

# Washington County School District

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 1

Generated on: 7/10/2019 11:06:06 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 08/12/2019																
ELEMENTARY LUNCH	Total	1														
POPCORN CHICKEN SMACKERS	4.3 OZ SERVING	1	269	60	590	3.00	2.00	17.0	168	1.0	0	18.0	20.0	13.0	3.00	0.00
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	2.00	0.36	0.0	0	4.8	0	2.0	22.0	5.0	1.50	0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	39	0	1	1.12	0.13	4.7	41	3.27	*4	0.37	10.17	0.16	0.05	0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	157	20	383	4.21	3.75	79.8	9965	24.86	*1	2.98	10.48	9.29	2.01	0.00
PUDDING,CHOICE	SERVING	1	115	0	133	0.50	0.54	225.0	75	0.0	15	1.0	20.5	3.0	1.75	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	8	0.0	8.34	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			1082	95	2543	12.83	*7.14	*946.5	*11974	*39.92	*71	40.35	152.48	32.95	9.80	0.00
% of Calories											*26.1%	14.9%	56.4%	27.4%	8.2%	0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Tue - 08/13/2019																
ELEMENTARY LUNCH	Total	1														
BEEF TACO STICK	1 EACH	1	345	52	631	3.85	2.77	328.8	252	6.37	1	20.07	31.87	12.82	8.35	0.00
REFRIED BEANS	1/2 CUP	1	164	0	546	8.21	1.85	42.7	0	25.86	0	8.21	23.6	4.62	1.54	*0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	1.00	*N/A*	*N/A*	*N/A*	*N/A*	13	0.0	14.0	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	39	0	1	1.12	0.13	4.7	41	3.27	*4	0.37	10.17	0.16	0.05	0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	252	20	748	7.57	4.32	61.5	*5968	*19.27	*1	5.27	16.02	16.02	3.04	*0.00
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0.00	0.0	89	0.0	0	0.89	1.77	0.0	0.00	0.00
SWEET POTATO CAKE: NEUF CHATEL	SERVING	1	217	11	162	1.41	0.45	16.1	778	0.25	*26	1.56	35.9	7.97	1.94	*0.03
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			1306	98	2531	24.04	*9.53	*1053.9	*8128	*58.61	*75	52.37	165.33	44.09	16.41	*0.03
% of Calories											*23.1%	16.0%	50.6%	30.4%	11.3%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=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

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 2

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 08/14/2019																
ELEMENTARY LUNCH	Total	1														
HAM - COBBLE STREET	SLICE	1	140	45	840	0.00	0.36	0.0	0	0.0	1	13.0	2.0	9.0	3.00	0.00
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	502	2.00	0.37	41.1	148	6.0	*3	3.0	23.99	3.56	1.69	*0.00
SUNSHINE CARROTS;ELE	3/4 CUP	1	30	0	51	2.46	0.59	16.4	1443	1.97	*N/A*	0.0	5.75	0.14	0.03	0.00
ROLL: 2 OZ SCHOOL MADE	ROLL	1	138	11	376	4.70	1.36	14.1	81	0.0	*1	3.93	27.16	2.34	0.49	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	1.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	15.0	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	39	0	1	1.12	0.13	4.7	41	3.27	*4	0.37	10.17	0.16	0.05	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			822	71	2120	11.27	*2.80	*676.3	*2913	*14.84	*51	36.30	116.07	21.71	7.75	*0.00
% of Calories											*25.0%	17.7%	56.5%	23.8%	8.5%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 08/15/2019																
ELEMENTARY LUNCH	Total	1														
TERIYAKI CHICKEN	2.8 OZ	1	90	40	320	0.00	0.36	0.0	0	0.0	*N/A*	12.0	6.0	2.0	0.50	0.00
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	0	580	2.00	1.44	20.0	2501	4.8	*N/A*	3.0	24.01	2.5	0.00	0.00
NORMANDY VEGETABLES	3/4 CUP	1	23	0	23	1.50	0.00	0.0	563	11.25	2	0.75	3.75	0.0	0.00	0.00
MANDARIN ORANGE, FESTIVA L, CAN	SERVING	1	40	0	5	0.50	0.00	0.0	*N/A*	*N/A*	10	0.0	10.5	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	39	0	1	1.12	0.13	4.7	41	3.27	*4	0.37	10.17	0.16	0.05	0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	151	20	340	3.52	2.51	59.5	6427	23.91	*0	2.83	9.16	9.4	2.03	0.00
BUG BITES	BAG	1	120	0	1151	1.00	0.72	100.0	500	0.0	8	2.0	21.0	3.5	1.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			813	75	2725	9.63	5.16	784.3	*11032	*46.83	*55	36.95	116.59	20.06	5.07	0.00
% of Calories											*27.1%	18.2%	57.4%	22.2%	5.6%	0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 3

