

# Washington County School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Combined: Secondary Lunch 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 1

Generated on: 2/21/2017 2:04:18 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 <sup>1</sup> (g)
Wed - 03/01/2017																
Secondary Lunch 9-12	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	3/4 CUP	1	122	0	479	1.53	0.57	34.2	8	45.78	*2	3.05	25.94	1.53	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
GREEN BEANS:SEC	1 CUP	1	57	0	719	5.44	2.58	74.4	999	12.31	*N/A*	3.44	12.88	0.29	0.06	*N/A*
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*0.00
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	1.36	14.1	81	0.0	*1	3.93	27.16	2.34	0.49	*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 SEC WEEKLY 1st CHO																
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 (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*0.00
TOMATOES, CUCUMBER, CAR ROTS:SE	1 CUP	1	99	10	131	2.10	0.60	24.3	6219	7.83	*2	1.94	12.03	6.22	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			977	*83	2665	13.02	4.67	1229.5	6166	120.42	*67 *27.4%	55.88 22.9%	138.78 56.8%	26.38 24.3%	9.09 8.4%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Mar 1, 2017 thru Mar 31, 2017

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Portion Values - Detailed

Page 2

Generated on: 2/21/2017 2:04:18 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 <sup>1</sup> (g)
Thu - 03/02/2017																
Secondary Lunch 9-12	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:SEC	3/4 cup	1	191	350	613	0.00	1.82	48.3	468	0.76	*0	17.97	3.47	11.35	3.78	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 8-2	2 EACH	1	254	0	488	1.95	0.70	0.0	0	2.34	0	1.95	33.2	15.62	1.95	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
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*
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
GOLD RUSH : APPLE & EVE	BOX	1	40	0	60	0.00	0.00	0.0	5002	60.03	8	0.0	10.0	0.0	0.00	0.00
ALT SEC WEEKLY 1st CHO																
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 (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	4.69	114.5	12855	47.82	*0	4.51	14.42	0.39	0.06	*0.00
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	1.36	14.1	81	0.0	*1	3.93	27.16	2.34	0.49	*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			1085	*231	2222	16.49	12.42	1249.7	29650	182.31	*73	56.56	159.54	27.44	9.93	*0.00
% of Calories											*27.0%	20.8%	58.8%	22.8%	8.2%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Fri - 03/03/2017																
Secondary Lunch 9-12	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 (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*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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Page 3

Generated on: 2/21/2017 2:04:18 PM

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ALT SEC WEEKLY 1st CHO 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 BAKED BEANS:ELE	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
FRUIT BAR :SPRING (SEC)	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
PICKLE:, CHIPS	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*0.00
KETCHUP : P/C	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
MUSTARD:, 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
LIGHT MAYONNAISE	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
FROZEN JUICE CUPS	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	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 1% WHITE	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 FAT FREE 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			1010	*50	1929	17.05	7.77	1347.0	12025	173.58	*74 *29.3%	51.90 20.5%	158.62 62.8%	20.91 18.6%	6.28 5.6%	*0.25 *0.2%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Mon - 03/06/2017																
Secondary Lunch 9-12	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:S	1.25 CUP	1	219	0	977	3.37	2.43	34.0	4211	8.09	*0	5.05	40.42	4.21	0.00	0.00
IMPERIAL BLEND:SEC	1 CUP	1	30	0	10	2.03	0.00	20.3	203	21.35	2	1.02	5.08	0.0	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	8.62	197.6	22064	62.52	*1	6.87	20.63	6.13	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

