

Washington County School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

ELEMENTARY LUNCH

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)
Wed - 11/01/2017								
ELEMENTARY LUNCH	Total	1						
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	17.0	15.0	14.0	3.00	0.00
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	3.0	23.99	3.56	1.69	*0.00
GREEN BEANS:ELE	3/4 CUP	1	32	1.91	7.16	0.16	0.03	*N/A*
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*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
MARGARINE REDDIES: (1)	1 Patty	1	35	0.0	0.0	4.0	1.00	0.00
Weighted Daily Average			910	51.28	117.41	25.38	7.27	*0.00
% of Calories				22.5%	51.6%	25.1%	7.2%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/02/2017								
ELEMENTARY LUNCH	Total	1						
MINI CORN DOG NUGGETS (ELEM)	4 EACH	1	167	6.67	20.0	6.67	1.67	0.00
TATER TOTS: 1/2 CUP	8 PIECES	1	140	2.0	16.0	7.0	1.50	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*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
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	158	1.89	22.26	7.44	1.70	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			878	38.41	128.40	23.96	6.44	*0.00
% of Calories				17.5%	58.5%	24.6%	6.6%	*0.0%
Nutrient Guideline			645	8.87		<=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)
Fri - 11/03/2017								
ELEMENTARY LUNCH	Total	1						
6" WW PEPPERONI PIZZA	SERVING	1	350	22.0	30.0	16.0	8.00	0.00
DINNER SALAD	1 CUP	1	132	4.55	13.53	6.02	0.50	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*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			891	51.92	116.79	24.68	10.05	*0.00
% of Calories				23.3%	52.4%	24.9%	10.1%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/06/2017								
ELEMENTARY LUNCH	Total	1						
CHERRY BLOSSOM CHICKEN FRO30:E	2.94 OZ	1	140	9.33	13.99	5.44	1.55	0.00
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	3.0	24.01	2.5	0.00	0.00
MALIBU BLEND VEGETABLES:ELE	3/4 CUP	1	26	0.75	4.5	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	3.4	10.51	6.06	0.51	*0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
SMACKERS: SUNSET ONLY	4.3 OZ SERVIN	1	295	18.1	17.1	17.1	3.02	0.00
Weighted Daily Average			1077	59.96	131.35	33.96	6.66	*0.00
% of Calories				22.3%	48.8%	28.4%	5.6%	*0.0%
Nutrient Guideline			645	8.87		<=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)
Tue - 11/07/2017								
ELEMENTARY LUNCH	Total	1						
BEEF TACO STICK	1 EACH	1	345	20.07	31.87	12.82	8.35	0.00
REFRIED BEANS	1/2 CUP	1	164	8.21	23.6	4.62	1.54	*0.00
SOUTHWEST BLEND VEGETABLES	3/4 CUP	1	90	4.5	16.88	5.63	1.13	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	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
PUDDING,CHOICE	SERVING	1	115	1.0	20.5	3.0	1.75	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			1226	63.41	158.10	40.63	15.92	*0.00
% of Calories				20.7%	51.6%	29.8%	11.7%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/08/2017								
ELEMENTARY LUNCH	Total	1						
BREADED PORK STEAK	1 EACH	1	293	16.17	17.18	17.18	4.55	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	2.0	17.03	1.0	0.00	*0.00
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	45	1.0	5.0	2.0	1.50	0.00
NORTHWEST BLEND VEGETABLE:ELE	3/4 CUP	1	19	0.55	3.32	0.0	0.00	0.00
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
CHICKEN SANDWICH: SUNSET ONLY	1 each	1	340	17.0	33.0	16.51	3.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0.0	0.0	4.0	1.00	0.00
Weighted Daily Average			1242	66.10	146.78	44.35	11.60	*0.00
% of Calories				21.3%	47.3%	32.1%	8.4%	*0.0%
Nutrient Guideline			645	8.87		<=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)
Thu - 11/09/2017								
ELEMENTARY LUNCH	Total	1						
HAMBURGER: ELE.	HAMBURGER	1	269	21.57	22.29	10.89	3.56	0.00
SHREDDED LETTUCE & TOMATO-DELI PICKLE:, CHIPS	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*0.00
BAKED BEANS:ELE	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	3/4 CUP	1	150	4.83	36.04	0.38	0.07	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
CREAMIES JR.: (CHOICE OF)	1/2 CUP	1	39	2.26	7.21	0.2	0.03	*0.00
KETCHUP : P/C	CREAMIE	1	93	2.0	14.0	3.5	2.00	0.00
MUSTARD:, P/C	PC	1	31	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	1 Each	1	3	0.22	0.33	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK FAT FREE WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			942	57.16	146.14	17.70	7.22	*0.00
% of Calories				24.3%	62.0%	16.9%	6.9%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 11/10/2017								
ELEMENTARY LUNCH	Total	1						
4" ROUND CHEESE PIZZA- TONY'S	1 EACH	1	279	15.94	28.9	11.96	5.98	0.00
DINNER SALAD	1 CUP	1	132	4.55	13.53	6.02	0.50	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*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			820	45.86	115.69	20.64	8.03	*0.00
% of Calories				22.4%	56.4%	22.6%	8.8%	*0.0%
Nutrient Guideline			645	8.87		<=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 - 11/13/2017								
ELEMENTARY LUNCH	Total	1						
TERIYAKI CHICKEN:ELE	2.6 OZ	1	84	11.14	5.57	1.86	0.46	0.00
VEGGIE WHOLE GRAIN CHOW MEIN:E	4 OZ	1	130	5.0	25.0	1.5	0.00	0.00
CARIBBEAN BLEND VEGETABLES:ELE	3/4 CUP	1	26	0.75	4.5	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	3.4	10.51	6.06	0.51	*0.00
BUG BITES	BAG	1	120	2.0	21.0	3.5	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
SMACKERS: SUNSET ONLY	4.3 OZ SERVIN	1	295	18.1	17.1	17.1	3.02	0.00
Weighted Daily Average			1109	65.77	137.94	32.68	6.53	*0.00
% of Calories				23.7%	49.8%	26.5%	5.3%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 11/14/2017								
ELEMENTARY LUNCH	Total	1						
CHILI / SCOOPS: ELE	3/4 CUP	1	370	19.85	39.02	14.0	6.77	0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	106	1.79	10.03	6.17	0.53	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*0.00
SWEET POTATO CAKE: NEUFCHATEL	SERVING	1	217	1.56	35.9	7.97	1.94	*0.03
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			1196	51.94	148.43	42.71	12.40	*0.03
% of Calories				17.4%	49.7%	32.1%	9.3%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

