

Washington County School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/01/2018										
SECONDARY LUNCH 9-12	Total	1								
CHILI / SCOOPS: SEC	1 CUP	1	498	70	*0	28.64	48.88	19.68	10.10	0.00
CARROT & CELERY STICKS:SEC	1 CUP	1	97	10	*2	1.78	7.67	6.18	0.54	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	*1	4.74	14.44	12.82	1.73	*0.00
SWEET POTATO CAKE: NEUFCHATEL	SERVING	1	217	11	*26	1.56	35.9	7.97	1.94	*0.03
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT SEC WEEKLY 1st CHO										
TACO SALAD :ALT LINE	2 CUP	1	417	52	*0	23.95	41.06	15.74	5.71	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	*1	4.74	14.44	12.82	1.73	*0.00
ROLL: 2 OZ	ROLL	1	138	11	*1	3.93	27.16	2.34	0.49	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
CRISPY CHICKEN SALAD: ALT-BITE	2 cup	1	348	37	*1	24.16	39.64	11.13	1.71	0.00
Weighted Daily Average			1488	*120	*77	73.40	192.67	47.40	13.59	*0.02
% of Calories					*20.7%	19.7%	51.8%	28.7%	8.2%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Wed - 05/02/2018										
SECONDARY LUNCH 9-12	Total	1								
ROASTED TURKEY: VIP	2.9 OZ	1	107	47	*N/A*	24.04	1.34	1.34	0.00	0.00
MASHED POTATOES,from Dry mix,P	3/4 CUP	1	122	0	2	3.05	25.94	1.53	0.00	*0.00
GRAVY, TURKEY: (Custom)	1/4 Cup	1	25	0	*N/A*	1.0	4.0	1.0	0.00	0.00
CORN :SEC	1 CUP	1	119	0	14	3.97	17.86	2.98	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
ROLL: 2 OZ	ROLL	1	138	11	*1	3.93	27.16	2.34	0.49	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	*N/A*	0.0	0.0	4.0	1.00	0.00

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Portion Values - Detailed

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	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 SEC WEEKLY 1st CHO	Total	1								
TOMATO BASIL BISQUE	1 CUP	1	111	12	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	*4	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
CARROT & CELERY STICKS:SEC	1 CUP	1	97	10	*2	1.78	7.67	6.18	0.54	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1025	*80	*74	54.66	145.35	27.66	9.09	*0.00
% of Calories					*28.8%	21.3%	56.7%	24.3%	8.0%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

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)
SECONDARY LUNCH 9-12	Total	1								
CHICKEN CHUNKS-SEC	6 PIECES	1	257	43	1	20.0	18.0	13.0	2.00	0.00
FRENCH FRIES-3/4 CUP	3/4 CUP	1	167	0	0	3.03	25.79	5.31	1.52	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	*0	4.51	14.42	0.39	0.06	0.00
BROWNIE CUP, WG:FR016	BROWNIE	1	146	1	14	1.5	26.0	4.0	0.70	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT SEC WEEKLY 1st CHO	Total	1								
XTREME BEAN & CHEESE BURRITO	BURRITO	1	291	15	0	15.6	40.95	8.29	3.62	0.00
BLACK BEANS	1/2 CUP	1	153	0	2	9.25	27.52	1.0	0.00	*0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	*2	3.06	9.82	6.29	0.56	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	*0	4.51	14.42	0.39	0.06	0.00
SALSA PICANTE	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1118	*50	*75	57.83	178.08	22.40	5.87	*0.00
% of Calories					*26.7%	20.7%	63.7%	18.0%	4.7%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Fri - 05/04/2018										
SECONDARY LUNCH 9-12	Total	1								
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	25	1	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	*2	3.06	9.82	6.29	0.56	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
PEP. PIZZA RIPPERS: ENT&WATER	SERVING	1	290	25	3	16.0	27.0	17.0	5.00	0.00
ALT SEC WEEKLY 1st CHO	Total	1								
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	*3	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
CARROT STICKS:SEC	1 CUP	1	72	0	8	1.63	16.84	0.42	0.07	0.00
CHIPS : VARIETY	BAG	1	133	0	2	2.0	19.67	4.67	0.83	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	0	0.22	0.33	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1155	*70	*92	59.26	168.51	31.45	9.68	*0.25
% of Calories					*31.9%	20.5%	58.4%	24.5%	7.5%	*0.2%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

