

Washington County School District

Mar 1, 2017 thru Mar 31, 2017

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)	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																
INTERMEDIATE LUNCH 6-8	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
WW DINNER ROLL	ROLL	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	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
ALT INT WEEKLY 1st CHOI																
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	1.39	65.8	528	6.26	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	947	2.4	*4	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :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
TOMATOES, CUCUMBER, CAR ROTS:EL	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
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			833	*77	2056	6.92	2.60	1175.4	11757	70.25	*58	51.11	107.35	24.80	8.81	*0.00
% of Calories											*28.0%	24.5%	51.6%	26.8%	9.5%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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

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Washington County School District

Mar 1, 2017 thru Mar 31, 2017

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)	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 - 03/02/2017																
INTERMEDIATE LUNCH 6-8	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 SERVING	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
ALT INT WEEKLY 1st CHOI																
CHEF SALAD: ALT LINE	2 CUP	1	299	71	665	10.14	14.27	365.3	35928	94.04	*0	27.02	23.63	10.26	5.33	0.00
FRUIT BAR :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
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
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			865	*182	1851	10.72	10.48	1217.7	23786	117.48	*58	51.77	119.12	21.14	8.63	*0.00
% of Calories											*26.8%	23.9%	55.1%	22.0%	9.0%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Fri - 03/03/2017																
INTERMEDIATE LUNCH 6-8	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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI EXPRESS BEEF & ONION BURGER: P	Total SANDWIC	1	316	45	711	3.00	2.93	144.7	344	4.81	*3	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	*0.00
BAKED BEANS:ELE	3/4 CUP	1	150	0	613	3.97	1.27	44.9	271	2.24	*21	4.83	36.04	0.38	0.07	*0.00
FRUIT BAR :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
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	5	3.00	0.36	80.0	400	60.0	*N/A*	0.0	18.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			973	*50	1929	15.18	7.61	1332.3	11989	137.07	*65 *26.8%	51.21 21.1%	149.18 61.4%	20.69 19.1%	6.23 5.8%	*0.25 *0.2%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Mon - 03/06/2017																
INTERMEDIATE LUNCH 6-8	Total	1														
LEMON CHICKEN: SEC	3.6 OZ	1	150	40	200	0.00	0.72	0.0	50	1.2	10	11.0	19.0	3.0	0.50	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

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ALT INT WEEKLY 1st CHOI	Total	1														
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES: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: 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
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
FRENCH PIZZA ENTER&WATER ONLY	1 each	1	370	30	530	2.00	0.00	400.1	400	0.0	*N/A*	22.01	29.01	20.01	8.00	0.00
Weighted Daily Average			1039	*78	1916	11.74	6.27	1378.7	16358	99.63	*59	59.36	132.86	30.32	8.81	*0.00
% of Calories											*22.7%	22.9%	51.1%	26.3%	7.6%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Tue - 03/07/2017																
INTERMEDIATE LUNCH 6-8	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
ALT INT WEEKLY 1st CHOI	Total	1														
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	317	3.6	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	*0.00
FRENCH FRIES: 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: 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
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			1173	*79	2225	16.80	7.66	1165.7	12431	96.84	*68 *23.1%	53.36 18.2%	152.14 51.9%	39.37 30.2%	9.62 7.4%	*0.02 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Wed - 03/08/2017																
INTERMEDIATE LUNCH 6-8	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 VEGETAB LE: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
WW DINNER ROLL	ROLL	1	0	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	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
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOI	Total	1														
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	1.39	65.8	528	6.26	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	947	2.4	*4	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :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
TOMATOES, CUCUMBER, CAR ROTS:EL	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
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			844	*64	1886	7.21	2.32	1182.0	6186	66.38	*59 *27.9%	42.44 20.1%	107.76 51.1%	27.16 29.0%	10.52 11.2%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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Washington County School District

