

# Washington County School District

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

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										
SECONDARY LUNCH 9-12	Total	1								
CHICKEN BREAST PATTIE SAND :SE	1 each	1	370	30	3	18.0	38.0	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-3/4 CUP	3/4 CUP	1	167	0	0	3.03	25.79	5.31	1.52	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	*0	4.51	14.42	0.39	0.06	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
ALT SEC WEEKLY 1st CHO										
XTREME BEAN & CHEESE BURRITO	BURRITO	1	291	15	0	15.6	40.95	8.29	3.62	0.00
BLACK BEANS	1/2 CUP	1	153	0	2	9.25	27.52	1.0	0.00	*0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	*2	3.06	9.82	6.29	0.56	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	*0	4.51	14.42	0.39	0.06	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			1155	*45	*81	56.53	182.92	24.20	6.28	*0.00
% of Calories					*28.0%	19.6%	63.3%	18.8%	4.9%	*0.0%
Nutrient Guideline			846			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  
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Combined: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

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)
Fri - 03/02/2018										
SECONDARY LUNCH 9-12	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:SEC	3/4 cup	1	191	350	*0	17.97	3.47	11.35	3.78	0.00
CINNAMON APPLESAUCE CUPS	1 EACH	1	90	0	19	0.0	22.0	0.0	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*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
ALT SEC WEEKLY 1st CHO										
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	*3	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
CARROT STICKS:SEC	1 CUP	1	72	0	8	1.63	16.84	0.42	0.07	0.00
CHIPS : VARIETY	BAG	1	133	0	2	2.0	19.67	4.67	0.83	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
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			1160	*215	*96	51.66	173.59	29.98	9.84	*0.25
% of Calories					*33.1%	17.8%	59.8%	23.3%	7.6%	*0.2%
Nutrient Guideline			846			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

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Portion Values - Detailed

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Mon - 03/05/2018										
SECONDARY LUNCH 9-12										
	Total	1								
THAI SWEET CHILI CHICKEN:SEC	4.27 OZ	1	180	67	16	16.48	22.47	3.0	0.75	0.00
VEGETABLE HARVEST RICE PILAF:S	1.25 CUP	1	219	0	*0	5.05	40.42	4.21	0.00	0.00
KEY WEST BLEND VEGETABLE (SEC)	1 CUP	1	44	0	*N/A*	0.0	8.85	0.0	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	*2	6.87	20.63	6.13	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
ALT SEC WEEKLY 1st CHO										
	Total	1								
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	3	21.12	38.1	12.59	2.52	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-3/4 CUP	3/4 CUP	1	167	0	0	3.03	25.79	5.31	1.52	0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	*2	6.87	20.63	6.13	0.51	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	0	0.0	0.0	4.0	0.50	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			1166	*76	*78	56.82	182.51	23.88	4.79	*0.00
% of Calories					*26.8%	19.5%	62.6%	18.4%	3.7%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

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Tue - 03/06/2018										
SECONDARY LUNCH 9-12	Total	1								
CHICKEN FAJITA WRAP: SEC	WRAP	1	290	66	*0	22.02	24.04	11.8	4.55	1.00
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	14	0	2	0.95	2.86	0.09	0.01	0.00
BLACK BEANS	1/2 CUP	1	153	0	2	9.25	27.52	1.0	0.00	*0.00
CORN :SEC	1 CUP	1	119	0	14	3.97	17.86	2.98	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	*1	4.74	14.44	12.82	1.73	*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
ALT SEC WEEKLY 1st CHO										
TACO SALAD :ALT LINE	2 CUP	1	417	52	*0	23.95	41.06	15.74	5.71	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	*1	4.74	14.44	12.82	1.73	*0.00
ROLL: 2 OZ	ROLL	1	138	11	*1	3.93	27.16	2.34	0.49	*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
CRISPY CHICKEN SALAD: ALT-SMAC	2 cup	1	397	60	*0	25.04	44.23	13.0	3.00	0.00
Weighted Daily Average			1399	*119	*71	76.38	185.76	39.35	10.22	*0.50
% of Calories					*20.4%	21.8%	53.1%	25.3%	6.6%	*0.3%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Wed - 03/07/2018										
SECONDARY LUNCH 9-12	Total	1								
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	59	0	17.0	15.0	14.0	3.00	0.00
SCALLOPED POTATOES:SEC	3/4 CUP	1	223	0	*4	4.2	33.59	4.98	2.37	*0.00
GREEN BEANS:SEC	1 CUP	1	57	0	*N/A*	3.44	12.88	0.29	0.06	*N/A*
ROLL: 2 OZ	ROLL	1	138	11	*1	3.93	27.16	2.34	0.49	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*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

