

# Washington County School District

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 03/01/2018										
ELEMENTARY LUNCH	Total	1								
CHICKEN BREAST PATTIE SAND: EL	1 each	1	340	30	2	17.0	33.0	16.51	3.00	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
FRENCH FRIES-1/2 CUP	1/2 CUP	1	111	0	0	2.02	17.19	3.54	1.01	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	*0	2.26	7.21	0.2	0.03	0.00
JELL-O	GEL CUP	1	100	0	22	0.0	25.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			1051	*50	*87	48.06	156.70	27.12	6.11	*0.00
% of Calories					*33.0%	18.3%	59.6%	23.2%	5.2%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 03/02/2018										
ELEMENTARY LUNCH	Total	1								
WHOLE GRAIN BISCUIT: RICH'S	BISCUIT	1	190	0	2	4.0	23.0	9.0	5.00	0.00
SCRAMBLED EGGS W/HAM:ELE	1/2 CUP SER VING	1	143	263	*0	13.51	2.61	8.53	2.84	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	19	0.0	22.0	0.0	0.00	0.00
HASHBROWN PATTY:1/2 CUP	2 EACH	1	220	0	1	2.0	27.0	11.0	1.50	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
JELLY: VARIETY PACK	PC	1	37	0	*N/A*	0.0	9.4	0.0	0.00	0.00
Weighted Daily Average			1021	278	*72	45.39	138.11	31.03	10.84	0.00
% of Calories					*28.4%	17.8%	54.1%	27.4%	9.6%	0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

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Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 03/05/2018										
ELEMENTARY LUNCH	Total	1								
THAI SWEET CHILI CHICKEN:ELE	2.85 OZ	1	120	45	11	11.0	15.0	2.0	0.50	0.00
VEGETABLE HARVEST RICE PILAF:E	3/4 CUP	1	130	0	*0	3.0	24.01	2.5	0.00	0.00
KEY WEST BLEND VEGETABLE: ELE	3/4 CUP	1	34	0	3	0.0	6.75	0.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	*2	3.4	10.51	6.06	0.51	0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	*N/A*	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
SMACKERS: SUNSET ONLY	4.3 OZ SERVI NG	1	278	62	0	18.6	20.67	13.44	3.10	0.00
Weighted Daily Average			1081	*132	*68	61.87	146.21	27.00	5.70	*0.00
% of Calories					*25.0%	22.9%	54.1%	22.5%	4.7%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 03/06/2018										
ELEMENTARY LUNCH	Total	1								
CHEESE QUESADILLA	1 EACH	1	330	45	2	18.01	25.01	18.01	11.01	0.00
BLACK BEANS	1/2 CUP	1	153	0	2	9.25	27.52	1.0	0.00	*0.00
CORN :ELE	3/4 CUP	1	79	0	9	2.65	11.91	1.98	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	*1	3.37	9.22	11.91	1.61	*0.00
SALSA PICANTE	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1107	*70	*66	60.02	137.72	35.70	14.18	*0.00
% of Calories					*23.9%	21.7%	49.8%	29.0%	11.5%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 03/07/2018										
ELEMENTARY LUNCH	Total	1								
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	59	0	17.0	15.0	14.0	3.00	0.00
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	*3	3.0	23.99	3.56	1.69	*0.00
GREEN BEANS:ELE	3/4 CUP	1	32	0	*N/A*	1.91	7.16	0.16	0.03	*N/A*
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	*N/A*	0.0	0.0	4.0	1.00	0.00
Weighted Daily Average			943	*74	*57	51.77	125.44	25.51	7.28	*0.00
% of Calories					*24.0%	22.0%	53.2%	24.4%	7.0%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 03/08/2018										
ELEMENTARY LUNCH	Total	1								
MINI CORN DOG NUGGETS ( ELEM)	4 EACH	1	167	40	1	6.67	20.0	6.67	1.67	0.00
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	0	2.0	16.0	7.0	1.50	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	*0	2.26	7.21	0.2	0.03	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	0	0.22	0.33	0.0	0.00	0.00
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	158	10	*10	1.89	22.26	7.44	1.70	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			911	*65	*71	38.90	136.42	24.09	6.46	*0.00
% of Calories					*31.2%	17.1%	59.9%	23.8%	6.4%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