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Mon - 05/07/2018										
SECONDARY LUNCH 9-12	Total	1								
ORANGE CHICKEN :SEC	3.92 OZ	1	162	45	*N/A*	12.13	21.22	3.03	0.51	0.00
RICE: COOKED BROWN (SEC)	1 CUP	1	160	0	*0	4.0	32.96	1.5	0.00	*0.00
KEY WEST BLEND VEGETABLE: SEC	1 CUP	1	45	0	5	0.0	9.0	0.0	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	*2	6.87	20.63	6.13	0.51	0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	*N/A*	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT SEC WEEKLY 1st CHO	Total	1								
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
FRENCH FRIES-3/4 CUP	3/4 CUP	1	167	0	0	3.03	25.79	5.31	1.52	0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	*2	6.87	20.63	6.13	0.51	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	0	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1128	*65	*72	54.11	178.23	22.54	4.67	*0.00
% of Calories					*25.5%	19.2%	63.2%	18.0%	3.7%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

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Tue - 05/08/2018										
SECONDARY LUNCH 9-12	Total	1								
SOFT FLOUR TACO:SEC	1 serving	1	255	49	1	17.01	23.0	10.0	3.20	0.00
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	14	0	2	0.95	2.86	0.09	0.01	0.00
CHEDDAR/ JACK FANCY SHRED-.5OZ	.5 OZ	1	56	13	0	3.04	0.51	4.56	3.04	0.00
REFRIED BEANS	1/2 CUP	1	164	0	0	8.21	23.6	4.62	1.54	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	*1	4.74	14.44	12.82	1.73	*0.00
CINNAMON ROLL:, (Riches)	1 EA	1	147	3	*0	2.74	29.75	1.87	0.52	*0.00
SALSA PICANTE	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT SEC WEEKLY 1st CHO										
TACO SALAD :ALT LINE	2 CUP	1	417	52	*0	23.95	41.06	15.74	5.71	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	*1	4.74	14.44	12.82	1.73	*0.00
ROLL: 2 OZ	ROLL	1	138	11	*1	3.93	27.16	2.34	0.49	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
CRISPY CHICKEN SALAD: ALT-SMAC	2 cup	1	397	60	*0	25.04	44.23	13.0	3.00	0.00
Weighted Daily Average			1429	*118	*64	74.26	189.48	41.99	12.09	*0.00
% of Calories					*17.9%	20.8%	53.0%	26.4%	7.6%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Wed - 05/09/2018										
SECONDARY LUNCH 9-12	Total	1								
HAM : SECONDARY	3 OZ	1	105	38	*N/A*	13.55	0.0	5.27	2.26	0.00
SCALLOPED POTATOES:SEC	3/4 CUP	1	223	0	*4	4.2	33.59	4.98	2.37	*0.00
SUNSHINE CARROTS: SEC	1 CUP	1	39	0	*N/A*	0.0	7.47	0.19	0.03	0.00
ROLL: 2 OZ	ROLL	1	138	11	*1	3.93	27.16	2.34	0.49	*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 SEC WEEKLY 1st CHO	Total	1								
TOMATO BASIL BISQUE	1 CUP	1	111	12	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	*4	16.0	32.0	26.42	11.35	0.00
PEACH CUP, FROZEN	SERVING	1	118	0	*N/A*	0.79	29.98	0.16	0.01	0.00
CARROT & CELERY STICKS:SEC	1 CUP	1	97	10	*2	1.78	7.67	6.18	0.54	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1006	75	*50	46.64	137.21	29.06	11.31	*0.00
% of Calories					*19.8%	18.5%	54.6%	26.0%	10.1%	*0.0%
Nutrient Guideline			846			16.70		<=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)
SECONDARY LUNCH 9-12	Total	1								
CHICKEN NOODLE SOUP: USDA 1C.	1 CUP	1	166	47	*2	9.87	24.61	3.41	0.64	*0.00
GARLIC TWIST	2 OZ	1	141	11	*1	4.18	27.29	2.59	0.61	*0.00
TOMATOES, CUCUMBER, CARROTS:SE	1 CUP	1	99	10	*3	1.94	12.03	6.22	0.52	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	*0	4.51	14.42	0.39	0.06	0.00
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 SEC WEEKLY 1st CHO	Total	1								
XTREME BEAN & CHEESE BURRITO	BURRITO	1	291	15	0	15.6	40.95	8.29	3.62	0.00
BLACK BEANS	1/2 CUP	1	153	0	2	9.25	27.52	1.0	0.00	*0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	*2	3.06	9.82	6.29	0.56	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	*0	4.51	14.42	0.39	0.06	0.00
SALSA PICANTE	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1053	*62	*73	54.06	174.73	18.86	5.52	*0.00
% of Calories					*27.8%	20.5%	66.4%	16.1%	4.7%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