Mar 1, 2017 thru Mar 31, 2017

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)	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																
INTERMEDIATE LUNCH 6-8	Total	1														
CHICKEN CHUNKS-SEC	6 PIECES	1	257	43	585	2.00	1.00	19.0	35	0.0	1	20.0	18.0	13.0	2.00	0.00
TATER TOTS: 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
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOI																
TACO SALAD :ALT LINE	2 CUP	1	418	55	629	12.15	15.59	406.7	36579	97.89	*N/A*	24.58	40.64	15.92	5.64	0.00
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
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 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			981	*64	1806	15.91	11.89	1223.5	26769	128.17	*59	54.21	140.22	22.95	6.50	*0.00
% of Calories											*24.0%	22.1%	57.2%	21.1%	6.0%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Fri - 03/10/2017																
INTERMEDIATE LUNCH 6-8	Total	1														
PEPPERONI PIZZA -BELLA RO SE 8	SLICES	1	440	50	819	2.00	1.80	499.6	749	6.0	5	22.98	33.97	20.98	9.99	0.00
CHEESE PIZZA -BELLA ROSE 8	SLICE	1	420	42	720	2.00	1.80	500.0	750	6.0	5	23.0	34.0	21.0	9.00	0.00
CARROT & CELERY STICKS: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

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Washington County School District

Mar 1, 2017 thru Mar 31, 2017

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)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI EXPRESS BEEF & ONION BURGER: P	Total SANDWIC	1	316	45	711	3.00	2.93	144.7	344	4.81	*3	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	*0.00
BAKED BEANS:ELE	3/4 CUP	1	150	0	613	3.97	1.27	44.9	271	2.24	*21	4.83	36.04	0.38	0.07	*0.00
FRUIT BAR :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
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	5	3.00	0.36	80.0	400	60.0	*N/A*	0.0	18.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			1205	*91	2403	13.12	5.10	1618.7	9622	121.08	*70 *23.4%	63.32 21.0%	157.92 52.4%	35.75 26.7%	13.99 10.5%	*0.25 *0.2%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Mon - 03/20/2017																
INTERMEDIATE LUNCH 6-8	Total	1														
ORANGE CHICKEN :SEC	3.60 OZ	1	160	45	309	0.00	1.80	0.0	100	1.2	*N/A*	12.0	21.0	3.0	0.50	0.00
RICE: COOKED BROWN 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
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	120	0	115	1.00	0.72	100.0	500	0.0	*N/A*	2.0	21.0	3.5	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
SOY SAUCE: PC	PC	1	10	0	500	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00

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Washington County School District

Mar 1, 2017 thru Mar 31, 2017

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)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI	Total	1														
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES: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: 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
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
FRENCH PIZZA ENTER&WATER ONLY	1 each	1	370	30	530	2.00	0.00	400.1	400	0.0	*N/A*	22.01	29.01	20.01	8.00	0.00
Weighted Daily Average			1069	*80	1783	12.03	7.03	1422.8	15869	92.60	*55	59.98	138.57	31.09	9.29	*0.00
% of Calories											*20.5%	22.5%	51.9%	26.2%	7.8%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Tue - 03/21/2017																
INTERMEDIATE LUNCH 6-8	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
COOKIE: VALENTINES	COOKIE	1	172	6	78	1.00	0.72	10.0	50	0.0	15	1.7	26.9	6.7	1.80	0.00

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Washington County School District

Mar 1, 2017 thru Mar 31, 2017

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)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI	Total	1														
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	317	3.6	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	*0.00
FRENCH FRIES: 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: 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
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			1242	*72	2748	21.35	8.57	1212.9	9043	96.43	*64 *20.6%	59.07 19.0%	166.62 53.7%	40.24 29.2%	11.52 8.3%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Wed - 03/22/2017																
	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)
INTERMEDIATE LUNCH 6-8	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
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
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
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOI	Total	1														
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	1.39	65.8	528	6.26	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	947	2.4	*4	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :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
TOMATOES, CUCUMBER, CAR ROTS:EL	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
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00

