

Washington County School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Pre-School Lunch

Portion Values - Detailed

Page 1

Generated on: 2/21/2017 2:44:03 PM

	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																
Pre-School Lunch	Total	1														
FRENCH BREAD CHEESE PIZZA	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
PEAR CUPS-DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	0.0	0.00	0.00
CHERRY TOMATOES	1/2 CUP	1	13	0	4	0.90	0.18	5.0	625	9.6	2	0.65	10.55	0.15	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	0	0.0	*N/A*	1.0	2.0	6.0	0.50	0.00
SEC																
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
Weighted Daily Average			744	55	944	4.90	0.18	1005.1	2095	73.20	*46	39.65	89.56	28.65	10.00	0.00
% of Calories											*24.7%	21.3%	48.2%	34.7%	12.1%	0.0%
Nutrient Guideline			517				3.30	267.00	750	15.00		6.65		<=30.0	<10.00	

Thu - 03/02/2017																
Pre-School Lunch	Total	1														
TURKEY SANDWICH: PRE	SANDWIC	1	287	40	767	2.00	1.56	230.0	310	2.8	*3	16.33	30.33	11.33	5.50	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
CELERY STICKS:ELE	1/2 CUP	1	12	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	*N/A*
BLUE RASPBERRY- LEMON- F	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
ROZEN																
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
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	0	0.0	*N/A*	1.0	2.0	6.0	0.50	0.00
SEC																
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
Weighted Daily Average			731	70	1347	4.22	2.02	949.3	3171	75.18	*54	34.75	91.21	24.04	8.04	*0.00
% of Calories											*29.3%	19.0%	49.9%	29.6%	9.9%	*0.0%
Nutrient Guideline			517				3.30	267.00	750	15.00		6.65		<=30.0	<10.00	

Tue - 03/07/2017																
Pre-School Lunch	Total	1														
SCOOPS & BEANS: PRE	1/2 CUP	1	290	0	708	10.99	2.39	46.8	0	28.32	*N/A*	10.99	44.85	7.56	1.69	*0.00
STRING CHEESE: 1oz M	1 EA	1	80	15	200	0.00	0.00	200.0	200	0.0	*N/A*	6.0	0.0	6.0	3.50	0.00
APPLE SLICES	1 BAG	1	30	0	0	1.00	0.00	20.0	30	21.0	6	0.0	7.0	0.0	0.00	0.00
CUCUMBERS: 1/2 CUP	1/2 CUP	1	77	10	96	0.42	0.13	8.3	43	1.9	*1	1.35	3.29	6.1	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

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

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Pre-School Lunch

Portion Values - Detailed

Page 2

Generated on: 2/21/2017 2:44:03 PM

	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			697	40	1310	12.41	2.52	875.1	1273	54.82	*37 *21.1%	34.34 19.7%	87.13 50.0%	22.15 28.6%	7.19 9.3%	*0.00 *0.0%
Nutrient Guideline			517				3.30	267.00	750	15.00		6.65		<=30.0	<10.00	

Wed - 03/08/2017																
Pre-School Lunch	Total	1														
MINI CORN DOG NUGGETS : P RE	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
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
BROCCOLI & CAULIFLOWER: PRE	1/2 CUP	1	82	10	108	0.96	0.23	13.8	111	27.88	*0	1.98	4.42	6.14	0.54	*0.00
PEACH CUPS -DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	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
Weighted Daily Average % of Calories			574	65	1148	4.95	1.43	680.2	1806	92.28	*44 *31.0%	25.61 17.8%	81.65 56.9%	15.27 23.9%	3.70 5.8%	*0.00 *0.0%
Nutrient Guideline			517				3.30	267.00	750	15.00		6.65		<=30.0	<10.00	

Thu - 03/09/2017																
Pre-School Lunch	Total	1														
HAMBURGER 100% BEEF :ELE	PATTY	1	257	39	390	2.03	34.38	73.7	10	2.43	2	21.08	21.1	10.15	3.40	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
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
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
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	15	2.00	0.00	0.0	95	60.0	19	0.0	22.0	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
Weighted Daily Average % of Calories			727	54	1329	6.47	34.87	683.2	2258	74.31	*53 *29.0%	40.49 22.3%	103.64 57.1%	16.94 21.0%	5.61 7.0%	*0.00 *0.0%
Nutrient Guideline			517				3.30	267.00	750	15.00		6.65		<=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