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Washington County School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/11/2018										
SECONDARY LUNCH 9-12	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 (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
ALT SEC WEEKLY 1st CHO										
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	*3	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
CARROT STICKS:SEC	1 CUP	1	72	0	8	1.63	16.84	0.42	0.07	0.00
CHIPS : VARIETY	BAG	1	133	0	2	2.0	19.67	4.67	0.83	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	0	0.22	0.33	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1307	*91	*94	64.49	176.35	38.30	14.45	*0.25
% of Calories					*28.9%	19.7%	54.0%	26.4%	9.9%	*0.2%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Mon - 05/14/2018										
SECONDARY LUNCH 9-12	Total	1								
LEMON CHICKEN: SEC	3.6 OZ	1	150	40	10	11.0	19.0	3.0	0.50	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:SEC	1 CUP	1	0	0	0	0.0	0.0	0.0	0.00	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	*2	6.87	20.63	6.13	0.51	0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	*N/A*	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00

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Washington County School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC WEEKLY 1st CHO	Total	1								
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
FRENCH FRIES-3/4 CUP	3/4 CUP	1	167	0	0	3.03	25.79	5.31	1.52	0.00
SALAD BAR: MONDAYS:SEC	1 CUP	1	170	10	*2	6.87	20.63	6.13	0.51	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	0	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1129	*63	*75	54.08	176.34	23.88	4.67	*0.00
% of Calories					*26.5%	19.2%	62.5%	19.0%	3.7%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Tue - 05/15/2018										
SECONDARY LUNCH 9-12	Total	1								
TACO SOUP	1 CUP	1	291	50	*5	19.79	25.68	11.61	3.43	*0.00
CHEDDAR/ JACK FANCY SHRED-.5OZ	.5 OZ	1	56	13	0	3.04	0.51	4.56	3.04	0.00
CORNMEAL SUPER STAR, WG:FR017	2 EACH	1	296	22	*N/A*	5.6	46.0	10.0	1.80	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	*2	3.06	9.82	6.29	0.56	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	*1	4.74	14.44	12.82	1.73	*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 SEC WEEKLY 1st CHO	Total	1								
TACO SALAD :ALT LINE	2 CUP	1	417	52	*0	23.95	41.06	15.74	5.71	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	*1	4.74	14.44	12.82	1.73	*0.00
ROLL: 2 OZ	ROLL	1	138	11	*1	3.93	27.16	2.34	0.49	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
CRISPY CHICKEN SALAD: ALT-SMAC	2 cup	1	397	60	*0	25.04	44.23	13.0	3.00	0.00