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Wed - 11/15/2017								
ELEMENTARY LUNCH	Total	8240						
ROASTED TURKEY: VIP	2.9 OZ	8240	120	27.04	1.5	1.5	0.00	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	8240	80	2.0	17.03	1.0	0.00	*0.00
GRAVY, TURKEY: (Custom)	1/4 Cup	8240	25	1.0	4.0	1.0	0.00	0.00
CORN :ELE	3/4 CUP	8240	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
PUMPKIN PIE :(Sara Lee)	Slice	8240	300	5.0	46.0	11.0	6.00	0.00
WHIP TOPPING: ON TOP	1 TBSP	8240	25	0.0	2.0	2.0	2.00	0.00
FRUIT SALAD DELUXE	1/2 CUP	8240	60	0.0	15.95	0.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	8240	35	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK	CARTON	6592	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1638	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			840	45.69	116.79	22.99	9.30	*0.00
% of Calories				21.7%	55.6%	24.6%	10.0%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 11/16/2017								
ELEMENTARY LUNCH	Total	1						
POPCORN CHICKEN SMACKERS	4.3 OZ SERVIN	1	295	18.1	17.1	17.1	3.02	0.00
FRENCH FRIES-1/2 CUP	1/2 CUP	1	111	2.02	17.19	3.54	1.01	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	2.26	7.21	0.2	0.03	*0.00
BROWNIE CUP, WG:FR016	BROWNIE	1	146	1.5	26.0	4.0	0.70	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
Weighted Daily Average			1012	49.25	143.10	27.49	6.30	*0.00
% of Calories				19.5%	56.6%	24.5%	5.6%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

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Fri - 11/17/2017								
ELEMENTARY LUNCH	Total	1						
WG PEPPERONI PIZZA RIPPERS	SERVING	1	300	15.0	30.0	11.0	4.00	0.00
MARINARA SAUCE: ELE	1/2 CUP	1	70	1.99	11.93	1.49	0.00	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	2.42	8.31	6.21	0.55	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*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			879	44.78	123.49	21.36	6.10	*0.00
% of Calories				20.4%	56.2%	21.9%	6.2%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/20/2017								
ELEMENTARY LUNCH	Total	1						
ORANGE CHICKEN :ELE	2.94 OZ	1	120	9.0	15.75	2.25	0.38	0.00
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	80	2.0	16.48	0.75	0.00	*0.00
KEY WEST BLEND VEGETABLE: ELE	3/4 CUP	1	34	0.0	6.75	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	3.4	10.51	6.06	0.51	*0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
SMACKERS: SUNSET ONLY	4.3 OZ SERVIN	1	295	18.1	17.1	17.1	3.02	0.00
Weighted Daily Average			1015	57.87	127.83	29.02	5.48	*0.00
% of Calories				22.8%	50.4%	25.7%	4.9%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