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Pre-School Lunch

Portion Values - Detailed

Page 3

Generated on: 2/21/2017 2:44:03 PM

	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 - 03/20/2017																
Pre-School 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
CARROT STICKS: PRE	1/2 CUP	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0	15	1.00	0.00	0.0	200	60.0	16	0.0	16.0	0.0	0.00	0.00
JUICE : VARIETY SUNCUP	BOX	1	66	0	7	0.00	0.00	100.0	75	60.0	15	0.0	16.3	0.0	0.00	0.00
RANCH: (WILD COYOTE LITE) SEC	PC CUP	1	70	10	95	0.00	0.00	0.0	0	0.0	*N/A*	1.0	2.0	6.0	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
Weighted Daily Average			763	55	1032	5.46	3.86	979.0	16257	132.38	*67	32.82	104.72	19.71	6.03	0.00
% of Calories											*35.2%	17.2%	54.9%	23.3%	7.1%	0.0%
Nutrient Guideline			517				3.30	267.00	750	15.00		6.65		<=30.0	<10.00	

Tue - 03/21/2017																
Pre-School 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
ORANGES	ORANGE	1	93	0	0	4.76	0.20	79.4	407	105.57	*N/A*	1.87	23.32	0.24	0.03	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
Weighted Daily Average			878	67	2063	18.49	5.00	1054.9	2373	143.86	*30	47.81	123.14	20.61	11.56	*0.00
% of Calories											*13.7%	21.8%	56.1%	21.1%	11.9%	*0.0%
Nutrient Guideline			517				3.30	267.00	750	15.00		6.65		<=30.0	<10.00	

Wed - 03/22/2017																
Pre-School Lunch	Total	1														
TURKEY CHEESE ROLL	1 EACH	1	147	40	517	0.00	0.12	150.0	300	0.4	*1	10.33	2.33	10.33	5.50	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
CARROT & CELERY STICKS: PRE	1/2 cup	1	91	10	158	1.82	0.46	28.4	6030	2.28	*0	1.52	6.57	6.11	0.52	*0.00
GRAPES,Fresh	1/2 CUP	1	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	*N/A*
MARSHMALLOW RICE TREAT	1 EACH	1	80	0	30	0.00	0.00	0.0	100	0.0	8	1.0	15.0	2.0	0.84	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

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

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Pre-School 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 % of Calories			716	76	1101	3.74	1.81	799.8	7516	8.12	*47 *26.2%	31.95 17.8%	86.79 48.5%	26.11 32.8%	9.31 11.7%	*0.00 *0.0%
Nutrient Guideline			517				3.30	267.00	750	15.00		6.65		<=30.0	<10.00	

Thu - 03/23/2017																
Pre-School Lunch	Total	1														
HAM SANDWICH: PRE	SANDWIC	1	278	42	800	2.00	1.75	230.0	310	2.74	*3	15.25	30.28	11.28	5.43	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
CUCUMBERS: 1/2 CUP	1/2 CUP	1	77	10	96	0.42	0.13	8.3	43	1.9	*1	1.35	3.29	6.1	0.51	*0.00
BANANAS	1 EACH	1	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	*N/A*
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
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
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
Weighted Daily Average % of Calories			738	72	1344	6.52	2.49	853.8	1956	24.99	*50 *27.0%	35.80 19.4%	96.19 52.1%	24.34 29.7%	8.07 9.8%	*0.00 *0.0%
Nutrient Guideline			517				3.30	267.00	750	15.00		6.65		<=30.0	<10.00	

Mon - 03/27/2017																
Pre-School Lunch	Total	1														
POPCORN CHICKEN: PRE	9 PIECES	1	148	34	287	1.43	1.43	11.5	80	0.72	1	10.03	9.31	7.88	1.43	0.00
DICED MIX FRUIT:WO40	1 cup	1	70	0	15	1.00	0.00	0.0	200	60.0	16	0.0	16.0	0.0	0.00	0.00
CARROT STICKS: PRE	1/2 CUP	1	36	0	61	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	0.21	0.03	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	0	0.0	*N/A*	1.0	2.0	6.0	0.50	0.00
SEC																
SCOOBY-DOO GRAHAM CRAC	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
KER STIC																
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
Weighted Daily Average % of Calories			664	59	877	5.89	2.42	740.5	16462	69.50	*51 *30.6%	29.85 18.0%	88.73 53.4%	20.09 27.2%	4.46 6.0%	0.00 0.0%
Nutrient Guideline			517				3.30	267.00	750	15.00		6.65		<=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.