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 08/16/2019																
ELEMENTARY LUNCH	Total	1														
PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	1.80	150.0	15	0.0	3	16.0	27.0	17.0	5.00	0.00
MARINARA SAUCE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	745	8.94	3	1.99	11.93	1.49	0.00	0.00
DINNER SALAD	1 CUP	1	62	0	87	5.17	6.75	118.6	17926	47.38	*0	3.55	11.53	0.02	0.01	0.00
PINEAPPLE, TIDBITS, CAN	SERVING	1	35	0	7	0.50	*N/A*	*N/A*	*N/A*	*N/A*	8	0.5	9.0	0.0	0.00	0.00
FROZEN JUICE CUP	1 EACH	1	70	0	7	3.00	0.36	80.0	350	60.0	16	0.0	19.0	0.0	0.00	0.00
LEFLEUR'S LITE RANCH- ELE.	CONTAIN ER	1	100	20	250	0.00	0.00	0.0	0	0.0	0	0.0	0.0	9.0	2.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			846	358	1823	13.66	*10.34	*988.3	*20037	*119.93	*60 *28.5%	38.03 18.0%	110.45 52.2%	30.01 31.9%	8.50 9.0%	0.00 0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 08/19/2019																
ELEMENTARY LUNCH	Total	1														
MACARONI & CHEESE-E.S.FO ODS	6 OZ SERVING	1	298	41	564	2.05	1.48	410.5	410	1.23	6	17.45	28.74	12.32	8.21	0.00
LIL SMOKIES	5 LINKS	1	140	30	350	0.00	0.72	*N/A*	*N/A*	*N/A*	1	8.0	1.0	11.0	4.50	0.00
TEXAS TOAST BC	SLICE	1	90	0	100	1.00	1.08	0.0	0	0.0	1	3.0	14.0	2.5	0.00	0.00
GREEN BEANS	3/4 CUP	1	24	0	210	3.00	*N/A*	*N/A*	*N/A*	*N/A*	2	1.5	4.5	0.0	0.00	0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	39	0	1	1.12	0.13	4.7	41	3.27	*4	0.37	10.17	0.16	0.05	0.00
SALAD BAR : MONDAYS:ELE	1/2 CUP	1	157	20	383	4.21	3.75	79.8	9965	24.86	*1	2.98	10.48	9.29	2.01	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			1028	106	1919	13.38	*7.16	*1095.0	*11416	*32.96	*57 *22.1%	49.30 19.2%	116.88 45.5%	37.77 33.1%	16.26 14.2%	0.00 0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 08/20/2019																
ELEMENTARY LUNCH	Total	1														
TACO SOUP	1 CUP	1	256	50	1112	5.73	3.44	60.2	1016	16.28	*5	19.79	21.68	10.11	3.43	*0.00
CHIPS-Baked! Tostitos Scoops	BAG	1	110	0	110	2.00	0.36	0.0	0	0.0	*N/A*	2.0	19.0	2.5	0.00	0.00
CHEDDAR/ JACK FANCY SHRE D.25OZ	.25 OZ	1	28	6	43	0.00	0.00	50.6	63	0.0	0	1.52	0.25	2.28	1.52	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	129	20	299	2.36	0.66	30.1	6005	34.31	*1	1.42	6.31	9.21	2.07	0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	1.00	*N/A*	*N/A*	*N/A*	*N/A*	13	0.0	14.0	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	39	0	1	1.12	0.13	4.7	41	3.27	*4	0.37	10.17	0.16	0.05	0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	252	20	748	7.57	4.32	61.5	*5968	*19.27	*1	5.27	16.02	16.02	3.04	*0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			1094	112	2622	19.77	*8.91	*807.1	*14093	*76.72	*54	46.37	119.42	42.78	11.60	*0.00
% of Calories											*19.9%	17.0%	43.7%	35.2%	9.5%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Wed - 08/21/2019																
ELEMENTARY LUNCH	Total	1														
WG BREADED 8 PIECE CHICKEN	PIECE	1	215	41	591	1.00	0.18	120.0	78	0.6	0	12.0	11.0	13.0	3.00	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	0.37	22.4	5	30.04	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	24	0	135	0.00	0.01	1.1	0	0.0	*N/A*	0.95	4.76	0.48	0.00	0.00
CORN, ELE	1/2 CUP	1	65	0	15	2.00	*N/A*	*N/A*	*N/A*	*N/A*	3	2.0	15.0	1.0	0.00	0.00
WG DINNER ROLL	ROLL	1	90	0	160	2.00	1.08	40.0	10	2.4	2	4.0	17.0	1.0	0.00	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	1.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	15.0	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	39	0	1	1.12	0.13	4.7	41	3.27	*4	0.37	10.17	0.16	0.05	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			828	56	1566	8.12	*1.76	*788.3	*1334	*39.91	*52	37.33	121.96	23.14	5.55	*0.00
% of Calories											*25.2%	18.0%	58.9%	25.1%	6.0%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Thu - 08/22/2019																
ELEMENTARY LUNCH	Total	1														
CHERRY BLOSSOM CHICKEN	SERVING	1	200	45	350	2.00	1.26	0.0	0	2.4	14	13.0	27.0	4.0	1.00	0.00
S ASIAN																
VEGETABLE HARVEST RICE P	3/4 CUP	1	130	0	581	2.00	1.44	20.2	2501	4.8	*0	3.0	24.01	2.5	0.00	0.00
ILAF:E																
CASCADE BLEND VEGETABLE	3/4 CUP	1	30	0	35	2.00	0.00	20.0	0	0.0	2	1.0	6.99	0.0	0.00	0.00
-3/4 CU																
MANDARIN ORANGE, FESTIVA	SERVING	1	40	0	5	0.50	0.00	0.0	*N/A*	*N/A*	10	0.0	10.5	0.0	0.00	0.00
L, CAN																
FRUIT BAR :FALL:ELE	1/2 CUP	1	39	0	1	1.12	0.13	4.7	41	3.27	*4	0.37	10.17	0.16	0.05	0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	151	20	340	3.52	2.51	59.5	6427	23.91	*0	2.83	9.16	9.4	2.03	0.00
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	11	0.15	0.00	0.0	0	0.0	*N/A*	0.0	6.97	0.2	0.03	0.00
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			842	80	1627	11.28	5.34	704.4	*9970	*37.98	*61	36.20	126.81	18.76	4.61	0.00
% of Calories											*28.9%	17.2%	60.2%	20.1%	4.9%	0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 08/23/2019																
ELEMENTARY LUNCH	Total	1														
MAX STUFFED CRUST PEPPE	SLICE	1	330	20	870	3.00	1.80	250.0	300	0.0	4	17.0	35.0	14.0	4.50	0.00
RONI PI																
DINNER SALAD	1 CUP	1	62	0	87	5.17	6.75	118.6	17926	47.38	*0	3.55	11.53	0.02	0.01	0.00
PINEAPPLE, TIDBITS, CAN	SERVING	1	35	0	7	0.50	*N/A*	*N/A*	*N/A*	*N/A*	8	0.5	9.0	0.0	0.00	0.00
FROZEN JUICE CUP	1 EACH	1	70	0	7	3.00	0.36	80.0	350	60.0	16	0.0	19.0	0.0	0.00	0.00
LEFLEUR'S LITE RANCH- ELE.	CONTAIN	1	100	20	250	0.00	0.00	0.0	0	0.0	0	0.0	0.0	9.0	2.00	0.00
ER																
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			817	55	1527	11.67	*8.91	*1048.6	*19576	*110.98	*58	37.04	106.53	25.52	8.00	0.00
% of Calories											*28.5%	18.1%	52.2%	28.1%	8.8%	0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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# Washington County School District

