

Washington County School District

Aug 11, 2022 thru Aug 31, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 8/4/2022 7:19:03 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 ¹ (g) |
|---------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 08/11/2022 | | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| TANGERINE CHICKEN | 3.9oz SE RVINGS | 1 | 190 | 45 | 380 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 13 | 14.0 | 25.0 | 4.0 | 1.00 | 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 C | 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 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| SALAD BAR: 3 THURSDAY'S:IN TERM | 1/2 CUP | 1 | 59 | 6 | 82 | 0.76 | *0.31 | *6.5 | *522 | *5.38 | *3 | 1.32 | 5.1 | 3.54 | 0.30 | 0.00 |
| CHAT SNAX VANILLA CRUNCH GRAHA | SERVINGS | 1 | 120 | 0 | 105 | 1.00 | 0.72 | *N/A* | *N/A* | *N/A* | 8 | 2.0 | 20.99 | 4.0 | 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 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOI | | | | | | | | | | | | | | | | |
| CALZONE, MINI, WG | Total SERVINGS | 1 | 325 | 23 | 490 | 4.00 | 1.80 | 225.0 | *N/A* | *N/A* | 6 | 16.5 | 40.01 | 11.5 | 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 |
| 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 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 57 | *0 | 1 | 1.87 | 0.19 | 15.4 | 93 | 31.91 | *8 | 0.75 | 14.48 | 0.28 | 0.08 | *0.00 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 202 | 2.43 | 8 | 0.0 | 10.12 | 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 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 852 | *201 | 1767 | 10.02 | *3.28 | *765.4 | *3387 | *63.29 | *62 | 37.75 | 133.00 | 18.87 | 5.49 | *0.00 |
| % of Calories | | | | | | | | | | | *28.9% | 17.7% | 62.5% | 19.9% | 5.8% | *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|---------|---|-----|-----|-----|------|------|-------|------|-------|-----|------|-------|------|------|-------|
| Fri - 08/12/2022 | | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | 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 |
| DINNER SALAD | 1 CUP | 1 | 92 | 14 | 155 | 1.49 | 0.53 | 59.0 | 3540 | 8.97 | *2 | 1.47 | 7.49 | 6.02 | 1.01 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| CHIPS: DORITOS | BAG | 1 | 131 | 0 | 181 | 2.01 | 0.36 | 20.0 | 53 | 0.0 | 0 | 2.01 | 19.62 | 5.03 | 0.75 | 0.00 |
| RANCH: (WILD COYOTE LITE) | PC CUP | 1 | 70 | 10 | 95 | 0.00 | 0.00 | 0.0 | 5 | 0.0 | 1 | 1.0 | 2.0 | 6.0 | 0.50 | 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 |
| 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 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Washington County School District

Aug 11, 2022 thru Aug 31, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 8/4/2022 7:19:03 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 ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 972 | *362 | 1910 | 11.41 | 4.42 | 892.8 | 5505 | 71.38 | *52 | 39.64 | 123.66 | 38.47 | 8.88 | *0.00 |
| % of Calories | | | | | | | | | | | *21.2% | 16.3% | 50.9% | 35.6% | 8.2% | *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

