

Washington County School District

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 9/14/2017 11:16:27 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/02/2017								
INTERMEDIATE LUNCH 6-8	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
ALT INT WEEKLY 1st CHOI								
SPICY CHICKEN SANDWICH	1 EACH	1	342	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*0.00
FRENCH FRIES-1/2 CUP	1/2 CUP	1	111	2.02	17.19	3.54	1.01	0.00
SALAD BAR: MONDAYS: ELE	1/2 CUP	1	115	3.4	10.51	6.06	0.51	*0.00
FRUIT BAR :FALL: ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	0.50	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			930	50.24	132.96	22.26	4.81	*0.00
% of Calories				21.6%	57.2%	21.5%	4.6%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Tue - 10/03/2017								
INTERMEDIATE LUNCH 6-8	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

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

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Portion Values - Detailed

Page 2

Generated on: 9/14/2017 11:16:27 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI	Total	1						
TACO SALAD :ALT LINE	2 CUP	1	417	23.95	41.06	15.74	5.71	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
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
CRISPY CHICKEN SALAD: ALT	2 cup	1	421	25.04	41.23	17.0	3.00	0.00
Weighted Daily Average			1313	66.83	155.60	45.51	12.13	*0.02
% of Calories				20.4%	47.4%	31.2%	8.3%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Wed - 10/04/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
ROASTED TURKEY: VIP	2.9 OZ	1	120	27.04	1.5	1.5	0.00	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	2.0	17.03	1.0	0.00	*0.00
GRAVY, TURKEY: (Custom)	1/4 Cup	1	25	1.0	4.0	1.0	0.00	0.00
CORN :ELE	3/4 CUP	1	79	2.65	11.91	1.98	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0.0	0.0	4.0	1.00	0.00
ALT INT WEEKLY 1st CHOI	Total	1						
TOMATO BASIL BISQUE	1 CUP	1	111	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	106	1.79	10.03	6.17	0.53	*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			877	53.74	110.28	25.91	8.77	*0.00
% of Calories				24.5%	50.3%	26.6%	9.0%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

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Page 3

Generated on: 9/14/2017 11:16:27 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/05/2017								
INTERMEDIATE LUNCH 6-8	Total	190						
DUTCH WAFFLE	1 EACH	190	300	4.0	43.0	13.0	3.00	0.00
SAUSAGE LINK: 1	1 EACH	190	60	6.0	0.0	4.5	1.00	0.00
SCRAMBLED EGGS: SUNNY FRESH	1/4 CUP	1	90	6.0	2.0	6.0	2.00	0.00
HASHBROWN PATTY:1/2 CUP	2 EACH	190	220	2.0	27.0	11.0	1.50	0.00
PEACHES,FRESH	1 EACH	190	34	0.79	8.3	0.22	0.01	*N/A*
SYRUP	1 EA	1	11	0.0	4.34	0.0	0.00	0.00
KETCHUP : P/C	PC	140	31	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	100	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	80	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	10	80	9.0	12.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOI								
XTREME BEAN & CHEESE BURRITO	BURRITO	1	291	15.6	40.95	8.29	3.62	0.00
BLACK BEANS	1/2 CUP	1	153	9.25	27.52	1.0	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
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	2.26	7.21	0.2	0.03	*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			748	21.06	100.89	29.74	6.15	*0.00
% of Calories				11.3%	54.0%	35.8%	7.4%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Fri - 10/06/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
PIZZA HUT: PEPPERONI PIZZA	SLICE	1	290	21.0	29.0	11.0	4.40	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	99	2.42	8.31	6.21	0.55	*0.00
FRUIT BAR :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
PEP. PIZZA RIPPERS: ENT&WATER	SERVING	1	300	15.0	30.0	11.0	4.00	0.00