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Fri - 03/09/2018										
ELEMENTARY LUNCH	Total	1								
6" WW PEPPERONI PIZZA	SERVING	1	350	40	7	22.0	30.0	16.0	8.00	0.00
DINNER SALAD	1 CUP	1	132	10	*1	4.55	13.53	6.02	0.50	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			924	*65	*76	52.41	124.82	24.81	10.06	*0.00
% of Calories					*32.8%	22.7%	54.0%	24.2%	9.8%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 03/19/2018										
ELEMENTARY LUNCH	Total	1								
TERIYAKI CHICKEN:ELE	2.8 OZ	1	90	40	*N/A*	12.0	6.0	2.0	0.50	0.00
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	0	*N/A*	3.0	24.01	2.5	0.00	0.00
CARIBBEAN BLEND VEGETABLES:ELE	3/4 CUP	1	26	0	2	0.75	4.5	0.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	*2	3.4	10.51	6.06	0.51	0.00
BUG BITES	BAG	1	120	0	8	2.0	21.0	3.5	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
SMACKERS: SUNSET ONLY	4.3 OZ SERVI NG	1	278	62	0	18.6	20.67	13.44	3.10	0.00
Weighted Daily Average			1131	*127	*64	65.62	148.99	30.30	6.67	*0.00
% of Calories					*22.5%	23.2%	52.7%	24.1%	5.3%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

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Tue - 03/20/2018										
ELEMENTARY LUNCH	Total	1								
CHILI / SCOOPS: ELE	3/4 CUP	1	370	47	*0	19.85	39.02	14.0	6.77	0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	106	10	*1	1.79	10.03	6.17	0.53	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	*1	3.37	9.22	11.91	1.61	*0.00
SWEET POTATO CAKE: NEUFCHATEL	SERVING	1	217	11	*26	1.56	35.9	7.97	1.94	*0.03
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1228	*93	*81	52.43	156.46	42.85	12.41	*0.03
% of Calories					*26.2%	17.1%	51.0%	31.4%	9.1%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 03/21/2018										
ELEMENTARY LUNCH	Total	1								
ROASTED TURKEY: VIP	2.9 OZ	1	107	47	*N/A*	24.04	1.34	1.34	0.00	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, TURKEY: (Custom)	1/4 Cup	1	25	0	*N/A*	1.0	4.0	1.0	0.00	0.00
CORN :ELE	3/4 CUP	1	79	0	9	2.65	11.91	1.98	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
CHICKEN SANDWICH: SUNSET ONLY	1 each	1	340	30	2	17.0	33.0	16.51	3.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	*N/A*	0.0	0.0	4.0	1.00	0.00
Weighted Daily Average			1129	*92	*66	76.56	146.56	29.62	5.56	*0.00
% of Calories					*23.4%	27.1%	51.9%	23.6%	4.4%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

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Thu - 03/22/2018										
ELEMENTARY LUNCH	Total	1								
POPCORN CHICKEN SMACKERS	4.3 OZ SERVING	1	278	62	0	18.6	20.67	13.44	3.10	0.00
FRENCH FRIES-1/2 CUP	1/2 CUP	1	111	0	0	2.02	17.19	3.54	1.01	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	*0	2.26	7.21	0.2	0.03	0.00
BROWNIE CUP , WG:FR016	BROWNIE	1	146	1	14	1.5	26.0	4.0	0.70	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1028	*79	*74	50.25	154.70	23.97	6.40	*0.00
% of Calories					*28.9%	19.6%	60.2%	21.0%	5.6%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 03/23/2018										
ELEMENTARY LUNCH	Total	1								
WG PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	3	16.0	27.0	17.0	5.00	0.00
MARINARA SAUCE: ELE	1/2 CUP	1	70	298	3	1.99	11.93	1.49	0.00	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	10	*2	2.42	8.31	6.21	0.55	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			901	*348	*76	46.28	128.52	27.50	7.11	*0.00
% of Calories					*33.5%	20.5%	57.0%	27.5%	7.1%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

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# Washington County School District