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ALT SEC WEEKLY 1st CHO	Total	1								
TOMATO BASIL BISQUE	1 CUP	1	111	12	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	*4	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
CARROT & CELERY STICKS:SEC	1 CUP	1	97	10	*2	1.78	7.67	6.18	0.54	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			1106	*86	*68	50.94	151.51	33.88	11.80	*0.00
% of Calories					*24.7%	18.4%	54.8%	27.6%	9.6%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Thu - 03/08/2018										
	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)
SECONDARY LUNCH 9-12	Total	1								
MINI CORN DOG NUGGETS ( SEC)	6 EACH	1	250	60	1	10.0	30.0	10.0	2.50	0.00
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	0	3.0	24.0	10.5	2.25	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	*0	4.51	14.42	0.39	0.06	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
ALT SEC WEEKLY 1st CHO	Total	1								
XTREME BEAN & CHEESE BURRITO	BURRITO	1	291	15	0	15.6	40.95	8.29	3.62	0.00
BLACK BEANS	1/2 CUP	1	153	0	2	9.25	27.52	1.0	0.00	*0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	*2	3.06	9.82	6.29	0.56	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	*0	4.51	14.42	0.39	0.06	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			1119	*63	*73	53.12	174.98	25.22	6.99	*0.00
% of Calories					*26.0%	19.0%	62.6%	20.3%	5.6%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

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Fri - 03/09/2018										
SECONDARY LUNCH 9-12	Total	1								
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	1	21.0	29.0	11.0	4.40	0.00
DINNER SALAD	1 CUP	1	132	10	*1	4.55	13.53	6.02	0.50	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*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
PIZZA, BIG DADDY'S: ENT&WATER	1 SLICE	1	320	20	*N/A*	19.0	39.0	10.0	3.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1								
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	*3	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
CARROT STICKS:SEC	1 CUP	1	72	0	8	1.63	16.84	0.42	0.07	0.00
CHIPS : VARIETY	BAG	1	133	0	2	2.0	19.67	4.67	0.83	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
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			1182	*68	*90	61.50	176.36	27.81	8.90	*0.25
% of Calories					*30.4%	20.8%	59.7%	21.2%	6.8%	*0.2%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

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# Washington County School District

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

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 - 03/19/2018										
SECONDARY LUNCH 9-12	Total	1								
TERIYAKI CHICKEN:SEC	4.2 oz	1	180	80	*N/A*	24.0	12.0	4.0	1.00	0.00
VEGETABLE BROWN RICE : SEC	8 OZ	1	219	0	*N/A*	5.05	40.42	4.21	0.00	0.00
CARIBBEAN BLEND VEGETABLES:SEC	1 CUP	1	35	0	3	1.0	6.0	0.0	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	*2	6.87	20.63	6.13	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
ALT SEC WEEKLY 1st CHO	Total	1								
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	3	21.12	38.1	12.59	2.52	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-3/4 CUP	3/4 CUP	1	167	0	0	3.03	25.79	5.31	1.52	0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	*2	6.87	20.63	6.13	0.51	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	0	0.0	0.0	4.0	0.50	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			1205	*83	*75	62.07	182.86	26.03	5.40	*0.00
% of Calories					*25.0%	20.6%	60.7%	19.4%	4.0%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Tue - 03/20/2018										
SECONDARY LUNCH 9-12	Total	1								
CHILI / SCOOPS: SEC	1 CUP	1	498	70	*0	28.64	48.88	19.68	10.10	0.00
CARROT & CELERY STICKS:SEC	1 CUP	1	97	10	*2	1.78	7.67	6.18	0.54	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	*1	4.74	14.44	12.82	1.73	*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

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# Washington County School District

