

Washington County School District

May 1, 2017 thru May 31, 2017

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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/01/2017								
Secondary Lunch 9-12	Total	1						
ORANGE CHICKEN :SEC	3.60 OZ	1	160	12.0	21.0	3.0	0.50	0.00
RICE: COOKED BROWN (SEC)	1 CUP	1	160	4.0	32.96	1.5	0.00	*0.00
KEY WEST BLEND VEGETABLE: SEC	1 CUP	1	45	0.0	9.0	0.0	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	6.87	20.63	6.13	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
ALT SEC WEEKLY 1st CHO								
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	3.06	9.82	6.29	0.56	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	6.87	20.63	6.13	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			1211	65.46	168.26	31.80	9.35	*0.00
% of Calories				21.6%	55.6%	23.6%	6.9%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Tue - 05/02/2017								
Secondary Lunch 9-12	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 (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*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

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 SEC WEEKLY 1st CHO	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: SEC	3/4 CUP	1	147	2.01	22.12	5.63	0.94	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*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			1237	60.14	169.51	38.52	10.83	*0.00
% of Calories				19.4%	54.8%	28.0%	7.9%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Wed - 05/03/2017								
Secondary Lunch 9-12	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	3/4 CUP	1	122	3.05	25.94	1.53	0.00	*0.00
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	24	0.95	4.76	0.48	0.00	0.00
CORN :SEC	1 CUP	1	119	3.97	17.86	2.98	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
ROLL: 2 OZ	ROLL	1	138	3.93	27.16	2.34	0.49	*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 SEC WEEKLY 1st CHO	Total	1						
TOMATO BASIL BISQUE	1 CUP	1	111	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-VW BREAD	1 EACH	1	427	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
TOMATOES, CUCUMBER, CARROTS:SE	1 CUP	1	99	1.94	12.03	6.22	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			1037	48.60	146.39	31.21	10.07	*0.00
% of Calories				18.7%	56.5%	27.1%	8.7%	*0.0%
Nutrient Guideline			846	16.70		<=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								
Secondary Lunch 9-12	Total	1						
CHICKEN BREAST PATTIE SAND :SE	1 each	1	370	18.0	38.0	16.51	3.00	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*0.00
CHIPS : VARIETY	BAG	1	124	2.0	20.14	3.71	0.29	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	4.51	14.42	0.39	0.06	*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 SEC WEEKLY 1st CHO	Total	1						
TACO SALAD :ALT LINE	2 CUP	1	418	24.58	40.64	15.92	5.64	0.00
ROLL: 2 OZ	ROLL	1	138	3.93	27.16	2.34	0.49	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	4.51	14.42	0.39	0.06	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*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			1086	56.78	157.46	26.45	7.63	*0.00
% of Calories				20.9%	58.0%	21.9%	6.3%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Fri - 05/05/2017								
Secondary Lunch 9-12	Total	1						
WG PEPPERONI PIZZA RIPPERS	SERVING	1	300	15.0	30.0	11.0	4.00	0.00
MARINARA SAUCE: SEC	3/4 CUP	1	104	2.98	17.89	2.24	0.00	0.00
TOMATOES, CUCUMBER, CARROTS:SE	1 CUP	1	99	1.94	12.03	6.22	0.51	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*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 SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*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			1010	49.70	158.98	21.63	6.54	*0.25
% of Calories				19.7%	63.0%	19.3%	5.8%	*0.2%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Mon - 05/08/2017								
Secondary Lunch 9-12	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:SEC	1 CUP	1	30	1.02	5.08	0.0	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	6.87	20.63	6.13	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 SEC WEEKLY 1st CHO	Total	1						
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	3.06	9.82	6.29	0.56	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	6.87	20.63	6.13	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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Weighted Daily Average			1235	69.47	172.80	31.65	9.62	*0.00
% of Calories				22.5%	56.0%	23.1%	7.0%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Tue - 05/09/2017								
Secondary Lunch 9-12	Total	1						
TACO SOUP	1 CUP	1	291	19.79	25.68	11.61	3.43	*0.00
CHEESE SHREDDED: MIX .5OZ	.5 OZ	1	50	3.6	0.36	3.77	2.39	0.00
CORNMEAL SUPER STAR, WG:FR017	2 EACH	1	296	5.6	46.0	10.0	1.80	0.00
CUCUMBER & CARROTS: 1 CUP	1 CUP	1	107	1.89	10.22	6.2	0.52	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*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 SEC WEEKLY 1st CHO	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: SEC	3/4 CUP	1	147	2.01	22.12	5.63	0.94	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*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			1363	59.50	182.41	44.78	9.74	*0.00
% of Calories				17.5%	53.5%	29.6%	6.4%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

