1														
POPCORN CHICKEN SMACKERS	4.3 OZ S ERVING	1	295	81	490	3.02	2.01	18.1	168	0.0	0	18.1	17.1	17.1	3.02	0.00
TATER TOTS: ELE	1/2 CUP	1	133	0	275	1.60	0.54	10.0	0	0.6	0	1.6	17.47	5.79	0.83	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	0.27	18.4	139	40.62	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	75	2.94	2.34	57.2	6427	23.91	*0	2.26	7.21	0.2	0.03	*0.00
FRUIT POCKET	1 EACH	1	160	0	123	3.00	0.00	0.0	55	12.0	11	2.0	27.0	4.2	1.35	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1080	*97	2220	13.14	5.52	1023.8	9015	85.52	*63	49.82	152.40	30.08	6.78	*0.00
% of Calories											*23.3%	18.5%	56.5%	25.1%	5.7%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Fri - 03/10/2017																
Elementary Lunch	Total	1														
5" ROUND PEPPERONI PIZZA	PIZZA	1	339	40	669	3.00	1.80	399.3	749	5.99	4	18.97	30.94	15.97	7.99	0.00
5" ROUND CHEESE PIZZA	PIZZA	1	330	35	590	3.00	1.80	449.7	750	4.8	4	18.99	30.98	13.99	7.99	0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	106	10	191	3.05	0.84	41.9	11894	3.41	*0	1.79	10.03	6.17	0.53	*0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	0.27	18.4	139	40.62	*10	0.87	18.29	0.3	0.06	*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			1217	*100	1886	14.64	5.06	1889.3	15431	120.81	*60	65.61	152.24	38.92	18.07	*0.00
% of Calories											*19.8%	21.6%	50.0%	28.8%	13.4%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Mon - 03/20/2017																
Elementary Lunch	Total	1														
ORANGE CHICKEN :ELE	2.94 OZ	1	120	34	232	0.00	1.35	0.0	75	0.9	*N/A*	9.0	15.75	2.25	0.38	0.00
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	80	0	70	1.00	0.36	1.1	0	0.0	*0	2.0	16.48	0.75	0.00	*0.00
KEY WEST BLEND VEGETABLE: ELE	3/4 CUP	1	34	0	39	2.25	0.81	22.5	1125	6.75	3	0.0	6.75	0.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	0.27	18.4	139	40.62	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	212	3.64	3.59	77.4	9965	24.86	*1	3.4	10.51	6.06	0.51	*0.00
BUG BITES	BAG	1	120	0	1151	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
SOY SAUCE: PC	PC	1	10	0	500	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
SMACKERS: SUNSET ONLY	4.3 OZ SERVING	1	295	81	490	3.02	2.01	18.1	168	0.0	0	18.1	17.1	17.1	3.02	0.00
Weighted Daily Average			1145	*140	3126	13.49	9.11	1137.6	13472	79.12	*64	60.37	149.88	32.46	6.46	*0.00
% of Calories											*22.2%	21.1%	52.3%	25.5%	5.1%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Tue - 03/21/2017																
Elementary Lunch	Total	1														
BEEF TACO STICK	1 EACH	1	345	52	631	3.85	2.77	328.8	252	6.37	*N/A*	20.07	31.87	12.82	8.35	0.00
REFRIED BEANS	1/2 CUP	1	180	0	598	8.99	2.03	46.8	0	28.32	*N/A*	8.99	25.85	5.06	1.69	*0.00
SOUTHWEST BLEND VEGETABLES	3/4 CUP	1	90	0	79	6.75	0.81	0.0	225	13.5	4	4.5	16.88	5.63	1.13	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	0.27	18.4	139	40.62	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	509	4.29	3.08	46.9	5998	18.58	*0	3.37	9.22	11.91	1.61	*0.00
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0.00	0.0	89	0.0	0	0.89	1.77	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1190	*77	2778	27.36	8.96	1340.9	8828	113.38	*56	63.68	156.21	38.21	14.33	*0.00
% of Calories											*18.9%	21.4%	52.5%	28.9%	10.8%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/22/2017																
Elementary Lunch	Total	1														
WG BREADED 8 PIECE CHICKEN	PIECE	1	215	41	591	1.00	0.18	120.0	78	0.6	0	12.0	11.0	13.0	3.00	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	0.37	22.4	5	30.04	*1	2.0	17.03	1.0	0.00	*0.00
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	24	0	135	0.00	0.01	1.1	0	0.0	*N/A*	0.95	4.76	0.48	0.00	0.00
WG DINNER ROLL	ROLL	1	90	0	160	2.00	1.08	40.0	10	2.4	2	4.0	17.0	1.0	0.00	0.00
