

Washington County School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 1

Generated on: 4/4/2017 9:27:45 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/01/2017								
Elementary Lunch	Total	1						
ORANGE CHICKEN :ELE	2.94 OZ	1	120	9.0	15.75	2.25	0.38	0.00
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	80	2.0	16.48	0.75	0.00	*0.00
KEY WEST BLEND VEGETABLE: ELE	3/4 CUP	1	34	0.0	6.75	0.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	3.4	10.51	6.06	0.51	*0.00
BUG BITES	BAG	1	120	2.0	21.0	3.5	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
SOY SAUCE: PC	PC	1	10	0.0	0.0	0.0	0.00	0.00
SMACKERS: SUNSET ONLY	4.3 OZ SERVIN	1	295	18.1	17.1	17.1	3.02	0.00
Weighted Daily Average			1145	60.37	149.88	32.46	6.46	*0.00
% of Calories				21.1%	52.3%	25.5%	5.1%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/02/2017								
Elementary Lunch	Total	1						
BEEF TACO STICK	1 EACH	1	345	20.07	31.87	12.82	8.35	0.00
REFRIED BEANS	1/2 CUP	1	164	8.21	23.6	4.62	1.54	*0.00
SOUTHWEST BLEND VEGETABLES	3/4 CUP	1	90	4.5	16.88	5.63	1.13	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*0.00
SALSA PICANTE	1 OZ	1	9	0.89	1.77	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1175	62.90	153.96	37.77	14.19	*0.00
% of Calories				21.4%	52.4%	28.9%	10.9%	*0.0%
Nutrient Guideline			645	8.87		<=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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 2

Generated on: 4/4/2017 9:27:45 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/03/2017								
Elementary Lunch	Total	1						
WG BREADED 8 PIECE CHICKEN	PIECE	1	215	12.0	11.0	13.0	3.00	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	2.0	17.03	1.0	0.00	*0.00
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	24	0.95	4.76	0.48	0.00	0.00
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	0.00	0.00
CORN :ELE	3/4 CUP	1	79	2.65	11.91	1.98	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			860	47.47	123.98	20.26	4.56	*0.00
% of Calories				22.1%	57.6%	21.2%	4.8%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/04/2017								
Elementary Lunch	Total	1						
CHICKEN BREAST PATTIE SAND: EL	1 each	1	340	17.0	33.0	16.51	3.00	0.00
LETTUCE &TOMATO:1leaf,2 slice	1 lf,2 slc	1	5	0.26	1.11	0.06	0.01	*N/A*
CHIPS : VARIETY	BAG	1	124	2.0	20.14	3.71	0.29	0.00
CREAMIES JR.: (CHOICE OF)	CREAMIE	1	93	2.0	14.0	3.5	2.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	2.26	7.21	0.2	0.03	*0.00
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1014	49.39	137.75	30.77	7.38	*0.00
% of Calories				19.5%	54.4%	27.3%	6.6%	*0.0%
Nutrient Guideline			645	8.87		<=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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 3

Generated on: 4/4/2017 9:27:45 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/05/2017								
Elementary Lunch	Total	1						
WG PEPPERONI PIZZA RIPPERS	SERVING	1	300	15.0	30.0	11.0	4.00	0.00
MARINARA SAUCE: ELE	1/2 CUP	1	70	1.99	11.93	1.49	0.00	0.00
TOMATOES, CUCUMBER, CARROTS:EL	3/4 CUP	1	95	1.77	11.38	6.17	0.51	*0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0.0	19.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			907	44.62	134.59	21.46	6.07	*0.00
% of Calories				19.7%	59.4%	21.3%	6.0%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

Mon - 05/08/2017								
Elementary Lunch	Total	1						
W.W. CHICKEN EGG ROLL:ELE	ROLL	1	150	10.0	22.0	3.0	1.00	0.00
VEGGIE WHOLE GRAIN CHOW MEIN:E	4 OZ	1	130	5.0	25.0	1.5	0.00	0.00
IMPERIAL BLEND:ELE	3/4 CUP	1	23	0.76	3.81	0.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	3.4	10.51	6.06	0.51	*0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
SMACKERS: SUNSET ONLY	4.3 OZ SERVIN	1	295	18.1	17.1	17.1	3.02	0.00
SWEET & SOUR SAUCE	2 PACKETS	1	50	0.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1166	63.13	159.68	30.65	6.12	*0.00
% of Calories				21.6%	54.8%	23.7%	4.7%	*0.0%
Nutrient Guideline			645	8.87		<=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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 4