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Wed - 05/10/2017								
Secondary Lunch 9-12	Total	1						
BREADED PORK STEAK	1 EACH	1	293	16.17	17.18	17.18	4.55	0.00
SCALLOPED POTATOES:SEC	3/4 CUP	1	223	4.2	33.59	4.98	2.37	*0.00
NORTHWEST BLEND VEGETABLES:SEC	1 CUP	1	35	1.0	6.0	0.0	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
ROLL: 2 OZ	ROLL	1	138	3.93	27.16	2.34	0.49	*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 SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
TOMATOES, CUCUMBER, CARROTS:SE	1 CUP	1	99	1.94	12.03	6.22	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			1090	49.30	145.00	35.31	12.52	*0.00
% of Calories				18.1%	53.2%	29.1%	10.3%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Thu - 05/11/2017								
Secondary Lunch 9-12	Total	1						
MINI CORN DOG NUGGETS (SEC)	6 EACH	1	250	10.0	30.0	10.0	2.50	0.00
FRENCH FRIES: SEC	3/4 CUP	1	147	2.01	22.12	5.63	0.94	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	4.51	14.42	0.39	0.06	*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: Secondary Lunch 9-12/ALT SEC 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 SEC WEEKLY 1st CHO	Total	1						
CHEF SALAD: ALT LINE	2 CUP	1	299	27.02	23.63	10.26	5.33	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	4.51	14.42	0.39	0.06	*0.00
ROLL: 2 OZ	ROLL	1	138	3.93	27.16	2.34	0.49	*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			1002	53.66	155.44	19.63	6.97	*0.00
% of Calories				21.4%	62.1%	17.6%	6.3%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Fri - 05/12/2017								
Secondary Lunch 9-12	Total	8240						
WAFFLE JUMBO - AUNT JEMIMA	2 Each	8240	190	3.99	30.92	5.98	1.00	0.00
SAUSAGE LINK: 2	2 EACH	1	120	12.0	0.0	9.0	2.00	0.00
SCRAMBLED EGGS: SUNNY FRESH	1/4 CUP	1	90	6.0	2.0	6.0	2.00	0.00
HASHBROWN Patties: FRO78 -2	2 EACH	7500	254	1.95	33.2	15.62	1.95	0.00
GOLD RUSH : APPLE & EVE	BOX	6500	40	0.0	10.0	0.0	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	5500	110	1.56	27.73	0.52	0.11	*0.00
SYRUP	1 EA	1	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
ALT SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*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

May 1, 2017 thru May 31, 2017

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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			651	14.81	108.14	21.47	3.40	*0.00
% of Calories				9.1%	66.4%	29.7%	4.7%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Mon - 05/15/2017								
Secondary Lunch 9-12	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 (SEC)	1 CUP	1	44	0.0	8.85	0.0	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	6.87	20.63	6.13	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 SEC WEEKLY 1st CHO	Total	1						
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	3.06	9.82	6.29	0.56	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	6.87	20.63	6.13	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			1171	64.46	160.70	31.80	9.35	*0.00
% of Calories				22.0%	54.9%	24.4%	7.2%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

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Washington County School District

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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								
Secondary Lunch 9-12	Total	1						
CHICKEN FAJITA WRAP: SEC	WRAP	1	268	21.72	24.01	9.72	2.53	1.00
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
CHIPS-Baked! Tostitos Scoops	BAG	1	110	2.0	19.0	2.5	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*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 SEC WEEKLY 1st CHO	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: SEC	3/4 CUP	1	147	2.01	22.12	5.63	0.94	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*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			1280	61.14	175.03	39.17	8.21	*0.50
% of Calories				19.1%	54.7%	27.6%	5.8%	*0.4%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