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Page 4

Generated on: 2/21/2017 2:04:18 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 <sup>1</sup> (g)
ALT SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	107	10	151	2.95	0.83	40.8	6147	54.61	*1	3.06	9.82	6.29	0.56	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	8.62	197.6	22064	62.52	*1	6.87	20.63	6.13	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			1179	*78	2021	19.55	12.03	1528.3	29444	188.27	*69	64.99	162.01	31.50	8.87	*0.00
% of Calories											*23.4%	22.0%	55.0%	24.0%	6.8%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Tue - 03/07/2017																
Secondary Lunch 9-12	Total	1														
CHILI / SCOOPS: SEC	1 CUP	1	502	77	787	11.89	4.90	365.5	1840	21.57	*N/A*	29.97	48.0	20.07	9.97	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	0.83	40.8	6147	54.61	*1	3.06	9.82	6.29	0.56	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	794	6.58	5.80	93.7	11796	34.75	*0	4.74	14.44	12.82	1.73	*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 SEC WEEKLY 1st CHO	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: SEC	3/4 CUP	1	147	0	224	1.88	0.24	0.0	0	2.41	0	2.01	22.12	5.63	0.94	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	794	6.58	5.80	93.7	11796	34.75	*0	4.74	14.44	12.82	1.73	*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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Page 5

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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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			1331	*91	2653	23.13	11.41	1292.9	18640	163.54	*77 *23.1%	60.61 18.2%	175.14 52.6%	44.16 29.9%	11.55 7.8%	*0.02 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Wed - 03/08/2017																
Secondary Lunch 9-12	Total	1														
HAM : SECONDARY	3 OZ	1	105	38	888	0.00	0.54	0.0	0	0.0	*N/A*	13.55	0.0	5.27	2.26	0.00
SCALLOPED POTATOES:SEC	3/4 CUP	1	223	0	703	2.80	0.51	57.6	207	8.4	*4	4.2	33.59	4.98	2.37	*0.00
CALIFORNIA BLEND VEGETAB LES:SE	1 CUP	1	55	0	57	2.49	0.00	24.9	1334	22.4	*2	1.24	6.22	1.98	0.36	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*0.00
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	1.36	14.1	81	0.0	*1	3.93	27.16	2.34	0.49	*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 SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*0.00
TOMATOES, CUCUMBER, CAR ROTS:SE	1 CUP	1	99	10	131	2.10	0.60	24.3	6219	7.83	*2	1.94	12.03	6.22	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			1007	*75	2325	12.18	3.35	1216.4	6434	106.77	*69 *27.6%	48.11 19.1%	136.52 54.2%	30.34 27.1%	11.56 10.3%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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# Washington County School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Combined: Secondary Lunch 9-12/ALT SEC WEEKLY 1st CHOICE

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 <sup>1</sup> (g)
Thu - 03/09/2017																
Secondary Lunch 9-12	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: SEC	3/4 CUP	1	177	0	366	2.13	0.72	13.3	0	0.8	0	2.13	23.29	7.72	1.10	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	4.69	114.5	12855	47.82	*0	4.51	14.42	0.39	0.06	*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
ALT SEC WEEKLY 1st CHO																
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
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	1.36	14.1	81	0.0	*1	3.93	27.16	2.34	0.49	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	4.69	114.5	12855	47.82	*0	4.51	14.42	0.39	0.06	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*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			1103	*69	2034	22.33	14.63	1284.1	33268	187.49	*67	57.39	164.86	25.01	6.96	*0.00
% of Calories											*24.4%	20.8%	59.8%	20.4%	5.7%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Fri - 03/10/2017																
Secondary Lunch 9-12	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:SEC	1 CUP	1	97	10	187	2.42	0.53	43.2	6197	3.43	*1	1.78	7.67	6.18	0.54	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*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: Secondary Lunch 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 7