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 08/26/2019																
ELEMENTARY LUNCH	Total	1														
HAMBURGER 100% BEEF :ELE	PATTY	1	257	39	390	2.03	34.38	73.7	10	2.43	2	21.08	21.1	10.15	3.40	0.00
SHREDDED LETTUCE & TOMA TO-DELI	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	0.0	1	0.0	1.0	0.0	0.00	0.00
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	280	2.00	0.72	0.0	0	2.4	0	2.0	16.0	7.0	1.50	0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	39	0	1	1.12	0.13	4.7	41	3.27	*4	0.37	10.17	0.16	0.05	0.00
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	157	20	383	4.21	3.75	79.8	9965	24.86	*1	2.98	10.48	9.29	2.01	0.00
KETCHUP : P/C	PC	1	31	0	396	0.00	0.00	0.0	625	0.0	8	0.0	8.34	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	0.0	0	0.0	0	0.22	0.33	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			926	74	2169	12.62	*39.29	*767.7	*12174	*43.03	*60	43.56	118.08	29.18	8.47	0.00
% of Calories											*26.0%	18.8%	51.0%	28.4%	8.2%	0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Tue - 08/27/2019																
ELEMENTARY LUNCH	Total	1														
CHILI	3/4 CUP	1	159	24	294	6.63	2.87	60.1	976	14.45	*N/A*	12.34	19.1	3.25	1.26	0.00
CHEDDAR/ JACK FANCY SHRE D.25OZ	.25 OZ	1	28	6	43	0.00	0.00	50.6	63	0.0	0	1.52	0.25	2.28	1.52	0.00
CARROT & CELERY STICKS:ELE	3/4 CUP	1	153	22	369	3.05	0.84	41.9	11895	3.41	*1	1.04	8.53	10.67	2.16	0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	1.00	*N/A*	*N/A*	*N/A*	*N/A*	13	0.0	14.0	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	39	0	1	1.12	0.13	4.7	41	3.27	*4	0.37	10.17	0.16	0.05	0.00
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	252	20	748	7.57	4.32	61.5	*5968	*19.27	*1	5.27	16.02	16.02	3.04	*0.00
CINNAMON ROLL W. W.W. BRI DGFOR	ROLL	1	210	0	250	3.99	1.44	20.0	40	1.2	8	5.99	34.94	4.99	1.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			1120	88	2015	23.36	*9.59	*838.8	*19983	*45.19	*57	42.54	135.01	39.87	10.52	*0.00
% of Calories											*20.3%	15.2%	48.2%	32.0%	8.5%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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# Washington County School District