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Washington County School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/17/2017								
Secondary Lunch 9-12	Total	1						
TERIYAKI BEEF NUGGETS: (Sec.)	5 NUGGETS	1	151	12.55	6.27	7.53	3.14	0.00
MASHED POTATOES,from Dry mix,P	3/4 CUP	1	122	3.05	25.94	1.53	0.00	*0.00
GRAVY, BROWN LOW SODIUM	1/4 CUP	1	30	0.0	4.0	1.0	0.50	*0.00
CARROTS,FRZ,CKD,BLD,DRND,WO/SA	1/2 CUP	1	27	0.42	5.64	0.5	0.09	*N/A*
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
ROLL: 2 OZ	ROLL	1	138	3.93	27.16	2.34	0.49	*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 SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
TOMATOES, CUCUMBER, CARROTS:SE	1 CUP	1	99	1.94	12.03	6.22	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			962	46.62	137.54	27.50	10.43	*0.00
% of Calories				19.4%	57.2%	25.7%	9.8%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Thu - 05/18/2017								
Secondary Lunch 9-12	Total	1						
PULLED PORK SANDWICH:SEC	4oz serving	1	309	23.0	39.0	7.5	2.10	0.00
TATER TOTS: SEC	3/4 CUP	1	177	2.13	23.29	7.72	1.10	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	4.51	14.42	0.39	0.06	*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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Washington County School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

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Portion Values - Detailed

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ALT SEC WEEKLY 1st CHO	Total	1						
TACO SALAD :ALT LINE	2 CUP	1	418	24.58	40.64	15.92	5.64	0.00
ROLL: 2 OZ	ROLL	1	138	3.93	27.16	2.34	0.49	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	4.51	14.42	0.39	0.06	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*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			1084	58.89	165.86	21.91	7.34	*0.00
% of Calories				21.7%	61.2%	18.2%	6.1%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Fri - 05/19/2017								
Secondary Lunch 9-12	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:SEC	1 CUP	1	57	3.44	12.88	0.29	0.06	*N/A*
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*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 SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*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			1040	56.54	169.21	19.60	7.04	*0.25
% of Calories				21.7%	65.1%	17.0%	6.1%	*0.2%
Nutrient Guideline			846	16.70		<=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)
Mon - 05/22/2017								
Secondary Lunch 9-12	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 : SEC	8 OZ	1	219	5.05	40.42	4.21	0.00	0.00
MALIBU BLEND VEGETABLES:SEC	1 CUP	1	0	0.0	0.0	0.0	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	6.87	20.63	6.13	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 SEC WEEKLY 1st CHO	Total	1						
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	3.06	9.82	6.29	0.56	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	6.87	20.63	6.13	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			1179	64.99	158.97	33.50	9.62	*0.00
% of Calories				22.0%	53.9%	25.6%	7.3%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Tue - 05/23/2017								
Secondary Lunch 9-12	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:SEC	CUP	1	117	1.39	29.73	0.44	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*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: Secondary Lunch 9-12/ALT SEC 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 SEC WEEKLY 1st CHO	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: SEC	3/4 CUP	1	147	2.01	22.12	5.63	0.94	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	4.74	14.44	12.82	1.73	*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			1334	60.32	191.42	40.87	9.95	*0.01
% of Calories				18.1%	57.4%	27.6%	6.7%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

Wed - 05/24/2017								
Secondary Lunch 9-12	Total	1						
WG PEPPERONI PIZZA RIPPERS	SERVING	1	300	15.0	30.0	11.0	4.00	0.00
MARINARA SAUCE: SEC	3/4 CUP	1	104	2.98	17.89	2.24	0.00	0.00
TOMATOES, CUCUMBER, CARROTS:SE	1 CUP	1	99	1.94	12.03	6.22	0.51	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*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 SEC WEEKLY 1st CHO	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 (SEC)	1 CUP	1	110	1.56	27.73	0.52	0.11	*0.00
TOMATOES, CUCUMBER, CARROTS:SE	1 CUP	1	99	1.94	12.03	6.22	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			1015	46.61	142.49	30.78	10.58	*0.00
% of Calories				18.4%	56.2%	27.3%	9.4%	*0.0%
Nutrient Guideline			846	16.70		<=30.0	<10.00	

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Washington County School District

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 4/4/2017 9:30:09 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average			1110	54.83 19.8%	159.20 57.4%	30.42 24.7%	8.84 7.2%	*0.06 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1110		846	131%				
Protein (g)	54.83	19.75%	16.70	328%				
Carbohydrate (g)	159.20	57.35%						
Total Fat (g)	30.42	24.66%	<=30.00%					
Saturated Fat (g)	8.84	7.17%	<10.00%					
Trans Fat ¹ (g)	0.06	0.05%			Missing			

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