

Washington County School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/01/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
ORANGE CHICKEN :SEC	3.60 OZ	1	160	12.0	21.0	3.0	0.50	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
SCOOPY-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
SOY SAUCE: PC	PC	1	10	0.0	0.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOI								
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	2.42	8.31	6.21	0.55	*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
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
FRENCH PIZZA ENTER&WATER ONLY	1 each	1	370	22.01	29.01	20.01	8.00	0.00
Weighted Daily Average			1069	59.98	138.57	31.09	9.29	*0.00
% of Calories				22.5%	51.9%	26.2%	7.8%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Tue - 05/02/2017								
INTERMEDIATE LUNCH 6-8	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
COOKIE: VALENTINES	COOKIE	1	172	1.7	26.9	6.7	1.80	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI	Total	1						
SPICY CHICKEN SANDWICH	1 EACH	1	342	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*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: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*0.00
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	0.50	0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0.0	13.0	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			1234	58.68	165.50	40.02	11.45	*0.00
% of Calories				19.0%	53.6%	29.2%	8.3%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Wed - 05/03/2017								
INTERMEDIATE LUNCH 6-8	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
CORN :ELE	3/4 CUP	1	79	2.65	11.91	1.98	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
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
ALT INT WEEKLY 1st CHOI	Total	1						
TOMATO BASIL BISQUE	1 CUP	1	111	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
TOMATOES, CUCUMBER, CARROTS:EL	3/4 CUP	1	95	1.77	11.38	6.17	0.51	*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			933	46.67	124.11	29.53	9.77	*0.00
% of Calories				20.0%	53.2%	28.5%	9.4%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/04/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
CHICKEN BREAST PATTIE SAND: EL	1 each	1	340	17.0	33.0	16.51	3.00	0.00
LETTUCE & TOMATO: 1 leaf, 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
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
CREAMIES JR.: (CHOICE OF)	CREAMIE	1	93	2.0	14.0	3.5	2.00	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
ALT INT WEEKLY 1st CHOI								
TACO SALAD : ALT LINE	2 CUP	1	418	24.58	40.64	15.92	5.64	0.00
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	0.00	0.00
SALAD BAR: 3 THURSDAY'S: ELE	1/2 CUP	1	39	2.26	7.21	0.2	0.03	*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			967	53.04	132.44	25.34	7.31	*0.00
% of Calories				22.0%	54.8%	23.6%	6.8%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Fri - 05/05/2017								
INTERMEDIATE LUNCH 6-8	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

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ALT INT WEEKLY 1st CHOI	Total	1						
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*0.00
BAKED BEANS:ELE	3/4 CUP	1	150	4.83	36.04	0.38	0.07	*0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	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
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	0.50	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			953	48.42	146.23	21.01	6.48	*0.25
% of Calories				20.3%	61.4%	19.8%	6.1%	*0.2%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Mon - 05/08/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
W.W. CHICKEN EGG ROLL:SEC	2 ROLLS	1	300	20.0	44.0	6.0	2.00	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
SWEET & SOUR SAUCE	2 PACKETS	1	50	0.0	12.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOI	Total	1						
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	2.42	8.31	6.21	0.55	*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
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
FRENCH PIZZA ENTER&WATER ONLY	1 each	1	370	22.01	29.01	20.01	8.00	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			1134	64.86	151.85	31.32	9.56	*0.00
% of Calories				22.9%	53.6%	24.9%	7.6%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Tue - 05/09/2017								
INTERMEDIATE LUNCH 6-8	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
ALT INT WEEKLY 1st CHOI	Total	1						
SPICY CHICKEN SANDWICH	1 EACH	1	342	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*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: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*0.00
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	0.50	0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0.0	13.0	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			1179	54.75	151.63	39.46	8.41	*0.00
% of Calories				18.6%	51.4%	30.1%	6.4%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

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Wed - 05/10/2017								
INTERMEDIATE LUNCH 6-8	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
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	0.00	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
ALT INT WEEKLY 1st CHOI	Total	1						
TOMATO BASIL BISQUE	1 CUP	1	111	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
TOMATOES, CUCUMBER, CARROTS:EL	3/4 CUP	1	95	1.77	11.38	6.17	0.51	*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			988	47.73	124.01	33.67	11.89	*0.00
% of Calories				19.3%	50.2%	30.7%	10.8%	*0.0%
Nutrient Guideline			783	15.00		<=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 - 05/11/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
MINI CORN DOG NUGGETS (SEC)	6 EACH	1	250	10.0	30.0	10.0	2.50	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

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Washington County School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI	Total	1						
CHEF SALAD: ALT LINE	2 CUP	1	299	27.02	23.63	10.26	5.33	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
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	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			883	50.49	130.91	17.83	6.53	*0.00
% of Calories				22.9%	59.3%	18.2%	6.7%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Fri - 05/12/2017								
INTERMEDIATE LUNCH 6-8	Total	190						
WAFFLE JUMBO - AUNT JEMIMA	2 Each	190	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	190	130	1.0	17.0	8.0	1.00	0.00
GOLD RUSH : APPLE & EVE	BOX	190	40	0.0	10.0	0.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	200	72	0.87	18.29	0.3	0.06	*0.00
SYRUP	1 EA	1	11	0.0	4.34	0.0	0.00	0.00
KETCHUP : P/C	PC	140	31	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	100	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	80	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
ALT INT WEEKLY 1st CHOI	Total	1						
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*0.00
BAKED BEANS:ELE	3/4 CUP	1	150	4.83	36.04	0.38	0.07	*0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	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
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	0.50	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