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Page 4

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ALT INT WEEKLY 1st CHOI	Total	1						
EXPRESS BEEF & ONION BURGER: P	SANDWICH	1	316	20.4	28.21	13.3	4.76	*0.50
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
CARROT STICKS:SEC	1 CUP	1	72	1.63	16.84	0.42	0.07	0.00
CHIPS : VARIETY	BAG	1	133	2.0	19.67	4.67	0.83	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
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
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			1061	57.17	145.44	28.00	9.11	*0.25
% of Calories				21.5%	54.8%	23.8%	7.7%	*0.2%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Mon - 10/09/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
ORANGE CHICKEN :ELE	2.94 OZ	1	120	9.0	15.75	2.25	0.38	0.00
RICE: COOKED BROWN (SEC)	1 CUP	1	160	4.0	32.96	1.5	0.00	*0.00
KEY WEST BLEND VEGETABLE: ELE	3/4 CUP	1	34	0.0	6.75	0.0	0.00	0.00
FRUIT BAR :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

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Page 5

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ALT INT WEEKLY 1st CHOI	Total	1						
SPICY CHICKEN SANDWICH	1 EACH	1	342	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*0.00
FRENCH FRIES-1/2 CUP	1/2 CUP	1	111	2.02	17.19	3.54	1.01	0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	3.4	10.51	6.06	0.51	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	0.50	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			923	47.30	136.14	20.80	4.28	*0.00
% of Calories				20.5%	59.0%	20.3%	4.2%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Tue - 10/10/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
SOFT FLOUR TACO:SEC	1 serving	1	241	16.04	26.01	8.01	2.31	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
ALT INT WEEKLY 1st CHOI	Total	1						
TACO SALAD :ALT LINE	2 CUP	1	417	23.95	41.06	15.74	5.71	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
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
CRISPY CHICKEN SALAD: ALT	2 cup	1	421	25.04	41.23	17.0	3.00	0.00

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Page 6

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Weighted Daily Average			1268	70.40	155.25	39.87	10.46	*0.00
% of Calories				22.2%	49.0%	28.3%	7.4%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Wed - 10/11/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
HAM : ELEM	2OZ.	1	71	9.14	0.0	3.56	1.52	0.00
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	3.0	23.99	3.56	1.69	*0.00
CALIFORNIA BLEND VEGETABLE:ELE	3/4 CUP	1	44	1.0	5.0	1.59	0.29	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
ALT INT WEEKLY 1st CHOI	Total	1						
TOMATO BASIL BISQUE	1 CUP	1	111	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-WW BREAD	1 EACH	1	427	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	106	1.79	10.03	6.17	0.53	*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			862	43.96	107.56	27.52	10.52	*0.00
% of Calories				20.4%	49.9%	28.7%	11.0%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

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Washington County School District

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 7

Generated on: 9/14/2017 11:16:27 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/16/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
LEMON CHICKEN: ELE	2.70 OZ	1	113	8.25	14.25	2.25	0.38	0.00
VEGETABLE HARVEST RICE PILAF:S	1.25 CUP	1	219	5.05	40.42	4.21	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	CARTON	1	32	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOI	Total	1						
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-1/2 CUP	1/2 CUP	1	111	2.02	17.19	3.54	1.01	0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	3.4	10.51	6.06	0.51	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	0.50	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			945	47.83	137.99	22.16	4.28	*0.00
% of Calories				20.2%	58.4%	21.1%	4.1%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

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Washington County School District

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 8

Generated on: 9/14/2017 11:16:27 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/17/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
TACO SOUP	1 CUP	1	291	19.79	25.68	11.61	3.43	*0.00
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	28	1.52	0.25	2.28	1.52	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
ALT INT WEEKLY 1st CHOI								
TACO SALAD :ALT LINE	2 CUP	1	417	23.95	41.06	15.74	5.71	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
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
CRISPY CHICKEN SALAD: ALT	2 cup	1	421	25.04	41.23	17.0	3.00	0.00
Weighted Daily Average			1300	68.50	154.24	43.99	10.71	*0.00
% of Calories				21.1%	47.5%	30.5%	7.4%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Wed - 10/18/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
WG BREADED 8 PIECE CHICKEN	PIECE	1	215	12.0	11.0	13.0	3.00	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	2.0	17.03	1.0	0.00	*0.00
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	24	0.95	4.76	0.48	0.00	0.00
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

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Washington County School District