CORN :ELE	3/4 CUP	1	79	0	13	2.65	0.48	0.0	46	4.76	9	2.65	11.91	1.98	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	0.27	18.4	139	40.62	*10	0.87	18.29	0.3	0.06	*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			860	*56	1645	9.24	2.38	1102.0	1778	84.42	*64	47.47	123.98	20.26	4.56	*0.00
											*29.7%	22.1%	57.6%	21.2%	4.8%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/23/2017																
Elementary Lunch	Total	1														
CHICKEN BREAST PATTIE SAND: EL	1 each	1	340	30	470	3.00	2.88	80.0	110	3.6	2	17.0	33.0	16.51	3.00	0.00
LETTUCE & TOMATO:1leaf,2 slice	1 lf,2 slc	1	5	0	2	0.36	0.09	3.4	230	3.51	1	0.26	1.11	0.06	0.01	*N/A*
CHIPS : VARIETY	BAG	1	124	0	190	1.71	*0.15	5.7	76	0.69	2	2.0	20.14	3.71	0.29	0.00
JELL-O	GEL CUP	1	100	0	45	0.00	0.00	0.0	0	0.0	*N/A*	0.0	25.0	0.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	0.27	18.4	139	40.62	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	75	2.94	2.34	57.2	6427	23.91	*0	2.26	7.21	0.2	0.03	*0.00
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
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			1021	*50	1298	10.60	*5.73	1064.8	8482	78.32	*57	47.39	148.75	27.27	5.38	*0.00
											*22.3%	18.6%	58.3%	24.0%	4.7%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/24/2017																
Elementary Lunch	Total	1														
WG PEPPERONI PIZZA RIPPERS	SERVING	1	300	30	550	2.00	3.60	250.0	300	3.6	2	15.0	30.0	11.0	4.00	0.00
MARINARA SAUCE: ELE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	745	8.94	3	1.99	11.93	1.49	0.00	0.00
TOMATOES, CUCUMBER, CAR	3/4 CUP	1	95	10	130	1.89	0.54	20.2	6197	6.88	*1	1.77	11.38	6.17	0.51	*0.00
ROTS:EL																
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	0.27	18.4	139	40.62	*10	0.87	18.29	0.3	0.06	*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			907	*353	1734	11.47	6.20	1308.4	9282	126.04	*58	44.62	133.59	21.46	6.07	*0.00
% of Calories											*25.6%	19.7%	58.9%	21.3%	6.0%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Mon - 03/27/2017																
Elementary Lunch	Total	1														
W.W. CHICKEN EGG ROLL:ELE	ROLL	1	150	25	400	3.00	1.80	40.0	400	9.0	2	10.0	22.0	3.0	1.00	0.00
VEGGIE WHOLE GRAIN CHOW	4 OZ	1	130	0	460	5.00	1.44	20.0	1500	9.0	*N/A*	5.0	25.0	1.5	0.00	0.00
MEIN:E																
IMPERIAL BLEND:ELE	3/4 CUP	1	23	0	8	1.52	0.00	15.2	152	16.01	2	0.76	3.81	0.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	0.27	18.4	139	40.62	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	212	3.64	3.59	77.4	9965	24.86	*1	3.4	10.51	6.06	0.51	*0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	11	0.15	0.00	0.0	0	0.0	*N/A*	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
SMACKERS: SUNSET ONLY	4.3 OZ S	1	295	81	490	3.02	2.01	18.1	168	0.0	0	18.1	17.1	17.1	3.02	0.00
ERVING																
SWEET & SOUR SAUCE	2 PACKET	1	50	0	40	0.00	0.00	0.0	60	0.0	12	0.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1166	*131	2052	18.92	9.11	1089.2	13884	105.48	*68	63.13	159.68	30.65	6.12	*0.00
% of Calories											*23.2%	21.6%	54.8%	23.7%	4.7%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/28/2017																
Elementary Lunch	Total	1														
TACO SOUP	1 CUP	1	256	50	1112	5.73	3.44	60.2	1016	16.28	*5	19.79	21.68	10.11	3.43	*0.00
CHEESE SHREDDED: MIX .25OZ	.25 OZ	1	25	6	41	0.00	0.03	51.4	54	0.0	*N/A*	1.8	0.18	1.89	1.20	0.00
CORNMEAL SUPER STAR, WG :FR017	1 EA	1	148	11	91	1.50	1.10	15.0	40	0.0	*N/A*	2.8	23.0	5.0	0.90	0.00
CUCUMBER & CARROTS: 3/4 CUP	3/4 CUP	1	92	10	129	1.65	0.51	21.8	5906	3.03	*1	1.62	6.75	6.15	0.51	*0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	0.27	18.4	139	40.62	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	509	4.29	3.08	46.9	5998	18.58	*0	3.37	9.22	11.91	1.61	*0.00