Generated on: 2/21/2017 2:04:18 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 <sup>1</sup> (g)
ALT SEC WEEKLY 1st CHO 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 (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*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			1238	*91	2401	14.68	5.11	1634.1	6810	157.61	*79 *25.7%	64.01 20.7%	166.18 53.7%	35.98 26.2%	14.04 10.2%	*0.25 *0.2%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Mon - 03/20/2017																
Secondary Lunch 9-12	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 (SEC)	1 CUP	1	160	0	139	2.00	0.72	2.2	0	0.0	*0	4.0	32.96	1.5	0.00	*0.00
KEY WEST BLEND VEGETABLE: SEC	1 CUP	1	45	0	53	3.00	1.08	30.0	1500	9.0	5	0.0	9.0	0.0	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	8.62	197.6	22064	62.52	*1	6.87	20.63	6.13	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

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# Washington County School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Combined: Secondary Lunch 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 8

Generated on: 2/21/2017 2:04:18 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 <sup>1</sup> (g)
ALT SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	107	10	151	2.95	0.83	40.8	6147	54.61	*1	3.06	9.82	6.29	0.56	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	8.62	197.6	22064	62.52	*1	6.87	20.63	6.13	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			1211	*80	2498	19.78	12.62	1567.3	28262	178.05	*69	65.46	168.26	31.80	9.35	*0.00
% of Calories											*22.8%	21.6%	55.6%	23.6%	6.9%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Tue - 03/21/2017																
Secondary Lunch 9-12	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 (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	794	6.58	5.80	93.7	11796	34.75	*0	4.74	14.44	12.82	1.73	*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

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# Washington County School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Combined: Secondary Lunch 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 9

Generated on: 2/21/2017 2:04:18 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 <sup>1</sup> (g)
ALT SEC WEEKLY 1st CHO	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: SEC	3/4 CUP	1	147	0	224	1.88	0.24	0.0	0	2.41	0	2.01	22.12	5.63	0.94	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	794	6.58	5.80	93.7	11796	34.75	*0	4.74	14.44	12.82	1.73	*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			1245	*69	3021	25.25	11.12	1269.5	14852	149.42	*65 *21.0%	60.53 19.4%	170.63 54.8%	38.74 28.0%	10.90 7.9%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Wed - 03/22/2017																
Secondary Lunch 9-12	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	3/4 CUP	1	122	0	479	1.53	0.57	34.2	8	45.78	*2	3.05	25.94	1.53	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 :SEC	1 CUP	1	119	0	20	3.97	0.71	0.0	69	7.14	14	3.97	17.86	2.98	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*0.00
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	1.36	14.1	81	0.0	*1	3.93	27.16	2.34	0.49	*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 SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*0.00
TOMATOES, CUCUMBER, CAR ROTS:SE	1 CUP	1	99	10	131	2.10	0.60	24.3	6219	7.83	*2	1.94	12.03	6.22	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

\*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  
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# Washington County School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Combined: Secondary Lunch 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 10

Generated on: 2/21/2017 2:04:18 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			1037	*77	2093	12.79	3.56	1252.9	5641	118.14	*74 *28.5%	48.60 18.7%	146.39 56.5%	31.21 27.1%	10.07 8.7%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Thu - 03/23/2017																
Secondary Lunch 9-12	Total	1														
CHICKEN BREAST PATTIE SA ND :SE	1 each	1	370	30	520	4.00	3.24	80.0	115	4.8	3	18.0	38.0	16.51	3.00	0.00
SHREDDED LETTUCE & TOMATO CHIPS : VARIETY	1/2 CUP BAG	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	124	0	190	1.71	*0.15	5.7	76	0.69	2	2.0	20.14	3.71	0.29	0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*0.00
JELL-O	GEL CUP	1	78	0	149	5.88	4.69	114.5	12855	47.82	*0	4.51	14.42	0.39	0.06	*0.00
LIGHT MAYONNAISE	POUCH	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
MILK : CHOCOLATE MILK	CARTON	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 1% WHITE	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 FAT FREE 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
ALT SEC WEEKLY 1st CHO	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
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	1.36	14.1	81	0.0	*1	3.93	27.16	2.34	0.49	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	4.69	114.5	12855	47.82	*0	4.51	14.42	0.39	0.06	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*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			1089	*65	1507	22.14	*15.44	1305.6	33219	185.88	*65 *23.8%	55.78 20.5%	162.96 59.8%	24.70 20.4%	6.63 5.5%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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# Washington County School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Combined: Secondary Lunch 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 11