| Mon - 08/15/2022 | | | | | | | | | | | | | | | | |
|---------------------------|----------|---|-----|------|------|------|--------|---------|-------|--------|--------|-------|--------|--------|--------|-------|
| INTERMEDIATE LUNCH 6-8 | 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 |
| CHEESE: PROCESS SLICE | 1 oz. | 1 | 109 | 25 | 395 | 0.00 | 0.00 | 148.2 | 395 | 0.0 | 1 | 4.94 | 1.98 | 8.89 | 4.94 | *N/A* |
| SHREDDED LETTUCE & TOMA | 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 |
| TO-DELI | | | | | | | | | | | | | | | | |
| TATER GEMS 1/2 CUP | 8 PIECES | 1 | 130 | 0 | 300 | 1.00 | *N/A* | *N/A* | *N/A* | *N/A* | 0 | 1.0 | 16.0 | 7.0 | 1.00 | 0.00 |
| CHOCOLATE CHIP COOKIES | 1 EACH | 1 | 136 | 14 | 173 | 1.44 | 0.68 | 37.1 | 292 | 0.0 | *8 | 2.19 | 18.48 | 6.34 | 2.65 | *0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *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 |
| MUSTARD:, P/C | 1 Each | 1 | 3 | 0 | 63 | 0.22 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.22 | 0.33 | 0.22 | 0.00 | 0.00 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 202 | 2.43 | 8 | 0.0 | 10.12 | 0.0 | 0.00 | 0.00 |
| LIGHT MAYONNAISE | POUCH | 1 | 40 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 4.0 | 0.50 | 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 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOI | Total | 1 | | | | | | | | | | | | | | |
| DOMINOS PIZZA | SLICE | 1 | 280 | 25 | 450 | 3.00 | 1.80 | 450.0 | 500 | 9.0 | 2 | 20.0 | 29.0 | 9.0 | 3.00 | 0.00 |
| BREADSTICK, CHEESE WG | SERVING | 1 | 140 | 15 | 270 | 1.00 | 0.72 | 100.0 | 300 | 0.0 | 1 | 7.0 | 15.0 | 6.0 | 2.00 | 0.00 |
| SALAD - ALT LINE | SERVINGS | 1 | 29 | 0 | 24 | 2.02 | 0.60 | 34.7 | 4682 | 19.4 | *2 | 1.8 | 6.07 | 0.11 | 0.03 | 0.00 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 57 | *0 | 1 | 1.87 | 0.19 | 15.4 | 93 | 31.91 | *8 | 0.75 | 14.48 | 0.28 | 0.08 | *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 |
| RANCH: (WILD COYOTE LITE) | PC CUP | 1 | 70 | 10 | 95 | 0.00 | 0.00 | 0.0 | 5 | 0.0 | 1 | 1.0 | 2.0 | 6.0 | 0.50 | 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 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 964 | *230 | 2082 | 9.26 | *20.21 | *1066.2 | *4952 | *68.83 | *55 | 48.02 | 119.38 | 32.49 | 10.61 | *0.00 |
| % of Calories | | | | | | | | | | | *23.0% | 19.9% | 49.5% | 30.3% | 9.9% | *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 08/16/2022 | | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| TACO SOUP | 1 CUP | 1 | 256 | 45 | 1006 | 6.30 | *1.99 | *64.9 | *1111 | *13.95 | *5 | 18.89 | 21.65 | 10.25 | 3.59 | *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 |
| CINNAMON ROLL W. W.W. BRI DGFOR | ROLL | 1 | 210 | 0 | 250 | 4.00 | 1.44 | 20.0 | 40 | 1.2 | 8 | 6.0 | 35.0 | 5.0 | 1.00 | 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 |
| SALAD BAR: 2 TUESDAY- INTE RM. | 1 CUP | 1 | 167 | 12 | 261 | 3.26 | *0.59 | *8.4 | *1205 | *8.94 | *6 | 3.43 | 11.53 | 11.28 | 1.58 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *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 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOI | Total | 1 | | | | | | | | | | | | | | |
| NACHOS | SERVINGS | 1 | 656 | 78 | 1144 | 10.50 | *0.36 | *520.0 | *413 | *0.6 | 3 | 31.0 | 58.0 | 34.5 | 10.85 | 0.00 |
| LETTUCE & TOMATO:3/4 CUP-TACOS | 3/4 CUP | 1 | 14 | 0 | 6 | 1.10 | 0.32 | 10.1 | 569 | 7.16 | 2 | 0.95 | 2.86 | 0.09 | 0.01 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| SALSA PICANTE | 1 OZ | 1 | 6 | 0 | 158 | 0.19 | 0.00 | 0.0 | 89 | 0.0 | 1 | 0.25 | 1.4 | 0.12 | 0.01 | 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 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 1053 | *96 | 1895 | 16.77 | *2.98 | *976.1 | *5893 | *86.55 | *55 | 48.90 | 124.12 | 39.29 | 11.93 | *0.00 |
| % of Calories | | | | | | | | | | | *20.9% | 18.6% | 47.2% | 33.6% | 10.2% | *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