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Washington County School District

Mar 1, 2017 thru Mar 31, 2017

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)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			933	*71	1899	8.54	3.01	1243.2	5545	73.29	*63 *26.8%	46.67 20.0%	124.11 53.2%	29.53 28.5%	9.77 9.4%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Thu - 03/23/2017																
INTERMEDIATE LUNCH 6-8	Total	1														
CHICKEN BREAST PATTIE SA ND: 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
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
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
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
ALT INT WEEKLY 1st CHOI	Total	1														
TACO SALAD :ALT LINE	2 CUP	1	418	55	629	12.15	15.59	406.7	36579	97.89	*N/A*	24.58	40.64	15.92	5.64	0.00
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
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 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			970	*60	1297	15.14	*12.51	1243.6	26569	124.57	*55 *22.8%	52.04 21.5%	137.94 56.9%	23.59 21.9%	6.31 5.9%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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Washington County School District

Mar 1, 2017 thru Mar 31, 2017

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)	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																
INTERMEDIATE LUNCH 6-8	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
ALT INT WEEKLY 1st CHOI	Total	1														
EXPRESS BEEF & ONION BUR	SANDWIC	1	316	45	711	3.00	2.93	144.7	344	4.81	*3	20.4	28.21	13.3	4.76	*0.50
GER: P																
SHREDDED LETTUCE & TOMATO	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	*0.00
BAKED BEANS:ELE	3/4 CUP	1	150	0	613	3.97	1.27	44.9	271	2.24	*21	4.83	36.04	0.38	0.07	*0.00
FRUIT BAR :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
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	5	3.00	0.36	80.0	400	60.0	*N/A*	0.0	18.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			954	*209	2186	12.53	5.67	1252.9	6547	123.09	*68	48.81	145.57	21.01	6.48	*0.25
% of Calories											*28.6%	20.5%	61.0%	19.8%	6.1%	*0.2%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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Washington County School District

Mar 1, 2017 thru Mar 31, 2017

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)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/27/2017																
INTERMEDIATE LUNCH 6-8	Total	1														
W.W. CHICKEN EGG ROLL:SEC	2 ROLLS	1	300	50	800	6.00	3.60	80.0	800	18.0	4	20.0	44.0	6.0	2.00	0.00
VEGGIE WHOLE GRAIN CHOW MEIN:E	4 OZ	1	130	0	460	5.00	1.44	20.0	1500	9.0	*N/A*	5.0	25.0	1.5	0.00	0.00
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
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
ALT INT WEEKLY 1st CHOI																
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES: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: 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
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
FRENCH PIZZA ENTER&WATER ONLY	1 each	1	370	30	530	2.00	0.00	400.1	400	0.0	*N/A*	22.01	29.01	20.01	8.00	0.00
Weighted Daily Average			1134	*83	1925	16.24	7.71	1418.6	16262	110.13	*62	64.86	151.85	31.32	9.56	*0.00
% of Calories											*21.9%	22.9%	53.6%	24.9%	7.6%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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Washington County School District

Mar 1, 2017 thru Mar 31, 2017

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)	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																
INTERMEDIATE LUNCH 6-8	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
ALT INT WEEKLY 1st CHOI	Total	1														
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	317	3.6	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	*0.00
FRENCH FRIES: 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: 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
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			1162	*82	2512	16.04	8.24	1094.4	11942	82.24	*64 *22.1%	54.75 18.9%	149.63 51.5%	38.71 30.0%	8.41 6.5%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

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Washington County School District

