

# Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 1, 2021 thru Apr 30, 2021

ELEMENTARY LUNCH

Generated on: 3/18/2021 12:10:43 PM

	Portion Size	Reimb Qty	Carb (g)
Thu - 04/01/2021			
ELEMENTARY LUNCH	Total	1	
SANDWICH, TURKEY HAM AND CHEES	SANDWICH	1	34.26
CHIPS: DORITOS	bag	1	19.62
CARROT & CELERY STICKS:ELE	3/4 CUP	1	8.53
SLUSH: BERRY BERRY BLUE	SERVINGS	1	19.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
COOKIE: EASTER	COOKIE	1	26.9
MUSTARD:, P/C	1 Each	1	0.33
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			155.96
% of Calories			51.2%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Tue - 04/06/2021			
ELEMENTARY LUNCH	Total	1	
SOFT FLOUR TACO: ELE	servings	1	19.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
REFRIED BEANS	1/2 CUP	1	28.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
BUG BITES	BAG	1	21.0
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			135.88
% of Calories			57.6%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 04/07/2021			
ELEMENTARY LUNCH	Total	1	
ROASTED TURKEY: VIP	2.9 OZ	1	1.34
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	17.03
GRAVY, TURKEY	1/4 Cup	1	3.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
ROLL: 2 OZ SCHOOL MADE	ROLL	1	27.1
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			115.01
% of Calories			61.7%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 04/08/2021			
ELEMENTARY LUNCH	Total	1	
ORANGE CHICKEN	3.6 OZ SERVING	1	19.0
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	16.48
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	3.75
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
COOKIE, COWBOY	1 oz.	1	29.34
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			132.13
% of Calories			64.8%
Nutrient Guideline			

Fri - 04/09/2021			
ELEMENTARY LUNCH	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
MARINARA SAUCE	1/2 CUP	1	11.93
DINNER SALAD	1 CUP	1	0.33
MAPLE BITES, WG (2)	2 MAPLE BITES	1	26.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			112.56
% of Calories			50.7%
Nutrient Guideline			

Mon - 04/12/2021			
ELEMENTARY LUNCH	Total	1	
MINI CORN DOG NUGGETS ( ELEM)	4 EACH	1	20.0
TATER TOTS: 1/2 CUP	8 PIECES	1	16.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
SWEET CAKE	SERVING	1	44.83
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			163.15
% of Calories			60.1%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 04/13/2021			
ELEMENTARY LUNCH	Total	8345	
NACHO BITES-ELE	8 BITES	8345	32.0
REFRIED BEANS	1/2 CUP	1	28.0
SALSA PICANTE	1 OZ	3821	1.4
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
CUCUMBERS: 1/2 CUP	1/2 CUP	3730	1.29
CREAMIES JR.	CREAMIE	1	14.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	7438	20.0
MILK 1% WHITE	CARTON	897	13.0
Weighted Daily Average			52.45
% of Calories			47.8%
Nutrient Guideline			

Wed - 04/14/2021			
ELEMENTARY LUNCH	Total	1	
TERIYAKI BEEF NUGGETS	4 Nugget	1	6.0
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	17.03
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	2.82
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
ROLL: 2 OZ SCHOOL MADE	ROLL	1	27.1
MARGARINE REDDIES: (1)	1 Patty	1	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			119.50
% of Calories			59.5%
Nutrient Guideline			

Thu - 04/15/2021			
ELEMENTARY LUNCH	Total	8240	
DUTCH WAFFLE	1 EACH	8240	43.0
SAUSAGE LINK - CLOVERDALE	2 Links	8000	2.0
SCRAMBLED EGGS: SUNNY FRESH	1/4 CUP	1	2.0
HASHBROWN PATTY:1/2 CUP	2 EACH	7500	27.0
SLUSH: BERRY BERRY BLUE	SERVINGS	1	19.0
BLUEBERRIES, FZ	1/2c SERVING	5000	10.0
SYRUP	1 EA	5000	4.0
KETCHUP : P/C	PC	3500	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	5200	20.0
MILK 1% WHITE	CARTON	3030	13.0
Weighted Daily Average			99.72
% of Calories			45.0%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 04/16/2021			
ELEMENTARY LUNCH	Total	1	
MAX STUFFED CRUST PEPPERONI PI	SLICE	1	36.0
DINNER SALAD	1 CUP	1	0.33
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
PUDDING,CHOICE	SERVING	1	20.5
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			104.13
% of Calories			50.6%
Nutrient Guideline			