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 03/26/2018										
ELEMENTARY LUNCH	Total	1								
ORANGE CHICKEN :ELE	2.94 OZ	1	120	34	*N/A*	9.0	15.75	2.25	0.38	0.00
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	80	0	*0	2.0	16.48	0.75	0.00	*0.00
KEY WEST BLEND VEGETABLE: ELE	3/4 CUP	1	34	0	3	0.0	6.75	0.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	*2	3.4	10.51	6.06	0.51	0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	*N/A*	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
SMACKERS: SUNSET ONLY	4.3 OZ SERVI NG	1	278	62	0	18.6	20.67	13.44	3.10	0.00
Weighted Daily Average			1031	*121	*57	58.87	139.43	25.49	5.58	*0.00
% of Calories					*22.0%	22.8%	54.1%	22.3%	4.9%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 03/27/2018										
ELEMENTARY LUNCH	Total	1								
SOFT FLOUR TACO: ELE	servings	1	225	49	0	17.01	19.0	9.5	2.70	0.00
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	14	0	2	0.95	2.86	0.09	0.01	0.00
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	28	6	0	1.52	0.25	2.28	1.52	0.00
REFRIED BEANS	1/2 CUP	1	164	0	0	8.21	23.6	4.62	1.54	*0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	*1	3.37	9.22	11.91	1.61	*0.00
CINNAMON ROLL:, (Riches)	1 EA	1	147	3	*0	2.74	29.75	1.87	0.52	*0.00
SALSA PICANTE	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1123	*83	*55	60.55	148.75	33.07	9.46	*0.00
% of Calories					*19.4%	21.6%	53.0%	26.5%	7.6%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

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# Washington County School District

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 03/28/2018										
ELEMENTARY LUNCH	Total	1								
HAM : ELEM	2OZ.	1	71	25	*N/A*	9.14	0.0	3.56	1.52	0.00
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	*3	3.0	23.99	3.56	1.69	*0.00
CALIFORNIA BLEND VEGETABLE:ELE	3/4 CUP	1	44	0	*2	1.0	5.0	1.59	0.29	0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	*N/A*	0.0	0.0	4.0	1.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
CHICKEN SANDWICH: SUNSET ONLY	1 each	1	340	30	2	17.0	33.0	16.51	3.00	0.00
Weighted Daily Average			1112	*70	*61	60.01	141.28	33.01	9.07	*0.00
% of Calories					*21.8%	21.6%	50.8%	26.7%	7.3%	*0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 03/29/2018										
ELEMENTARY LUNCH	Total	1								
SANDWICH, TURKEY HAM AND CHEES	SANDWICH	1	353	55	6	20.16	34.26	16.12	6.05	0.00
CHIPS : VARIETY	BAG	1	133	0	2	2.0	19.67	4.67	0.83	0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	106	10	*1	1.79	10.03	6.17	0.53	0.00
STRAWBERRIES: FROZEN SINGLE SE	1 EACH	1	122	0	*N/A*	0.68	33.05	0.17	0.01	0.00
COOKIE: EASTER	COOKIE	1	172	6	15	1.7	26.9	6.7	1.80	0.00
MUSTARD:, P/C	1 Each	1	3	0	0	0.22	0.33	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1229	92	*67	51.54	168.24	40.32	11.22	0.00
% of Calories					*21.8%	16.8%	54.7%	29.5%	8.2%	0.0%
Nutrient Guideline			645			8.87		<=30.0	<10.00	

Weighted Average			1059	*115	*68	55.03	143.65	30.09	8.38	*0.00
					*58.1%	20.8%	54.2%	25.6%	7.1%	*0.0%

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# Washington County School District

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal)	Cholst (mg) Miss Data	Sugars (g) Shortfall	Protn (g) Overage	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	Error Messages (if any)
Calories	1059		645	164%									
Cholesterol (mg)	115					Missing							
Sugars (g)	68	25.83%				Missing							
Protein (g)	55.03	20.78%	8.87	621%									
Carbohydrate (g)	143.65	54.24%											
Total Fat (g)	30.09	25.56%	<=30.00%										
Saturated Fat (g)	8.38	7.12%	<10.00%										
Trans Fat <sup>1</sup> (g)	0.00	0.00%				Missing							

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