Generated on: 2/21/2017 2:04:18 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 <sup>1</sup> (g)
Fri - 03/24/2017																
Secondary Lunch 9-12	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: SEC	3/4 CUP	1	104	447	924	2.98	2.15	59.6	1118	13.42	4	2.98	17.89	2.24	0.00	0.00
TOMATOES, CUCUMBER, CAR	1 CUP	1	99	10	131	2.10	0.60	24.3	6219	7.83	*2	1.94	12.03	6.22	0.51	*0.00
ROTS:SE																
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*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 SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*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			1011	*284	2340	15.01	6.22	1279.6	6780	162.32	*78	50.09	158.32	21.63	6.54	*0.25
% of Calories											*30.9%	19.8%	62.6%	19.3%	5.8%	*0.2%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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# Washington County School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Combined: Secondary Lunch 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 12

Generated on: 2/21/2017 2:04:18 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 <sup>1</sup> (g)
Mon - 03/27/2017																
Secondary Lunch 9-12	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:SEC	1 CUP	1	30	0	10	2.03	0.00	20.3	203	21.35	2	1.02	5.08	0.0	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	8.62	197.6	22064	62.52	*1	6.87	20.63	6.13	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 SEC WEEKLY 1st CHO																
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:SEC	1 CUP	1	107	10	151	2.95	0.83	40.8	6147	54.61	*1	3.06	9.82	6.29	0.56	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	364	8.34	8.62	197.6	22064	62.52	*1	6.87	20.63	6.13	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			1235	*83	2082	23.37	12.98	1561.3	28494	197.12	*72	69.47	172.80	31.65	9.62	*0.00
% of Calories											*23.3%	22.5%	56.0%	23.1%	7.0%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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# Washington County School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Combined: Secondary Lunch 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 13

Generated on: 2/21/2017 2:04:18 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 <sup>1</sup> (g)
Tue - 03/28/2017																
Secondary Lunch 9-12																
TACO SOUP	Total	1														
CHEESE SHREDDED: MIX .5OZ	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
CORNMEAL SUPER STAR, WG :FR017	.5 OZ	1	50	11	81	0.00	0.07	102.8	108	0.0	*N/A*	3.6	0.36	3.77	2.39	0.00
CUCUMBER & CARROTS: 1 CUP	2 EACH	1	296	22	182	3.00	2.20	30.0	80	0.0	*N/A*	5.6	46.0	10.0	1.80	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	107	10	162	2.87	0.90	35.3	11770	4.16	*1	1.89	10.22	6.2	0.52	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*0.00
BROWNIE CUP, WG:FR016	1 CUP	1	197	10	794	6.58	5.80	93.7	11796	34.75	*0	4.74	14.44	12.82	1.73	*0.00
MILK : CHOCOLATE MILK	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 1% WHITE	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 FAT FREE 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
	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 SEC WEEKLY 1st CHO																
SPICY CHICKEN SANDWICH	Total	1														
SHREDDED LETTUCE & TOMATO	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
FRENCH FRIES: SEC	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
FRUIT BAR :SPRING (SEC)	3/4 CUP	1	147	0	224	1.88	0.24	0.0	0	2.41	0	2.01	22.12	5.63	0.94	0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*0.00
LIGHT MAYONNAISE	1 CUP	1	197	10	794	6.58	5.80	93.7	11796	34.75	*0	4.74	14.44	12.82	1.73	*0.00
KETCHUP : P/C	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
BARBAQUE SAUCE: 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	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 1% WHITE	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 FAT FREE 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
	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			1345	*90	2907	21.81	11.92	1195.9	20755	135.80	*73	59.50	180.41	44.03	9.74	*0.00
% of Calories											*21.8%	17.7%	53.6%	29.5%	6.5%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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# Washington County School District