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) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 08/17/2022 | | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| CHICKEN TENDER - TYSON | 3 PIECES | 1 | 254 | 24 | 380 | 2.93 | *N/A* | *N/A* | *N/A* | *N/A* | 1 | 14.63 | 15.6 | 14.63 | 2.44 | 0.00 |
| BUTTER MASHED POTATOES-sec | 2/3 cup | 1 | 130 | 5 | 420 | 9.00 | 0.36 | 20.0 | 0 | 0.0 | 0 | 2.0 | 18.0 | 5.0 | 2.50 | 0.00 |
| GRAVY, CHICKEN: LOW SODIUM | 1/4 CUP | 1 | 19 | 0 | 135 | 0.00 | 0.01 | 1.1 | 0 | 0.0 | *1 | 0.95 | 2.86 | 0.48 | 0.00 | 0.00 |
| CORN 1/2 CUP | 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 |
| ROLL: 2 OZ SCHOOL MADE | ROLL | 1 | 141 | 11 | 309 | 4.65 | 1.35 | 14.1 | 101 | 0.0 | *1 | 3.87 | 27.1 | 2.79 | 0.98 | *0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *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 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOI | Total | 1 | | | | | | | | | | | | | | |
| HAMBURGER - OPTION LINE | SERVINGS | 1 | 306 | 49 | 437 | 4.01 | *1.44 | *60.0 | *15 | *3.6 | 3 | 18.06 | 27.0 | 13.56 | 4.82 | 0.80 |
| 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 |
| CARROT STICKS 3/4 CUP | 3/4 CUP | 1 | 115 | 20 | 275 | 1.03 | 0.11 | 12.2 | 6157 | 2.17 | 2 | 0.34 | 3.53 | 9.09 | 2.01 | 0.00 |
| CHIPS: DORITOS | bag | 1 | 131 | 0 | 181 | 2.01 | 0.36 | 20.0 | 53 | 0.0 | 0 | 2.01 | 19.62 | 5.03 | 0.75 | 0.00 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 57 | *0 | 1 | 1.87 | 0.19 | 15.4 | 93 | 31.91 | *8 | 0.75 | 14.48 | 0.28 | 0.08 | *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 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 202 | 2.43 | 8 | 0.0 | 10.12 | 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 | 0.22 | 0.00 | 0.00 |
| LIGHT MAYONNAISE | POUCH | 1 | 40 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 4.0 | 0.50 | 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 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 952 | *72 | 1822 | 15.84 | *2.22 | *688.2 | *4751 | *51.83 | *51 | 39.46 | 122.96 | 32.79 | 9.11 | *0.40 |
| % of Calories | | | | | | | | | | | *21.4% | 16.6% | 51.7% | 31.0% | 8.6% | *0.4% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 08/18/2022 | | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| CHERRY BLOSSOM CHICKEN FRO30:S | 3.92 OZ | 1 | 178 | 55 | 128 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 16 | 14.04 | 24.06 | 3.01 | 3.01 | 0.00 |
| RICE: COOKED BROWN RICE (ELE) | 1/2 CUP | 1 | 80 | 0 | 70 | 1.00 | 0.36 | 1.1 | 0 | 0.0 | *0 | 2.0 | 16.48 | 0.75 | 0.00 | *0.00 |
| NORMANDY VEGETABLES 3/4 C | 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 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| SALAD BAR: 3 THURSDAY'S:IN TERM | 1/2 CUP | 1 | 59 | 6 | 82 | 0.76 | *0.31 | *6.5 | *522 | *5.38 | *3 | 1.32 | 5.1 | 3.54 | 0.30 | 0.00 |
| MUFFIN TOP, CHOC CHIP | MUFFINS | 1 | 170 | 20 | 100 | 1.00 | *N/A* | *N/A* | *N/A* | *N/A* | 15 | 3.0 | 29.0 | 5.0 | 1.00 | 0.00 |
| SOY SAUCE: PC | PC | 1 | 10 | 0 | 500 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 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 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOI | | | | | | | | | | | | | | | | |
| CALZONE, MINI, WG | Total | 1 | | | | | | | | | | | | | | |
| SERVINGS | 1 | 1 | 325 | 23 | 490 | 4.00 | 1.80 | 225.0 | *N/A* | *N/A* | 6 | 16.5 | 40.01 | 11.5 | 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 |
| 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 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 57 | *0 | 1 | 1.87 | 0.19 | 15.4 | 93 | 31.91 | *8 | 0.75 | 14.48 | 0.28 | 0.08 | *0.00 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 202 | 2.43 | 8 | 0.0 | 10.12 | 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 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 851 | *216 | 1633 | 9.02 | *2.37 | *756.0 | *2136 | *60.89 | *67 | 37.76 | 132.77 | 18.00 | 7.00 | *0.00 |
| % of Calories | | | | | | | | | | | *31.3% | 17.8% | 62.4% | 19.0% | 7.4% | *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|---------------------------------|----------|---|-----|----|-----|------|------|-------|------|-------|-----|------|-------|------|------|-------|
| Fri - 08/19/2022 | | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| WILD MIKE'S PEPPERONI CHE ESY B | SERVINGS | 1 | 340 | 35 | 580 | 3.00 | 1.80 | 400.0 | 500 | 9.0 | 4 | 20.0 | 34.0 | 18.0 | 9.00 | 0.00 |
| DINNER SALAD | 1 CUP | 1 | 92 | 14 | 155 | 1.49 | 0.53 | 59.0 | 3540 | 8.97 | *2 | 1.47 | 7.49 | 6.02 | 1.01 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| JELL-O | GEL CUP | 1 | 100 | 0 | 45 | 0.00 | 0.00 | 0.0 | 110 | 0.0 | 22 | 0.0 | 25.0 | 0.0 | 0.00 | 0.00 |
| RANCH: (WILD COYOTE LITE) | PC CUP | 1 | 70 | 10 | 95 | 0.00 | 0.00 | 0.0 | 5 | 0.0 | 1 | 1.0 | 2.0 | 6.0 | 0.50 | 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 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Washington County School District

