

Washington County School District

May 1, 2018 thru May 24, 2018

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)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/01/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
CHILI / SCOOPS: ELE	3/4 CUP	1	370	47	*0	19.85	39.02	14.0	6.77	0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	106	10	*1	1.79	10.03	6.17	0.53	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	*1	3.37	9.22	11.91	1.61	*0.00
SWEET POTATO CAKE: NEUFCHATEL	SERVING	1	217	11	*26	1.56	35.9	7.97	1.94	*0.03
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOI										
TACO SALAD :ALT LINE	2 CUP	1	417	52	*0	23.95	41.06	15.74	5.71	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	*1	3.37	9.22	11.91	1.61	*0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
CRISPY CHICKEN SALAD: ALT-BITE	2 cup	1	348	37	*1	24.16	39.64	11.13	1.71	0.00
Weighted Daily Average			1309	*103	*68	66.89	162.83	42.71	11.50	*0.02
% of Calories					*20.8%	20.4%	49.8%	29.4%	7.9%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Wed - 05/02/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
ROASTED TURKEY: VIP	2.9 OZ	1	107	47	*N/A*	24.04	1.34	1.34	0.00	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, TURKEY: (Custom)	1/4 Cup	1	25	0	*N/A*	1.0	4.0	1.0	0.00	0.00
CORN :ELE	3/4 CUP	1	79	0	9	2.65	11.91	1.98	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	*N/A*	0.0	0.0	4.0	1.00	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)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI	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 (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	106	10	*1	1.79	10.03	6.17	0.53	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			903	*74	*63	52.73	118.22	25.96	8.78	*0.00
% of Calories					*27.7%	23.4%	52.4%	25.9%	8.8%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Thu - 05/03/2018										
	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
INTERMEDIATE LUNCH 6-8	Total	1								
CHICKEN CHUNKS-SEC	6 PIECES	1		43	1	20.0	18.0	13.0	2.00	0.00
FRENCH FRIES-1/2 CUP	1/2 CUP	1	257	0	0	2.02	17.19	3.54	1.01	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	*0	2.26	7.21	0.2	0.03	0.00
BROWNIE CUP, WG:FR016	BROWNIE	1	146	1	14	1.5	26.0	4.0	0.70	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	*N/A*	0.0	13.0	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
ALT INT WEEKLY 1st CHOI	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:ELE	3/4 CUP	1	99	10	*2	2.42	8.31	6.21	0.55	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	*0	2.26	7.21	0.2	0.03	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			985	*50	*65	53.96	150.04	21.01	5.53	*0.00
% of Calories					*26.6%	21.9%	60.9%	19.2%	5.1%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

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Fri - 05/04/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	1	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	10	*2	2.42	8.31	6.21	0.55	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
PEP. PIZZA RIPPERS: ENT&WATER	SERVING	1	290	25	3	16.0	27.0	17.0	5.00	0.00
ALT INT WEEKLY 1st CHOI	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 (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
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			1089	*70	*83	58.16	151.96	31.14	9.62	*0.25
% of Calories					*30.5%	21.4%	55.8%	25.7%	8.0%	*0.2%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

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Mon - 05/07/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
ORANGE CHICKEN :ELE	2.94 OZ	1	120	34	*N/A*	9.0	15.75	2.25	0.38	0.00
RICE: COOKED BROWN (SEC)	1 CUP	1	160	0	*0	4.0	32.96	1.5	0.00	*0.00
KEY WEST BLEND VEGETABLE: ELE	3/4 CUP	1	34	0	3	0.0	6.75	0.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	*2	3.4	10.51	6.06	0.51	0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	*N/A*	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOI	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-1/2 CUP	1/2 CUP	1	111	0	0	2.02	17.19	3.54	1.01	0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	*2	3.4	10.51	6.06	0.51	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*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			956	*59	*62	47.79	144.17	20.94	4.29	*0.00
% of Calories					*25.9%	20.0%	60.3%	19.7%	4.0%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