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

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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)
ALT SEC WEEKLY 1st CHO	Total	1								
TACO SALAD :ALT LINE	2 CUP	1	417	52	*0	23.95	41.06	15.74	5.71	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	*1	4.74	14.44	12.82	1.73	*0.00
ROLL: 2 OZ	ROLL	1	138	11	*1	3.93	27.16	2.34	0.49	*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
CRISPY CHICKEN SALAD: ALT-SMAC	2 cup	1	397	60	*0	25.04	44.23	13.0	3.00	0.00
Weighted Daily Average			1512	*132	*77	73.84	194.96	48.33	14.23	*0.02
% of Calories					*20.2%	19.5%	51.6%	28.8%	8.5%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Wed - 03/21/2018										
SECONDARY LUNCH 9-12	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	3/4 CUP	1	122	0	2	3.05	25.94	1.53	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 :SEC	1 CUP	1	119	0	14	3.97	17.86	2.98	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
ROLL: 2 OZ	ROLL	1	138	11	*1	3.93	27.16	2.34	0.49	*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
ALT SEC WEEKLY 1st CHO	Total	1								
TOMATO BASIL BISQUE	1 CUP	1	111	12	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	*4	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
CARROT & CELERY STICKS:SEC	1 CUP	1	97	10	*2	1.78	7.67	6.18	0.54	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			1025	*80	*74	54.66	145.35	27.66	9.09	*0.00
% of Calories					*28.8%	21.3%	56.7%	24.3%	8.0%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

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# Washington County School District

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

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)
<b>Thu - 03/22/2018</b>										
SECONDARY LUNCH 9-12	Total	1								
CHICKEN CHUNKS-SEC	6 PIECES	1	257	43	1	20.0	18.0	13.0	2.00	0.00
FRENCH FRIES-3/4 CUP	3/4 CUP	1	167	0	0	3.03	25.79	5.31	1.52	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	*0	4.51	14.42	0.39	0.06	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
ALT SEC WEEKLY 1st CHO	Total	1								
XTREME BEAN & CHEESE BURRITO	BURRITO	1	291	15	0	15.6	40.95	8.29	3.62	0.00
BLACK BEANS	1/2 CUP	1	153	0	2	9.25	27.52	1.0	0.00	*0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	*2	3.06	9.82	6.29	0.56	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	*0	4.51	14.42	0.39	0.06	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			1118	*50	*75	57.83	178.08	22.40	5.87	*0.00
% of Calories					*26.7%	20.7%	63.7%	18.0%	4.7%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

<b>Fri - 03/23/2018</b>										
SECONDARY LUNCH 9-12	Total	1								
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	1	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	*2	3.06	9.82	6.29	0.56	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*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
PEP. PIZZA RIPPERS: ENT&WATER	SERVING	1	290	25	3	16.0	27.0	17.0	5.00	0.00

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Portion Values - Detailed

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ALT SEC WEEKLY 1st CHO	Total	1								
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	*3	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
CARROT STICKS:SEC	1 CUP	1	72	0	8	1.63	16.84	0.42	0.07	0.00
CHIPS : VARIETY	BAG	1	133	0	2	2.0	19.67	4.67	0.83	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
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			1155	*70	*92	59.26	168.51	31.45	9.68	*0.25
% of Calories					*31.9%	20.5%	58.4%	24.5%	7.5%	*0.2%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Mon - 03/26/2018										
SECONDARY LUNCH 9-12	Total	1								
ORANGE CHICKEN :SEC	3.92 OZ	1	162	45	*N/A*	12.13	21.22	3.03	0.51	0.00
RICE: COOKED BROWN (SEC)	1 CUP	1	160	0	*0	4.0	32.96	1.5	0.00	*0.00
KEY WEST BLEND VEGETABLE: SEC	1 CUP	1	45	0	5	0.0	9.0	0.0	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	*2	6.87	20.63	6.13	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