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Washington County School District

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Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			571	14.22	99.87	15.43	2.73	*0.00
% of Calories				10.0%	69.9%	24.3%	4.3%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Mon - 05/15/2017								
INTERMEDIATE LUNCH 6-8	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
ALT INT WEEKLY 1st CHOI	Total	1						
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	2.42	8.31	6.21	0.55	*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
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
FRENCH PIZZA ENTER&WATER ONLY	1 each	1	370	22.01	29.01	20.01	8.00	0.00
Weighted Daily Average			1069	59.98	139.34	31.47	9.29	*0.00
% of Calories				22.5%	52.2%	26.5%	7.8%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

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May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/16/2017								
INTERMEDIATE LUNCH 6-8	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
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	158	1.89	22.26	7.44	1.70	*0.00
SALSA PICANTE	1 OZ	1	9	0.89	1.77	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
ALT INT WEEKLY 1st CHOI								
SPICY CHICKEN SANDWICH	1 EACH	1	342	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*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: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*0.00
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	0.50	0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0.0	13.0	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			1095	54.99	144.95	34.23	7.42	*0.00
% of Calories				20.1%	52.9%	28.1%	6.1%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

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Washington County School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/17/2017								
INTERMEDIATE LUNCH 6-8	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 :WINTER:ELE	1/2 CUP	1	63	0.71	16.0	0.23	0.05	*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
ALT INT WEEKLY 1st CHOI								
TOMATO BASIL BISQUE	1 CUP	1	111	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
TOMATOES, CUCUMBER, CARROTS:EL	3/4 CUP	1	95	1.77	11.38	6.17	0.51	*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			873	44.50	116.42	27.51	10.06	*0.00
% of Calories				20.4%	53.4%	28.4%	10.4%	*0.0%
Nutrient Guideline			783	15.00		<=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								
INTERMEDIATE LUNCH 6-8	Total	1						
PULLED PORK SANDWICH:SEC	4oz serving	1	309	23.0	39.0	7.5	2.10	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

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI	Total	1						
TACO SALAD :ALT LINE	2 CUP	1	418	24.58	40.64	15.92	5.64	0.00
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	0.00	0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	2.26	7.21	0.2	0.03	*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			962	55.71	141.22	19.85	6.87	*0.00
% of Calories				23.2%	58.7%	18.6%	6.4%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Fri - 05/19/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
SPAGHETTI - BEEF	CUP SERVING	1	416	26.18	50.48	14.1	5.46	*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
ALT INT WEEKLY 1st CHOI	Total	1						
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*0.00
BAKED BEANS:ELE	3/4 CUP	1	150	4.83	36.04	0.38	0.07	*0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	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
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	0.50	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			990	55.09	156.90	19.31	6.98	*0.25
% of Calories				22.3%	63.4%	17.6%	6.3%	*0.2%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/22/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
CHERRY BLOSSOM CHICKEN FRO30:S	3.92 OZ	1	180	12.0	18.0	7.0	2.00	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
ALT INT WEEKLY 1st CHOI	Total	1						
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	2.42	8.31	6.21	0.55	*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
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
FRENCH PIZZA ENTER&WATER ONLY	1 each	1	370	22.01	29.01	20.01	8.00	0.00
Weighted Daily Average			1051	59.86	132.70	32.32	9.56	*0.00
% of Calories				22.8%	50.5%	27.7%	8.2%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Tue - 05/23/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
ENCHILADA	BURRITO	1	406	17.38	51.3	14.88	6.63	*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

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Washington County School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI	Total	1						
SPICY CHICKEN SANDWICH	1 EACH	1	342	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*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: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*0.00
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	0.50	0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0.0	13.0	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			1236	58.02	171.82	39.03	9.67	*0.01
% of Calories				18.8%	55.6%	28.4%	7.0%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Wed - 05/24/2017								
INTERMEDIATE LUNCH 6-8	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
ALT INT WEEKLY 1st CHOI	Total	1						
TOMATO BASIL BISQUE	1 CUP	1	111	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	0.87	18.29	0.3	0.06	*0.00
TOMATOES, CUCUMBER, CARROTS:EL	3/4 CUP	1	95	1.77	11.38	6.17	0.51	*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			956	45.25	129.42	30.13	10.53	*0.00
% of Calories				18.9%	54.1%	28.4%	9.9%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

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Washington County School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average			1008	51.79 20.6%	138.77 55.1%	28.81 25.7%	8.54 7.6%	*0.03 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1008		783	129%				
Protein (g)	51.79	20.55%	15.00	345%				
Carbohydrate (g)	138.77	55.07%						
Total Fat (g)	28.81	25.72%	<=30.00%					
Saturated Fat (g)	8.54	7.63%	<10.00%					
Trans Fat ¹ (g)	0.03	0.03%			Missing			

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