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Tue - 05/08/2018										
INTERMEDIATE LUNCH 6-8	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.25OZ	.25 OZ	1	28	6	0	1.52	0.25	2.28	1.52	0.00
REFRIED BEANS	1/2 CUP	1	164	0	0	8.21	23.6	4.62	1.54	*0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	*1	3.37	9.22	11.91	1.61	*0.00
CINNAMON ROLL:, (Riches)	1 EA	1	147	3	*0	2.74	29.75	1.87	0.52	*0.00
SALSA PICANTE	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOI										
TACO SALAD :ALT LINE	2 CUP	1	417	52	*0	23.95	41.06	15.74	5.71	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	*1	3.37	9.22	11.91	1.61	*0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
CRISPY CHICKEN SALAD: ALT-SMAC	2 cup	1	397	60	*0	25.04	44.23	13.0	3.00	0.00
Weighted Daily Average			1296	*110	*55	71.38	163.27	39.00	10.92	*0.00
% of Calories					*17.0%	22.0%	50.4%	27.1%	7.6%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Wed - 05/09/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
HAM : ELEM	2OZ.	1	71	25	*N/A*	9.14	0.0	3.56	1.52	0.00
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	*3	3.0	23.99	3.56	1.69	*0.00
SUNSHINE CARROTS;ELE	3/4 CUP	1	30	0	*N/A*	0.0	5.75	0.14	0.03	0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
PEACH CUP, FROZEN	SERVING	1	118	0	*N/A*	0.79	29.98	0.16	0.01	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 INT WEEKLY 1st CHOI	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
PEACH CUP, FROZEN	SERVING	1	118	0	*N/A*	0.79	29.98	0.16	0.01	0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	106	10	*1	1.79	10.03	6.17	0.53	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			933	64	*49	43.88	127.65	26.79	10.35	*0.00
% of Calories					*21.1%	18.8%	54.7%	25.8%	10.0%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Thu - 05/10/2018										
	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
INTERMEDIATE LUNCH 6-8	Total	1								
CHICKEN NOODLE SOUP:ELE	3/4 CUP	1	135	38	*1	7.96	19.94	2.79	0.51	*0.00
GARLIC TWIST	2 OZ	1	141	11	*1	4.18	27.29	2.59	0.61	*0.00
TOMATOES, CUCUMBER, CARROTS:EL	3/4 CUP	1	95	10	*2	1.77	11.38	6.17	0.51	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	*0	2.26	7.21	0.2	0.03	0.00
PUDDING,CHOICE	SERVING	1	115	0	15	1.0	20.5	3.0	1.75	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 INT WEEKLY 1st CHOI	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:ELE	3/4 CUP	1	99	10	*2	2.42	8.31	6.21	0.55	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	*0	2.26	7.21	0.2	0.03	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			930	*57	*64	49.66	148.33	18.02	5.37	*0.00
% of Calories					*27.4%	21.4%	63.8%	17.4%	5.2%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

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Washington County School District

May 1, 2018 thru May 24, 2018

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)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/11/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
PEPPERONI PIZZA -BELLA ROSE 8	SLICES	1	440	50	5	22.98	33.97	20.98	9.99	0.00
CHEESE PIZZA -BELLA ROSE 8	SLICE	1	420	42	5	23.0	34.0	21.0	9.00	0.00
DINNER SALAD	1 CUP	1	132	10	*1	4.55	13.53	6.02	0.50	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOI										
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 (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
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			1245	*91	*86	63.71	160.56	38.03	14.39	*0.25
% of Calories					*27.5%	20.5%	51.6%	27.5%	10.4%	*0.2%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Mon - 05/14/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
LEMON CHICKEN: ELE	2.70 OZ	1	113	30	7	8.25	14.25	2.25	0.38	0.00
VEGETABLE HARVEST RICE PILAF:S	1.25 CUP	1	219	0	*0	5.05	40.42	4.21	0.00	0.00
MALIBU BLEND VEGETABLES:ELE	3/4 CUP	1	26	0	2	0.75	4.5	0.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	*2	3.4	10.51	6.06	0.51	0.00
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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Washington County School District

May 1, 2018 thru May 24, 2018

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)	Cholst (mg)	Sugars (g)	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	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-1/2 CUP	1/2 CUP	1	111	0	0	2.02	17.19	3.54	1.01	0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	10	*2	3.4	10.51	6.06	0.51	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*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			978	*58	*65	48.32	146.02	22.29	4.29	*0.00
% of Calories					*26.6%	19.8%	59.7%	20.5%	4.0%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Tue - 05/15/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
TACO SOUP	1 CUP	1	291	50	*5	19.79	25.68	11.61	3.43	*0.00
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	28	6	0	1.52	0.25	2.28	1.52	0.00
CORNMEAL SUPER STAR, WG:FR017	1 EA	1	148	11	*N/A*	2.8	23.0	5.0	0.90	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	10	*2	2.42	8.31	6.21	0.55	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	*1	3.37	9.22	11.91	1.61	*0.00
JELL-O	GEL CUP	1	100	0	22	0.0	25.0	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
ALT INT WEEKLY 1st CHOI	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 (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	10	*1	3.37	9.22	11.91	1.61	*0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
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

May 1, 2018 thru May 24, 2018

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)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			1320	*120	*68	68.99	163.76	42.12	10.72	*0.00
% of Calories					*20.7%	20.9%	49.6%	28.7%	7.3%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Wed - 05/16/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
WG BREADED 8 PIECE CHICKEN	PIECE	1	215	41	0	12.0	11.0	13.0	3.00	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	24	0	*N/A*	0.95	4.76	0.48	0.00	0.00
BROCCOLI ; FROZEN (ELE)	3/4 CUP	1	26	0	0	1.73	3.45	2.36	0.37	0.00
WG DINNER ROLL	ROLL	1	90	0	2	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	*N/A*	0.0	0.0	4.0	1.00	0.00
ALT INT WEEKLY 1st CHOI	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 (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	106	10	*1	1.79	10.03	6.17	0.53	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			929	*71	*58	46.22	119.21	31.72	10.47	*0.00
% of Calories					*24.9%	19.9%	51.3%	30.7%	10.1%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