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 08/28/2019																
ELEMENTARY LUNCH	Total	1														
ROASTED TURKEY: VIP	2.9 OZ	1	107	47	748	0.00	0.48	0.0	0	0.0	*N/A*	24.04	1.34	1.34	0.00	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	0.37	22.4	5	30.04	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, TURKEY	1/4 Cup	1	25	0	290	0.00	0.00	0.0	0	0.0	*N/A*	1.0	4.0	1.0	0.00	0.00
GREEN BEANS:ELE	3/4 CUP	1	32	0	399	3.02	1.43	41.4	555	6.84	*N/A*	1.91	7.16	0.16	0.03	*N/A*
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	1.00	*N/A*	*N/A*	*N/A*	*N/A*	12	0.0	15.0	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	39	0	1	1.12	0.13	4.7	41	3.27	*4	0.37	10.17	0.16	0.05	0.00
ROLL: 2 OZ SCHOOL MADE	ROLL	1	138	11	376	4.70	1.36	14.1	81	0.0	*1	3.93	27.16	2.34	0.49	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			736	72	2478	10.83	*3.77	*682.6	*1882	*43.75	*48	49.25	113.85	12.50	3.07	*0.00
% of Calories											*26.3%	26.8%	61.9%	15.3%	3.8%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 08/29/2019																
ELEMENTARY LUNCH	Total	1														
NEW ORLEANS/MANDARIN CHICKEN E	2.85 oz	1	150	60	460	0.00	1.08	*N/A*	*N/A*	*N/A*	14	15.0	15.0	3.0	0.50	0.00
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	0	580	2.00	1.44	20.0	2501	4.8	*N/A*	3.0	24.01	2.5	0.00	0.00
NORMANDY VEGETABLES	3/4 CUP	1	23	0	23	1.50	0.00	0.0	563	11.25	2	0.75	3.75	0.0	0.00	0.00
MANDARIN ORANGE, FESTIVAL, CAN	SERVING	1	40	0	5	0.50	0.00	0.0	*N/A*	*N/A*	10	0.0	10.5	0.0	0.00	0.00
FRUIT BAR :FALL:ELE	1/2 CUP	1	39	0	1	1.12	0.13	4.7	41	3.27	*4	0.37	10.17	0.16	0.05	0.00
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	151	20	340	3.52	2.51	59.5	6427	23.91	*0	2.83	9.16	9.4	2.03	0.00
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	120	0	115	1.00	0.72	100.0	500	0.0	*N/A*	2.0	21.0	3.5	1.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			873	95	1829	9.63	5.88	*784.3	*11032	*46.83	*61	39.95	125.59	21.06	5.07	0.00
% of Calories											*28.0%	18.3%	57.6%	21.7%	5.2%	0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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# Washington County School District