Mar 1, 2017 thru Mar 31, 2017

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)	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																
INTERMEDIATE LUNCH 6-8	Total	1														
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	59	321	3.00	1.00	15.0	61	0.0	0	17.0	15.0	14.0	3.00	0.00
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	502	2.00	0.37	41.1	148	6.0	*3	3.0	23.99	3.56	1.69	*0.00
NORTHWEST BLEND VEGETA BLE:ELE	3/4 CUP	1	19	0	17	1.11	0.40	11.1	414	8.29	2	0.55	3.32	0.0	0.00	0.00
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
ALT INT WEEKLY 1st CHOI																
TOMATO BASIL BISQUE	1 CUP	1	111	12	465	1.36	1.39	65.8	528	6.26	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	947	2.4	*4	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :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
TOMATOES, CUCUMBER, CAR ROTS:EL	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
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			968	*80	1812	9.27	3.38	1205.0	5892	62.73	*60	48.15	122.92	32.08	11.12	*0.00
% of Calories											*24.7%	19.9%	50.8%	29.8%	10.3%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Thu - 03/30/2017																
INTERMEDIATE LUNCH 6-8	Total	1														
MINI CORN DOG NUGGETS (SEC)	6 EACH	1	249	60	418	2.98	1.79	99.5	0	1.19	*N/A*	9.95	29.84	9.95	2.49	0.00
FRENCH FRIES: 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

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Washington County School District

Mar 1, 2017 thru Mar 31, 2017

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)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI	Total	1														
CHEF SALAD: ALT LINE	2 CUP	1	299	71	665	10.14	14.27	365.3	35928	94.04	*0	27.02	23.63	10.26	5.33	0.00
FRUIT BAR :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
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
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	*81	1496	15.29	11.27	1228.1	26376	126.24	*58	50.86	131.17	17.80	6.52	*0.00
% of Calories											*26.4%	23.0%	59.4%	18.1%	6.6%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Fri - 03/31/2017																
INTERMEDIATE LUNCH 6-8	Total	1														
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	570	3.00	2.00	300.0	400	0.0	1	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES: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
FRENCH PIZZA ENTER&WATER ONLY	1 each	1	370	30	530	2.00	0.00	400.1	400	0.0	*N/A*	22.01	29.01	20.01	8.00	0.00
ALT INT WEEKLY 1st CHOI	Total	1														
EXPRESS BEEF & ONION BURGER: P	SANDWIC	1	316	45	711	3.00	2.93	144.7	344	4.81	*3	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	*0.00
BAKED BEANS:ELE	3/4 CUP	1	150	0	613	3.97	1.27	44.9	271	2.24	*21	4.83	36.04	0.38	0.07	*0.00
FRUIT BAR :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
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	*N/A*	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	1.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	5	3.00	0.36	80.0	400	60.0	*N/A*	0.0	18.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00

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Washington County School District

Mar 1, 2017 thru Mar 31, 2017

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)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			1102	*73	2159	13.27	4.21	1463.1	6328	130.54	*66 *24.0%	62.15 22.6%	152.07 55.2%	30.28 24.7%	10.71 8.7%	*0.25 *0.2%
Nutrient Guideline			783				4.50	400.00	1500	16.70		15.00		<=30.0	<10.00	

Weighted Average			1018	*87	1994	13.18	*6.97	1282.1	13848	103.26	*62 *54.6%	54.12 21.3%	138.17 54.3%	28.77 25.4%	9.04 8.0%	*0.06 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1018		783	130%				
Cholesterol (mg)	87				Missing			
Sodium (mg)	1994						1994	
Fiber (g)	13.18							
Iron (mg)	6.97		4.50	155%	Missing			
Calcium (mg)	1282.1		400.00	321%				
Vitamin A (IU)	13848		1500	923%				
Sugars (g)	62	24.25%			Missing			
Vitamin C (mg)	103.26		16.70	618%				
Protein (g)	54.12	21.26%	15.00	361%				
Carbohydrate (g)	138.17	54.28%						
Total Fat (g)	28.77	25.43%	<=30.00%					
Saturated Fat (g)	9.04	7.99%	<10.00%					
Trans Fat ¹ (g)	0.06	0.05%			Missing			

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