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Thu - 05/17/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
PULLED PORK SANDWICH:SEC	4oz serving	1	309	44	*3	23.0	39.0	7.5	2.10	0.00
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	0	2.0	16.0	7.0	1.50	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	*0	2.26	7.21	0.2	0.03	0.00
CHOCOLATE CHIP COOKIES	1 EACH	1	136	14	*8	2.19	18.48	6.34	1.52	*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 INT WEEKLY 1st CHOI	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:ELE	3/4 CUP	1	99	10	*2	2.42	8.31	6.21	0.55	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	0	*0	2.26	7.21	0.2	0.03	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			995	*57	*63	55.79	149.68	21.16	6.24	*0.00
% of Calories					*25.5%	22.4%	60.2%	19.1%	5.6%	*0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Fri - 05/18/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
PIZZA, BIG DADDY'S (SCHWAN'S)	1 SLICE	1	320	20	*N/A*	19.0	39.0	10.0	3.50	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	10	*2	2.42	8.31	6.21	0.55	0.00
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00

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Portion Values - Detailed

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ALT INT WEEKLY 1st CHOI	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 (ELE)	1/2 CUP	1	72	*0	*10	0.87	18.29	0.3	0.06	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
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			959	*55	*81	49.16	143.46	22.14	6.67	*0.25
% of Calories					*33.8%	20.5%	59.9%	20.8%	6.3%	*0.2%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Mon - 05/21/2018										
INTERMEDIATE LUNCH 6-8	Total	1								
MANAGERS CHOICE	SERVING	1	0	0	0	0.0	0.0	0.0	0.00	0.00
MANAGERS CHOICE-vegetable	SERVING	1	0	0	0	0.0	0.0	0.0	0.00	0.00
MANAGERS CHOICE-Fruit	SERVING	1	0	0	0	0.0	0.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			300	15	42	25.00	44.00	2.50	1.50	0.00
% of Calories					56.0%	33.3%	58.7%	7.5%	4.5%	0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

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Washington County School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/22/2018										
INTERMEDIATE LUNCH 6-8 MANAGERS CHOICE	Total	1								
MANAGERS CHOICE	SERVING	1	0	0	0	0.0	0.0	0.0	0.00	0.00
MANAGERS CHOICE-vegetable	SERVING	1	0	0	0	0.0	0.0	0.0	0.00	0.00
MANAGERS CHOICE-Fruit	SERVING	1	0	0	0	0.0	0.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			300	15	42	25.00	44.00	2.50	1.50	0.00
% of Calories					56.0%	33.3%	58.7%	7.5%	4.5%	0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Wed - 05/23/2018										
INTERMEDIATE LUNCH 6-8 MANAGERS CHOICE	Total	1								
MANAGERS CHOICE	SERVING	1	0	0	0	0.0	0.0	0.0	0.00	0.00
MANAGERS CHOICE-vegetable	SERVING	1	0	0	0	0.0	0.0	0.0	0.00	0.00
MANAGERS CHOICE-Fruit	SERVING	1	0	0	0	0.0	0.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			300	15	42	25.00	44.00	2.50	1.50	0.00
% of Calories					56.0%	33.3%	58.7%	7.5%	4.5%	0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

Thu - 05/24/2018										
INTERMEDIATE LUNCH 6-8 MANAGERS CHOICE	Total	1								
MANAGERS CHOICE	SERVING	1	0	0	0	0.0	0.0	0.0	0.00	0.00
MANAGERS CHOICE-vegetable	SERVING	1	0	0	0	0.0	0.0	0.0	0.00	0.00
MANAGERS CHOICE-Fruit	SERVING	1	0	0	0	0.0	0.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			300	15	42	25.00	44.00	2.50	1.50	0.00
% of Calories					56.0%	33.3%	58.7%	7.5%	4.5%	0.0%
Nutrient Guideline			783			15.00		<=30.0	<10.00	

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***** - denotes combined nutrient totals with either missing or incomplete nutrient data
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Washington County School District

May 1, 2018 thru May 24, 2018

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)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average			890	*61	*61 *61.7%	48.70 21.9%	123.62 55.5%	22.95 23.2%	6.95 7.0%	*0.04 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	890		783	114%				
Cholesterol (mg)	61				Missing			
Sugars (g)	61	27.42%			Missing			
Protein (g)	48.70	21.88%	15.00	325%				
Carbohydrate (g)	123.62	55.54%						
Total Fat (g)	22.95	23.20%	<=30.00%					
Saturated Fat (g)	6.95	7.03%	<10.00%					
Trans Fat ¹ (g)	0.04	0.04%			Missing			

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