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ALT SEC WEEKLY 1st CHO	Total	1								
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	3	21.12	38.1	12.59	2.52	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-3/4 CUP	3/4 CUP	1	167	0	0	3.03	25.79	5.31	1.52	0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	*2	6.87	20.63	6.13	0.51	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	0	0.0	0.0	4.0	0.50	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			1128	*65	*72	54.11	178.23	22.54	4.67	*0.00
% of Calories					*25.5%	19.2%	63.2%	18.0%	3.7%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Tue - 03/27/2018										
SECONDARY LUNCH 9-12	Total	1								
SOFT FLOUR TACO:SEC	1 serving	1	255	49	1	17.01	23.0	10.0	3.20	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-.5OZ	.5 OZ	1	56	13	0	3.04	0.51	4.56	3.04	0.00
REFRIED BEANS	1/2 CUP	1	164	0	0	8.21	23.6	4.62	1.54	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	*1	4.74	14.44	12.82	1.73	*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
ALT SEC WEEKLY 1st CHO	Total	1								
TACO SALAD :ALT LINE	2 CUP	1	417	52	*0	23.95	41.06	15.74	5.71	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	*1	4.74	14.44	12.82	1.73	*0.00
ROLL: 2 OZ	ROLL	1	138	11	*1	3.93	27.16	2.34	0.49	*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
CRISPY CHICKEN SALAD: ALT-SMAC	2 cup	1	397	60	*0	25.04	44.23	13.0	3.00	0.00

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# Washington County School District

Mar 1, 2018 thru Mar 31, 2018

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

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)
Weighted Daily Average			1429	*118	*64	74.26	189.48	41.99	12.09	*0.00
% of Calories					*17.9%	20.8%	53.0%	26.4%	7.6%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Wed - 03/28/2018										
SECONDARY LUNCH 9-12	Total	1								
HAM : SECONDARY	3 OZ	1	105	38	*N/A*	13.55	0.0	5.27	2.26	0.00
SCALLOPED POTATOES:SEC	3/4 CUP	1	223	0	*4	4.2	33.59	4.98	2.37	*0.00
CALIFORNIA BLEND VEGETABLES:SE	1 CUP	1	55	0	*2	1.24	6.22	1.98	0.36	0.00
ROLL: 2 OZ	ROLL	1	138	11	*1	3.93	27.16	2.34	0.49	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*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
ALT SEC WEEKLY 1st CHO	Total	1								
TOMATO BASIL BISQUE	1 CUP	1	111	12	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-VW BREAD	1 EACH	1	427	50	*4	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
CARROT & CELERY STICKS:SEC	1 CUP	1	97	10	*2	1.78	7.67	6.18	0.54	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			1031	*75	*70	48.12	140.68	30.36	11.58	*0.00
% of Calories					*27.0%	18.7%	54.6%	26.5%	10.1%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

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Combined: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

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 - 03/29/2018										
SECONDARY LUNCH 9-12										
SANDWICH, TURKEY HAM AND CHEES	Total	1								
SANDWICH	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:SEC	1 CUP	1	97	10	*2	1.78	7.67	6.18	0.54	0.00
STRAWBERRIES: FROZEN SINGLE SE	1 EACH	1	122	0	*N/A*	0.68	33.05	0.17	0.01	0.00
APPLE OR ORANGE	1 EACH	1	70	0	14	0.69	18.21	0.21	0.03	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
ALT SEC WEEKLY 1st CHO										
XTREME BEAN & CHEESE BURRITO										
BLACK BEANS	BURRITO	1	291	15	0	15.6	40.95	8.29	3.62	0.00
MIXED FRESH VEGETABLES:SEC	1/2 CUP	1	153	0	2	9.25	27.52	1.0	0.00	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	107	10	*2	3.06	9.82	6.29	0.56	0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALSA PICANTE	1 CUP	1	78	0	*0	4.51	14.42	0.39	0.06	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			1181	*66	*73	56.09	178.32	29.80	8.56	*0.00
% of Calories					*24.8%	19.0%	60.4%	22.7%	6.5%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	
Weighted Average										
			1192	*88	*77	59.20	174.01	30.30	8.75	*0.08
					*57.9%	19.9%	58.4%	22.9%	6.6%	*0.1%

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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	1192		846	141%									
Cholesterol (mg)	88					Missing							
Sugars (g)	77	25.75%				Missing							
Protein (g)	59.20	19.87%	16.70	354%									
Carbohydrate (g)	174.01	58.39%											
Total Fat (g)	30.30	22.88%	<=30.00%										
Saturated Fat (g)	8.75	6.61%	<10.00%										
Trans Fat <sup>1</sup> (g)	0.08	0.06%				Missing							

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