Generated on: 4/4/2017 9:27:45 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/09/2017								
Elementary Lunch	Total	1						
TACO SOUP	1 CUP	1	291	19.79	25.68	11.61	3.43	*0.00
CHEESE SHREDDED: MIX .25OZ	.25 OZ	1	25	1.8	0.18	1.89	1.20	0.00
CORNMEAL SUPER STAR, WG:FR017	1 EA	1	148	2.8	23.0	5.0	0.90	0.00
CUCUMBER & CARROTS: 3/4 CUP	3/4 CUP	1	92	1.62	6.75	6.15	0.51	*0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*0.00
BROWNIE CUP, WG:FR016	BROWNIE	1	146	1.5	26.0	4.0	0.70	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
MINI CORN DOGS : SUNSET ONLY	4 EACH	1	166	6.63	19.89	6.63	1.66	0.00
Weighted Daily Average			1403	63.37	173.01	49.98	11.57	*0.00
% of Calories				18.1%	49.3%	32.1%	7.4%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/10/2017								
Elementary Lunch	Total	1						
BREADED PORK STEAK	1 EACH	1	293	16.17	17.18	17.18	4.55	0.00
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	3.0	23.99	3.56	1.69	*0.00
NORTHWEST BLEND VEGETABLE:ELE	3/4 CUP	1	19	0.55	3.32	0.0	0.00	0.00
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			969	49.58	123.77	28.53	8.80	*0.00
% of Calories				20.5%	51.1%	26.5%	8.2%	*0.0%
Nutrient Guideline			645	8.87		<=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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 5

Generated on: 4/4/2017 9:27:45 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/11/2017								
Elementary Lunch	Total	1						
MINI CORN DOG NUGGETS (ELEM)	4 EACH	1	167	6.67	20.0	6.67	1.67	0.00
FRENCH FRIES: ELE	1/2 CUP	1	110	1.5	16.53	4.21	0.70	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	2.26	7.21	0.2	0.03	*0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0.22	0.33	0.0	0.00	0.00
FRUIT POCKET	1 EACH	1	160	2.0	27.0	4.2	1.35	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			883	38.51	141.70	18.07	5.31	*0.00
% of Calories				17.5%	64.2%	18.4%	5.4%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/12/2017								
Elementary Lunch	Total	8240						
WAFFLE JUMBO - AUNT JEMIMA	2 Each	8240	190	3.99	30.92	5.98	1.00	0.00
SAUSAGE LINK: 1	1 EACH	1	60	6.0	0.0	4.5	1.00	0.00
SCRAMBLED EGGS: SUNNY FRESH	1/4 CUP	1	90	6.0	2.0	6.0	2.00	0.00
HASHBROWN PATTIES: FRO78 -1	1 EACH	7500	130	1.0	17.0	8.0	1.00	0.00
GOLD RUSH : APPLE & EVE	BOX	6500	40	0.0	10.0	0.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	5000	72	0.87	18.29	0.3	0.06	*0.00
SYRUP	1 EA	5000	11	0.0	4.34	0.0	0.00	0.00
KETCHUP : P/C	PC	3500	31	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	5200	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	3030	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			516	13.43	88.60	14.37	2.50	*0.00
% of Calories				10.4%	68.7%	25.1%	4.4%	*0.0%
Nutrient Guideline			645	8.87		<=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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 6

Generated on: 4/4/2017 9:27:45 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/15/2017								
Elementary Lunch	Total	1						
THAI SWEET CHILI CHICKEN:ELE	2.85 OZ	1	120	11.0	15.0	2.0	0.50	0.00
VEGETABLE HARVEST RICE PILAF:E	3/4 CUP	1	130	3.0	24.01	2.5	0.00	0.00
KEY WEST BLEND VEGETABLE: ELE	3/4 CUP	1	34	0.0	6.75	0.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	3.4	10.51	6.06	0.51	*0.00
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	120	2.0	21.0	3.5	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
SMACKERS: SUNSET ONLY	4.3 OZ SERVIN	1	295	18.1	17.1	17.1	3.02	0.00
Weighted Daily Average			1185	63.37	156.66	33.96	6.58	*0.00
% of Calories				21.4%	52.9%	25.8%	5.0%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

Tue - 05/16/2017								
Elementary Lunch	Total	1						
CHICKEN FAJITA WRAP:ELE	WRAP	1	189	16.04	17.76	6.04	1.52	0.00
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	14	0.95	2.86	0.09	0.01	*0.00
REFRIED BEANS	1/2 CUP	1	164	8.21	23.6	4.62	1.54	*0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*0.00
SALSA PICANTE	1 OZ	1	9	0.89	1.77	0.0	0.00	0.00
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	158	1.89	22.26	7.44	1.70	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1069	57.21	139.75	32.88	7.94	*0.00
% of Calories				21.4%	52.3%	27.7%	6.7%	*0.0%
Nutrient Guideline			645	8.87		<=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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 7