BROWNIE CUP, WG:FR016	BROWNIE	1	146	1	72	2.00	0.60	0.1	23	0.5	14	1.5	26.0	4.0	0.70	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
MINI CORN DOGS : SUNSET ONLY	4 EACH	1	166	40	279	1.99	1.19	66.3	0	0.8	*N/A*	6.63	19.89	6.63	1.66	0.00
Weighted Daily Average			1368	*143	2665	19.74	10.23	1180.1	14676	85.79	*72	63.37	169.01	48.48	11.57	*0.00
% of Calories											*21.0%	18.5%	49.4%	31.9%	7.6%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/29/2017																
Elementary Lunch	Total	1														
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	59	321	3.00	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	502	2.00	0.37	41.1	148	6.0	*3	3.0	23.99	3.56	1.69	*0.00
NORTHWEST BLEND VEGETABLE:ELE	3/4 CUP	1	19	0	17	1.11	0.40	11.1	414	8.29	2	0.55	3.32	0.0	0.00	0.00
WG DINNER ROLL	ROLL	1	90	0	160	2.00	1.08	40.0	10	2.4	2	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	0.27	18.4	139	40.62	*10	0.87	18.29	0.3	0.06	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			930	*74	1472	10.70	3.11	1025.6	2473	63.30	*58	50.42	121.60	25.36	7.25	*0.00
% of Calories											*25.1%	21.7%	52.3%	24.5%	7.0%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/30/2017																
Elementary Lunch	Total	1														
MINI CORN DOG NUGGETS (ELEM)	4 EACH	1	166	40	279	1.99	1.19	66.3	0	0.8	*N/A*	6.63	19.89	6.63	1.66	0.00
FRENCH FRIES: ELE	1/2 CUP	1	110	0	167	1.40	0.18	0.0	0	1.8	0	1.5	16.53	4.21	0.70	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	0.27	18.4	139	40.62	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	75	2.94	2.34	57.2	6427	23.91	*0	2.26	7.21	0.2	0.03	*0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
FRUIT POCKET	1 EACH	1	160	0	123	3.00	0.00	0.0	55	12.0	11	2.0	27.0	4.2	1.35	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			883	*55	1522	11.92	3.99	1042.0	8747	85.12	*63	39.26	142.26	18.03	5.30	*0.00
% of Calories											*28.4%	17.8%	64.4%	18.4%	5.4%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Fri - 03/31/2017																
Elementary Lunch	Total	1														
6" WW PEPPERONI PIZZA	SERVING	1	350	40	690	4.00	2.70	300.0	500	12.0	7	22.0	30.0	16.0	8.00	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6005	34.31	*1	2.42	8.31	6.21	0.55	*0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	0.27	18.4	139	40.62	*10	0.87	18.29	0.3	0.06	*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			892	*65	1271	11.95	3.99	1328.5	8544	152.93	*60	50.29	118.59	25.01	10.11	*0.00
% of Calories											*26.7%	22.6%	53.2%	25.2%	10.2%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Weighted Average			1059	*114	2017	13.80	*6.26	1197.0	10331	98.37	*62	55.03	142.94	30.03	8.36	*0.00
											*52.7%	20.8%	54.0%	25.5%	7.1%	*0.0%

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

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Washington County School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

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Generated on: 2/21/2017 1:58:46 PM

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	1059		645	164%													
Cholesterol (mg)	114				Missing				2017								
Sodium (mg)	2017																
Fiber (g)	13.80																
Iron (mg)	6.26		3.30	190%	Missing												
Calcium (mg)	1197.0		267.00	448%													
Vitamin A (IU)	10331		1055	979%													
Sugars (g)	62	23.44%			Missing												
Vitamin C (mg)	98.37		15.00	656%													
Protein (g)	55.03	20.79%	8.87	621%													
Carbohydrate (g)	142.94	54.00%															
Total Fat (g)	30.03	25.53%	<=30.00%														
Saturated Fat (g)	8.36	7.11%	<10.00%														
Trans Fat ¹ (g)	0.00	0.00%			Missing												

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

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