Mon - 04/19/2021			
ELEMENTARY LUNCH	Total	1	
POPCORN CHICKEN - GOLD KIST	10 PIECES	1	17.0
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	22.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	21.0
BARBAQUE SAUCE: P/C	1 Each	1	13.0
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			154.99
% of Calories			56.6%
Nutrient Guideline			

Tue - 04/20/2021			
ELEMENTARY LUNCH	Total	1	
BEEF TACO STICK	1 EACH	1	31.87
REFRIED BEANS	1/2 CUP	1	28.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
CUCUMBERS: 1/2 CUP	1/2 CUP	1	1.29
SALSA PICANTE	1 OZ	1	1.4
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	28.69
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			154.80
% of Calories			51.8%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 04/21/2021			
ELEMENTARY LUNCH	Total	1	
HAM - COBBLE STREET	SLICE	1	2.0
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	17.03
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	6.0
SUNSHINE CARROTS 1/2 CUP	1/2 C SERVING	1	9.34
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
ROLL: 2 OZ SCHOOL MADE	ROLL	1	27.1
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			125.02
% of Calories			60.6%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 04/22/2021			
ELEMENTARY LUNCH	Total	1	
TERIYAKI CHICKEN	2.4 OZ	1	6.0
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	24.01
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	3.75
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
BROWNIE CUP, WG	BROWNIE	1	26.5
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			123.82
% of Calories			64.5%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Fri - 04/23/2021			
ELEMENTARY LUNCH	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
MARINARA SAUCE	1/2 CUP	1	11.93
GARLIC TWIST	2 OZ	1	27.29
DINNER SALAD	1 CUP	1	0.33
FROZEN JUICE CUP	1 EACH	1	19.05
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			118.60
% of Calories			52.6%
Nutrient Guideline			

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ELEMENTARY LUNCH

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	Portion Size	Reimb Qty	Carb (g)
Mon - 04/26/2021			
ELEMENTARY LUNCH	Total	1	
CHEESEBURGER 100% BEEF :ELE	PATTY	1	23.1
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
PICKLE:, CHIPS	1 OZ.	1	1.0
TATER TOTS: 1/2 CUP	8 PIECES	1	16.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
CHOCOLATE CHIP COOKIES	1 EACH	1	18.48
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			135.25
% of Calories			49.4%
Nutrient Guideline			

Tue - 04/27/2021			
ELEMENTARY LUNCH	Total	1	
TACO SOUP	1 CUP	1	21.74
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	35.0
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			126.86
% of Calories			52.0%
Nutrient Guideline			

Wed - 04/28/2021			
ELEMENTARY LUNCH	Total	1	
CHICKEN TENDER STRIPS, WG	3 STRIPS	1	18.0
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	17.03
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	2.86
CORN 1/2 CUP	1/2 CUP	1	15.0
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	47.0
BARBAQUE SAUCE: P/C	1 Each	1	13.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			176.44
% of Calories			66.0%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 04/29/2021			
ELEMENTARY LUNCH	Total	1	
NEW ORLEANS/MANDARIN CHICKEN E	2.85 oz	1	15.0
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	24.01
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	3.75
APPLE FILLED DONUT	SERVINGS	1	33.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			139.32
% of Calories			60.3%
Nutrient Guideline			

Fri - 04/30/2021			
ELEMENTARY LUNCH	Total	1	
WILD MIKE'S DEEP DISH PIZZA	SERVING	1	34.0
DINNER SALAD	1 CUP	1	0.33
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	14.31
CHIPS: DORITOS	BAG	1	19.62
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			101.26
% of Calories			46.1%
Nutrient Guideline			

Weighted Average			127.34
			55.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	127.34	55.43%						

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