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 9

Generated on: 9/14/2017 11:16:27 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI	Total	1						
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 :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	106	1.79	10.03	6.17	0.53	*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			897	45.73	111.18	31.58	10.45	*0.00
% of Calories				20.4%	49.6%	31.7%	10.5%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Thu - 10/19/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
PULLED PORK SANDWICH:SEC	4oz serving	1	309	23.0	39.0	7.5	2.10	0.00
TATER TOTS: 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
CHOCOLATE CHIP COOKIES	1 EACH	1	136	2.19	18.48	6.34	1.52	*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
ALT INT WEEKLY 1st CHOI	Total	1						
XTREME BEAN & CHEESE BURRITO	BURRITO	1	291	15.6	40.95	8.29	3.62	0.00
BLACK BEANS	1/2 CUP	1	153	9.25	27.52	1.0	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
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	2.26	7.21	0.2	0.03	*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			963	55.30	141.65	21.03	6.22	*0.00
% of Calories				23.0%	58.9%	19.7%	5.8%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

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Washington County School District

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 10

Generated on: 9/14/2017 11:16:27 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/20/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
PIZZA, BIG DADDY'S (SCHWAN'S)	1 SLICE	1	320	19.0	39.0	10.0	3.50	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
ALT INT WEEKLY 1st CHOI								
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
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
CARROT STICKS:SEC	1 CUP	1	72	1.63	16.84	0.42	0.07	0.00
CHIPS : VARIETY	BAG	1	133	2.0	19.67	4.67	0.83	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
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
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			926	48.67	135.44	22.00	6.66	*0.25
% of Calories				21.0%	58.5%	21.4%	6.5%	*0.2%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Mon - 10/23/2017								
INTERMEDIATE LUNCH 6-8	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:SEC	1 CUP	1	35	1.0	6.0	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
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

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Portion Values - Detailed

Page 11

Generated on: 9/14/2017 11:16:27 AM

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ALT INT WEEKLY 1st CHOI	Total	1						
SPICY CHICKEN SANDWICH	1 EACH	1	342	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*0.00
FRENCH FRIES-1/2 CUP	1/2 CUP	1	111	2.02	17.19	3.54	1.01	0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	3.4	10.51	6.06	0.51	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	0.50	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			935	50.37	133.71	22.26	4.81	*0.00
% of Calories				21.6%	57.2%	21.4%	4.6%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Tue - 10/24/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
BURRITO	BURRITO	1	384	20.05	53.68	11.45	4.06	*0.00
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 :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
CREAMIES JR.: (CHOICE OF)	CREAMIE	1	93	2.0	14.0	3.5	2.00	0.00
SALSA PICANTE	1 OZ	1	9	0.89	1.77	0.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOI	Total	1						
TACO SALAD :ALT LINE	2 CUP	1	417	23.95	41.06	15.74	5.71	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
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
CRISPY CHICKEN SALAD: ALT	2 cup	1	421	25.04	41.23	17.0	3.00	0.00

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Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

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Portion Values - Detailed

Page 12

Generated on: 9/14/2017 11:16:27 AM

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Weighted Daily Average			1331	73.57	170.05	42.23	11.10	*0.00
% of Calories				22.1%	51.1%	28.6%	7.5%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Wed - 10/25/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
TERIYAKI BEEF NUGGETS: (Elem.)	4 Nugget	1	160	14.0	6.0	8.0	3.50	0.05
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	2.0	17.03	1.0	0.00	*0.00
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	25	0.98	3.93	0.98	0.00	0.00
SUNSHINE CARROTS;ELE	3/4 CUP	1	30	0.0	5.75	0.14	0.03	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
ALT INT WEEKLY 1st CHOI	Total	1						
TOMATO BASIL BISQUE	1 CUP	1	111	2.24	18.57	3.41	1.56	*0.00
GRILLED CHEESE-VW BREAD	1 EACH	1	427	16.0	32.0	26.42	11.35	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	106	1.79	10.03	6.17	0.53	*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			872	45.89	109.42	28.23	10.53	*0.03
% of Calories				21.1%	50.2%	29.1%	10.9%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

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Washington County School District