Washington County School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Pre-School Lunch

Portion Values - Detailed

Page 5

Generated on: 2/21/2017 2:44:03 PM

	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																
Pre-School Lunch	Total	1														
BURRITO : ELEMENTARY	BURRITO	1	291	15	479	7.96	3.60	150.0	295	1.2	*N/A*	11.84	40.95	8.29	3.62	0.01
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
GRAPES,Fresh	1/2 CUP	1	31	0	1	0.41	0.13	6.4	46	1.84	7	0.29	7.89	0.16	0.05	*N/A*
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
Weighted Daily Average			731	30	1516	18.25	5.76	803.2	1430	34.96	*37	38.01	108.46	16.01	6.86	*0.01
% of Calories											*20.5%	20.8%	59.4%	19.7%	8.4%	*0.0%
Nutrient Guideline			517				3.30	267.00	750	15.00		6.65		<=30.0	<10.00	

Wed - 03/29/2017																
Pre-School Lunch	Total	1														
FRENCH BREAD CHEESE PIZZA	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
PEAR CUPS-DICED	1 CUP	1	70	0	10	2.00	0.00	0.0	70	60.0	14	0.0	16.0	0.0	0.00	0.00
CHERRY TOMATOES	1/2 CUP	1	13	0	4	0.90	0.18	5.0	625	9.6	2	0.65	10.55	0.15	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	0	0.0	*N/A*	1.0	2.0	6.0	0.50	0.00
SEC																
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
Weighted Daily Average			744	55	944	4.90	0.18	1005.1	2095	73.20	*46	39.65	89.56	28.65	10.00	0.00
% of Calories											*24.7%	21.3%	48.2%	34.7%	12.1%	0.0%
Nutrient Guideline			517				3.30	267.00	750	15.00		6.65		<=30.0	<10.00	

Thu - 03/30/2017																
Pre-School Lunch	Total	1														
TURKEY SANDWICH: PRE	SANDWIC	1	287	40	767	2.00	1.56	230.0	310	2.8	*3	16.33	30.33	11.33	5.50	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
CELERY STICKS:ELE	1/2 CUP	1	12	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	*N/A*
MANDARIN ORANGE- CANNE	1/2 CUP	1	77	0	7	1.46	0.45	9.8	1579	23.91	*N/A*	0.66	19.59	0.17	0.01	*N/A*
D:PRE																
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
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	0	0.0	*N/A*	1.0	2.0	6.0	0.50	0.00
SEC																
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

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

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Pre-School Lunch

Portion Values - Detailed

Page 6

Generated on: 2/21/2017 2:44:03 PM

	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			718	70	1324	5.69	2.47	879.0	3750	39.09	*36 *19.8%	35.41 19.7%	88.80 49.5%	24.21 30.3%	8.05 10.1%	*0.00 *0.0%
Nutrient Guideline			517				3.30	267.00	750	15.00		6.65		<=30.0	<10.00	

Weighted Average			725	59	1252	7.84	5.00	869.9	4803	68.92	*46 *57.0%	35.86 19.8%	95.35 52.6%	22.06 27.4%	7.61 9.4%	*0.00 *0.0%
------------------	--	--	-----	----	------	------	------	-------	------	-------	---------------	----------------	----------------	----------------	--------------	----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	725		517	140%				
Cholesterol (mg)	59							
Sodium (mg)	1252						1252	
Fiber (g)	7.84							
Iron (mg)	5.00		3.30	152%				
Calcium (mg)	869.9		267.00	326%				
Vitamin A (IU)	4803		750	640%				
Sugars (g)	46	25.35%			Missing			
Vitamin C (mg)	68.92		15.00	459%				
Protein (g)	35.86	19.78%	6.65	539%				
Carbohydrate (g)	95.35	52.61%						
Total Fat (g)	22.06	27.39%	<=30.00%					
Saturated Fat (g)	7.61	9.44%	<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

* - 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.