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Washington County School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

ELEMENTARY LUNCH

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 - 11/21/2017								
ELEMENTARY LUNCH	Total	1						
SOFT FLOUR TACO: ELE	3.17 oz	1	211	16.04	22.01	7.51	1.81	0.00
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	14	0.95	2.86	0.09	0.01	*0.00
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	28	1.52	0.25	2.28	1.52	0.00
REFRIED BEANS	1/2 CUP	1	164	8.21	23.6	4.62	1.54	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*0.00
CINNAMON ROLL:, (Riches)	1 EA	1	147	2.74	29.75	1.87	0.52	*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
Weighted Daily Average			1076	59.08	143.74	30.94	8.55	*0.00
% of Calories				22.0%	53.4%	25.9%	7.2%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 11/27/2017								
ELEMENTARY LUNCH	Total	1						
LEMON CHICKEN: ELE	2.70 OZ	1	113	8.25	14.25	2.25	0.38	0.00
VEGETABLE HARVEST RICE PILAF:E	3/4 CUP	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 :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	3.4	10.51	6.06	0.51	*0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
SMACKERS: SUNSET ONLY	4.3 OZ SERVIN	1	295	18.1	17.1	17.1	3.02	0.00
Weighted Daily Average			1050	58.88	131.61	30.77	5.48	*0.00
% of Calories				22.4%	50.1%	26.4%	4.7%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

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Washington County School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

ELEMENTARY LUNCH

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 - 11/28/2017								
ELEMENTARY LUNCH	Total	1						
WHITE CHICKEN CHILI: ELE new	1 CUP	1	372	29.83	29.16	15.32	7.69	*0.00
CHEDDAR/ JACK FANCY SHRED-.5OZ	.5 OZ	1	56	3.04	0.51	4.56	3.04	0.00
CORNMEAL SUPER STAR, WG:FR017	1 EA	1	148	2.8	23.0	5.0	0.90	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	2.42	8.31	6.21	0.55	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	163	3.37	9.22	11.91	1.61	*0.00
JELL-O	GEL CUP	1	100	0.0	25.0	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
MINI CORN DOGS : SUNSET ONLY	4 EACH	1	166	6.63	19.89	6.63	1.66	0.00
Weighted Daily Average			1444	73.47	169.35	52.29	16.99	*0.00
% of Calories				20.4%	46.9%	32.6%	10.6%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/29/2017								
ELEMENTARY LUNCH	Total	1						
WG BREADED 8 PIECE CHICKEN	PIECE	1	215	12.0	11.0	13.0	3.00	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	2.0	17.03	1.0	0.00	*0.00
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	24	0.95	4.76	0.48	0.00	0.00
BROCCOLI ; FROZEN (ELE)	3/4 CUP	1	26	1.73	3.45	2.36	0.37	0.00
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*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
MARGARINE REDDIES: (1)	1 Patty	1	35	0.0	0.0	4.0	1.00	0.00
Weighted Daily Average			809	46.05	107.50	24.50	5.91	*0.00
% of Calories				22.8%	53.1%	27.2%	6.6%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

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Washington County School District

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

ELEMENTARY LUNCH

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 - 11/30/2017								
ELEMENTARY LUNCH	Total	1						
HOT DOG W/ BUN	1 EACH	1	220	13.0	22.0	10.5	2.50	0.00
TATER TOTS: 1/2 CUP	8 PIECES	1	140	2.0	16.0	7.0	1.50	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*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
CHOCOLATE CHIP COOKIES	1 EACH	1	136	2.19	18.48	6.34	1.52	*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			909	45.04	126.61	26.69	7.10	*0.00
% of Calories				19.8%	55.7%	26.4%	7.0%	*0.0%
Nutrient Guideline			645	8.87		<=30.0	<10.00	

Weighted Average			1017	54.31	133.53	30.14	8.60	*0.00
				21.4%	52.5%	26.7%	7.6%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1017		645	158%				
Protein (g)	54.31	21.36%	8.87	613%				
Carbohydrate (g)	133.53	52.51%						
Total Fat (g)	30.14	26.67%	<=30.00%					
Saturated Fat (g)	8.60	7.61%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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