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Washington County School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average			1531	*134	*77	73.59	202.23	47.65	12.35	*0.00
% of Calories					*20.2%	19.2%	52.8%	28.0%	7.3%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Wed - 05/16/2018										
SECONDARY LUNCH 9-12	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	3/4 CUP	1	122	0	2	3.05	25.94	1.53	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 (SEC)	1 CUP	1	34	0	0	2.3	4.6	3.15	0.49	0.00
ROLL: 2 OZ	ROLL	1	138	11	*1	3.93	27.16	2.34	0.49	*0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	*N/A*	0.0	0.0	4.0	1.00	0.00
ALT SEC WEEKLY 1st CHO	Total	1								
TOMATO BASIL BISQUE	1 CUP	1	111	12	*4	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	*4	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
CARROT & CELERY STICKS:SEC	1 CUP	1	97	10	*2	1.78	7.67	6.18	0.54	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1036	*77	*67	47.78	143.93	33.32	10.83	*0.00
% of Calories					*25.8%	18.4%	55.6%	28.9%	9.4%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

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Thu - 05/17/2018										
SECONDARY LUNCH 9-12	Total	1								
PULLED PORK SANDWICH:SEC	4oz serving	1	309	44	*3	23.0	39.0	7.5	2.10	0.00
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	0	3.0	24.0	10.5	2.25	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	*0	4.51	14.42	0.39	0.06	0.00
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 SEC WEEKLY 1st CHO	Total	1								
XTREME BEAN & CHEESE BURRITO	BURRITO	1	291	15	0	15.6	40.95	8.29	3.62	0.00
BLACK BEANS	1/2 CUP	1	153	0	2	9.25	27.52	1.0	0.00	*0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	*2	3.06	9.82	6.29	0.56	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	78	0	*0	4.51	14.42	0.39	0.06	0.00
SALSA PICANTE	1 OZ	1	9	0	0	0.89	1.77	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1135	*57	*73	59.65	177.43	23.42	6.70	*0.00
% of Calories					*25.6%	21.0%	62.5%	18.6%	5.3%	*0.0%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Fri - 05/18/2018										
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	107	10	*2	3.06	9.82	6.29	0.56	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00

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ALT SEC WEEKLY 1st CHO	Total	1								
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	45	*3	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	2	0.91	2.67	0.08	0.01	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	1	0.0	1.0	0.0	0.00	0.00
CARROT STICKS:SEC	1 CUP	1	72	0	8	1.63	16.84	0.42	0.07	0.00
CHIPS : VARIETY	BAG	1	133	0	2	2.0	19.67	4.67	0.83	0.00
FRUIT BAR :SPRING (SEC)	1 CUP	1	135	*0	*19	1.65	34.07	0.56	0.12	*0.00
FROZEN JUICE CUPS	1 EACH	1	70	0	16	0.0	19.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	8	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	0	0.22	0.33	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	5	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	12	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	0	12	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1025	*55	*90	50.26	160.01	22.45	6.73	*0.25
% of Calories					*35.1%	19.6%	62.5%	19.7%	5.9%	*0.2%
Nutrient Guideline			846			16.70		<=30.0	<10.00	

Mon - 05/21/2018										
SECONDARY LUNCH 9-12	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			846			16.70		<=30.0	<10.00	

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

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Washington County School District

May 1, 2018 thru May 24, 2018

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/22/2018										
SECONDARY LUNCH 9-12	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			846			16.70		<=30.0	<10.00	

Wed - 05/23/2018										
SECONDARY LUNCH 9-12	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			846			16.70		<=30.0	<10.00	

Thu - 05/24/2018										
SECONDARY LUNCH 9-12	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			846			16.70		<=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: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

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Generated on: 4/12/2018 2:42:07 PM

	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			987	*65	*68 *61.8%	51.34 20.8%	143.14 58.0%	24.47 22.3%	7.42 6.8%	*0.04 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	987		846	117%				
Cholesterol (mg)	65				Missing			
Sugars (g)	68	27.48%			Missing			
Protein (g)	51.34	20.81%	16.70	307%				
Carbohydrate (g)	143.14	58.02%						
Total Fat (g)	24.47	22.31%	<=30.00%					
Saturated Fat (g)	7.42	6.77%	<10.00%					
Trans Fat ¹ (g)	0.04	0.04%			Missing			

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