Generated on: 4/4/2017 9:27:45 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/17/2017								
Elementary Lunch	Total	1						
TERIYAKI BEEF NUGGETS: (Elem.)	4 Nugget	1	120	10.0	5.0	6.0	2.50	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	2.0	17.03	1.0	0.00	*0.00
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	25	0.98	3.93	0.98	0.00	0.00
CARROTS,FRZ,CKD,BLD,DRND,WO/SA	1/2 CUP	1	27	0.42	5.64	0.5	0.09	*N/A*
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
CHICKEN SANDWICH: SUNSET ONLY	1 each	1	340	17.0	33.0	16.51	3.00	0.00
Weighted Daily Average			1089	60.28	143.89	32.78	8.15	*0.00
% of Calories				22.1%	52.9%	27.1%	6.7%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/18/2017								
Elementary Lunch	Total	1						
PULLED PORK SANDWICH:ELE	3oz serving	1	237	17.75	30.75	6.0	1.58	0.00
TATER TOTS: ELE	1/2 CUP	1	133	1.6	17.47	5.79	0.83	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	2.26	7.21	0.2	0.03	*0.00
PUDDING, CHOCOLATE: (HUNTS)	SNACK PACK	1	120	2.0	21.0	3.5	2.00	0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			932	49.47	147.05	18.28	5.99	*0.00
% of Calories				21.2%	63.1%	17.7%	5.8%	*0.0%
Nutrient Guideline			645	8.87		<=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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 8

Generated on: 4/4/2017 9:27:45 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/19/2017								
Elementary Lunch	Total	1						
RAVIOLI, BEEF	8 RAVIOLI	1	251	16.07	30.14	8.04	3.52	0.00
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	0.00	0.00
GREEN BEANS:ELE	3/4 CUP	1	32	1.91	7.16	0.16	0.03	*N/A*
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0.0	19.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
HAMBURGER : SUNSET ONLY	PATTY	1	257	21.08	21.1	10.15	3.40	0.00
Weighted Daily Average			1072	68.93	156.68	22.14	8.51	*0.00
% of Calories				25.7%	58.4%	18.6%	7.1%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/22/2017								
Elementary Lunch	Total	1						
CHERRY BLOSSOM CHICKEN FRO30:E	2.94 OZ	1	140	9.33	13.99	5.44	1.55	0.00
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	3.0	24.01	2.5	0.00	0.00
MALIBU BLEND VEGETABLES:ELE	3/4 CUP	1	26	0.75	4.5	0.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	3.4	10.51	6.06	0.51	*0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
SMACKERS: SUNSET ONLY	4.3 OZ SERVIN	1	295	18.1	17.1	17.1	3.02	0.00
Weighted Daily Average			1110	60.45	139.37	34.10	6.67	*0.00
% of Calories				21.8%	50.2%	27.7%	5.4%	*0.0%
Nutrient Guideline			645	8.87		<=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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Page 9

Generated on: 4/4/2017 9:27:45 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/23/2017								
Elementary Lunch	Total	1						
BURRITO : ELEMENTARY	BURRITO	1	291	11.84	40.95	8.29	3.62	0.01
BLACK BEANS	1/2 CUP	1	153	9.25	27.52	1.0	0.00	*0.00
SOUTHWEST BLEND VEGETABLES	3/4 CUP	1	90	4.5	16.88	5.63	1.13	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*0.00
SALSA PICANTE	1 OZ	1	9	0.89	1.77	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
CHOCOLATE CHIP COOKIES	1 EACH	1	136	2.19	18.48	6.34	1.52	*0.00
Weighted Daily Average			1236	57.73	183.15	35.89	9.43	*0.01
% of Calories				18.7%	59.3%	26.1%	6.9%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

Wed - 05/24/2017								
Elementary Lunch	Total	1						
WG PEPPERONI PIZZA RIPPERS	SERVING	1	300	15.0	30.0	11.0	4.00	0.00
MARINARA SAUCE: ELE	1/2 CUP	1	70	1.99	11.93	1.49	0.00	0.00
TOMATOES, CUCUMBER, CARROTS:EL	3/4 CUP	1	95	1.77	11.38	6.17	0.51	*0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0.0	19.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			907	44.62	134.59	21.46	6.07	*0.00
% of Calories				19.7%	59.4%	21.3%	6.0%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

Weighted Average			1035	53.05	143.78	28.66	7.35	*0.00
				20.5%	55.5%	24.9%	6.4%	*0.0%

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

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Protn (g) Shortfall	Carb (g)	T-Fat (g) Overage	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	1035		645	161%							
Protein (g)	53.05	20.49%	8.87	598%							
Carbohydrate (g)	143.78	55.54%									
Total Fat (g)	28.66	24.91%	<=30.00%								
Saturated Fat (g)	7.35	6.39%	<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.