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 13

Generated on: 9/14/2017 11:16:28 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/26/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
CHICKEN BREAST PATTIE SAND: EL	1 each	1	340	17.0	33.0	16.51	3.00	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*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
JELL-O	GEL CUP	1	100	0.0	25.0	0.0	0.00	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
KETCHUP : P/C	PC	1	31	0.0	8.34	0.0	0.00	0.00
ALT INT WEEKLY 1st CHOI								
XTREME BEAN & CHEESE BURRITO	BURRITO	1	291	15.6	40.95	8.29	3.62	0.00
BLACK BEANS	1/2 CUP	1	153	9.25	27.52	1.0	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
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	39	2.26	7.21	0.2	0.03	*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			972	51.68	143.85	22.67	5.92	*0.00
% of Calories				21.3%	59.2%	21.0%	5.5%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Fri - 10/27/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
WG PEPPERONI PIZZA RIPPERS	SERVING	1	300	15.0	30.0	11.0	4.00	0.00
MARINARA SAUCE: ELE	1/2 CUP	1	70	1.99	11.93	1.49	0.00	0.00
TOMATOES, CUCUMBER, CARROTS:EL	3/4 CUP	1	95	1.77	11.38	6.17	0.51	*0.00
FRUIT BAR :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

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Washington County School District

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 14

Generated on: 9/14/2017 11:16:28 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI	Total	1						
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
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
CARROT STICKS:SEC	1 CUP	1	72	1.63	16.84	0.42	0.07	0.00
CHIPS : VARIETY	BAG	1	133	2.0	19.67	4.67	0.83	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
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
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			949	47.33	138.44	23.23	6.89	*0.25
% of Calories				20.0%	58.4%	22.0%	6.5%	*0.2%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Mon - 10/30/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
THAI SWEET CHILI CHICKEN:ELE	2.85 OZ	1	120	11.0	15.0	2.0	0.50	0.00
VEGETABLE HARVEST RICE PILAF:S	1.25 CUP	1	219	5.05	40.42	4.21	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

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Page 15

Generated on: 9/14/2017 11:16:28 AM

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ALT INT WEEKLY 1st CHOI	Total	1						
SPICY CHICKEN SANDWICH	1 EACH	1	342	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0.91	2.67	0.08	0.01	*0.00
FRENCH FRIES-1/2 CUP	1/2 CUP	1	111	2.02	17.19	3.54	1.01	0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	115	3.4	10.51	6.06	0.51	*0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	40	0.38	10.26	0.16	0.05	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	0.0	0.0	4.0	0.50	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			953	48.83	139.49	22.03	4.34	*0.00
% of Calories				20.5%	58.6%	20.8%	4.1%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Tue - 10/31/2017								
INTERMEDIATE LUNCH 6-8	Total	1						
CHICKEN FAJITA WRAP:ELE	WRAP	1	205	16.26	17.78	7.6	3.04	0.00
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	14	0.95	2.86	0.09	0.01	*0.00
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 :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
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
COOKIE: HALLOWEEN	1 EACH	1	172	1.7	26.9	6.7	1.80	0.00

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Page 16

Generated on: 9/14/2017 11:16:28 AM

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI	Total	1						
TACO SALAD :ALT LINE	2 CUP	1	417	23.95	41.06	15.74	5.71	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
WG DINNER ROLL	ROLL	1	90	4.0	17.0	1.0	0.00	0.00
MILK : CHOCOLATE MILK	CARTON	1	120	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	8.0	12.0	2.5	1.50	0.00
MILK FAT FREE WHITE	CARTON	1	80	9.0	12.0	0.0	0.00	0.00
COOKIE: HALLOWEEN	1 EACH	1	172	1.7	26.9	6.7	1.80	0.00
CRISPY CHICKEN SALAD: ALT	2 cup	1	421	25.04	41.23	17.0	3.00	0.00
Weighted Daily Average			1374	72.86	173.43	45.30	11.40	*0.00
% of Calories				21.2%	50.5%	29.7%	7.5%	*0.0%
Nutrient Guideline			783	15.00		<=30.0	<10.00	

Weighted Average			1020	53.36	136.65	29.32	7.98	*0.04
				20.9%	53.6%	25.9%	7.0%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1020		783	130%				
Protein (g)	53.36	20.93%	15.00	356%				
Carbohydrate (g)	136.65	53.59%						
Total Fat (g)	29.32	25.87%	<=30.00%					
Saturated Fat (g)	7.98	7.04%	<10.00%					
Trans Fat ¹ (g)	0.04	0.03%			Missing			

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