Aug 12, 2019 thru Aug 30, 2019

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 08/30/2019																
ELEMENTARY LUNCH	Total	1														
5" ROUND PEPPERONI PIZZA	PIZZA	1	339	40	669	3.00	1.80	399.3	749	5.99	4	18.97	30.94	15.97	7.99	0.00
DINNER SALAD	1 CUP	1	62	0	87	5.17	6.75	118.6	17926	47.38	*0	3.55	11.53	0.02	0.01	0.00
PINEAPPLE, TIDBITS, CAN	SERVING	1	35	0	7	0.50	*N/A*	*N/A*	*N/A*	*N/A*	8	0.5	9.0	0.0	0.00	0.00
FROZEN JUICE CUP	1 EACH	1	70	0	7	3.00	0.36	80.0	350	60.0	16	0.0	19.0	0.0	0.00	0.00
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0.00	0.00	0.0	0	0.0	0	0.0	0.0	9.0	2.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			826	75	1326	11.67	*8.91	*1197.9	*20025	*116.97	*58	39.01	102.47	27.49	11.49	0.00
% of Calories											*28.2%	18.9%	49.6%	30.0%	12.5%	0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Weighted Average			930	101	2055	13.58	*8.96	*877.6	*11705	*58.30	*59	41.64	123.17	28.46	8.81	*0.00
											*56.7%	17.9%	53.0%	27.5%	8.5%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	930		645	144%				
Cholesterol (mg)	101							
Sodium 1 (mg)	2055						2055	
Sodium 2 (mg)	2055						2055	
Fiber (g)	13.58							
Iron (mg)	8.96		3.30	272%	Missing			
Calcium (mg)	877.6		267.00	329%	Missing			
Vitamin A (IU)	11705		1055	1109%	Missing			
Sugars (g)	59	25.22%			Missing			
Vitamin C (mg)	58.30		15.00	389%	Missing			
Protein (g)	41.64	17.90%	8.87	470%				
Carbohydrate (g)	123.17	52.95%						
Total Fat (g)	28.46	27.53%	<=30.00%					
Saturated Fat (g)	8.81	8.52%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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