Mar 1, 2017 thru Mar 31, 2017

Base Menu Spreadsheet

Combined: Secondary Lunch 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 14

Generated on: 2/21/2017 2:04:18 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 <sup>1</sup> (g)
Wed - 03/29/2017																
Secondary Lunch 9-12	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:SEC	3/4 CUP	1	223	0	703	2.80	0.51	57.6	207	8.4	*4	4.2	33.59	4.98	2.37	*0.00
NORTHWEST BLEND VEGETA BLES:SEC	1 CUP	1	35	0	30	2.00	0.72	20.0	750	15.0	3	1.0	6.0	0.0	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*0.00
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	1.36	14.1	81	0.0	*1	3.93	27.16	2.34	0.49	*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 SEC WEEKLY 1st CHO																
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 (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*0.00
TOMATOES, CUCUMBER, CAR ROTS:SE	1 CUP	1	99	10	131	2.10	0.60	24.3	6219	7.83	*2	1.94	12.03	6.22	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			1071	*86	2027	13.44	3.94	1221.5	6172	103.07	*70	49.71	143.91	33.72	11.75	*0.00
% of Calories											*26.0%	18.6%	53.8%	28.3%	9.9%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Thu - 03/30/2017																
Secondary Lunch 9-12	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: SEC	3/4 CUP	1	147	0	224	1.88	0.24	0.0	0	2.41	0	2.01	22.12	5.63	0.94	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	4.69	114.5	12855	47.82	*0	4.51	14.42	0.39	0.06	*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

\*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: Secondary Lunch 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 15

Generated on: 2/21/2017 2:04:18 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 <sup>1</sup> (g)
ALT SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	149	5.88	4.69	114.5	12855	47.82	*0	4.51	14.42	0.39	0.06	*0.00
ROLL: 2 OZ	ROLL	1	138	11	376	4.70	1.36	14.1	81	0.0	*1	3.93	27.16	2.34	0.49	*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			1002	*86	1707	21.69	13.95	1287.0	32875	185.77	*67	54.02	155.70	19.61	6.96	*0.00
% of Calories											*26.7%	21.6%	62.2%	17.6%	6.3%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Fri - 03/31/2017																
Secondary Lunch 9-12	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:SEC	1 CUP	1	107	10	151	2.95	0.83	40.8	6147	54.61	*1	3.06	9.82	6.29	0.56	*0.00
EC																
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*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 SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	110	*0	2	4.46	0.43	33.1	175	77.13	*19	1.56	27.73	0.52	0.11	*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: Secondary Lunch 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

Page 16

Generated on: 2/21/2017 2:04:18 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories			1143	*73	2163	15.44	4.46	1483.1	6435	177.20	*75 *26.3%	63.16 22.1%	162.27 56.8%	30.55 24.1%	10.76 8.5%	*0.25 *0.2%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Weighted Average			1129	*98	2255	18.29	*9.31	1344.8	18107	159.60	*71 *56.9%	57.54 20.4%	160.18 56.8%	30.52 24.3%	9.48 7.6%	*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	1129		846	133%				
Cholesterol (mg)	98				Missing			
Sodium (mg)	2255						2255	
Fiber (g)	18.29							
Iron (mg)	9.31		4.50	207%	Missing			
Calcium (mg)	1344.8		400.00	336%				
Vitamin A (IU)	18107		1500	1207%				
Sugars (g)	71	25.28%			Missing			
Vitamin C (mg)	159.60		19.20	831%				
Protein (g)	57.54	20.39%	16.70	345%				
Carbohydrate (g)	160.18	56.76%						
Total Fat (g)	30.52	24.33%	<=30.00%					
Saturated Fat (g)	9.48	7.56%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.06	0.04%			Missing			

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