Aug 11, 2022 thru Aug 31, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 8/4/2022 7:19:03 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 922 | *74 | 1187 | 7.41 | 2.63 | 1083.1 | 5301 | 71.43 | *71 | 39.64 | 124.11 | 32.95 | 12.12 | *0.00 |
| % of Calories | | | | | | | | | | | *30.8% | 17.2% | 53.9% | 32.2% | 11.8% | *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

| Mon - 08/22/2022 | | | | | | | | | | | | | | | | |
|--------------------------------|-----------|---|------|------|------|-------|-------|--------|-------|--------|--------|-------|--------|--------|--------|-------|
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| POPCORN CHICKEN: FR100 | 10 PIECES | 1 | 279 | 72 | 630 | 3.10 | 2.07 | 17.6 | 174 | 1.03 | 0 | 19.64 | 17.57 | 13.44 | 3.10 | 0.00 |
| FRENCH FRIES- S.S. 3/4 CUP | 6 OZ | 1 | 210 | 0 | 450 | 3.00 | 0.54 | 0.0 | 0 | 7.2 | 0 | 3.0 | 33.0 | 7.5 | 2.25 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| DINNER SALAD | 1 CUP | 1 | 92 | 14 | 155 | 1.49 | 0.53 | 59.0 | 3540 | 8.97 | *2 | 1.47 | 7.49 | 6.02 | 1.01 | 0.00 |
| TWIN BAR, WG | SERVINGS | 1 | 249 | 14 | 225 | 2.70 | *N/A* | *N/A* | *N/A* | *N/A* | 15 | 2.6 | 43.0 | 7.3 | 0.80 | 0.00 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 202 | 2.43 | 8 | 0.0 | 10.12 | 0.0 | 0.00 | 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 |
| RANCH LITE-BASIC-Summer | 1 EACH | 1 | 70 | 14 | 141 | 0.00 | 0.00 | 30.0 | 100 | 0.0 | 1 | 0.0 | 3.0 | 6.0 | 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 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOI | Total | 1 | | | | | | | | | | | | | | |
| DOMINOS PIZZA | SLICE | 1 | 280 | 25 | 450 | 3.00 | 1.80 | 450.0 | 500 | 9.0 | 2 | 20.0 | 29.0 | 9.0 | 3.00 | 0.00 |
| BREADSTICK, CHEESE WG | SERVING | 1 | 140 | 15 | 270 | 1.00 | 0.72 | 100.0 | 300 | 0.0 | 1 | 7.0 | 15.0 | 6.0 | 2.00 | 0.00 |
| SALAD - ALT LINE | SERVINGS | 1 | 29 | 0 | 24 | 2.02 | 0.60 | 34.7 | 4682 | 19.4 | *2 | 1.8 | 6.07 | 0.11 | 0.03 | 0.00 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 57 | *0 | 1 | 1.87 | 0.19 | 15.4 | 93 | 31.91 | *8 | 0.75 | 14.48 | 0.28 | 0.08 | *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 |
| RANCH: (WILD COYOTE LITE) | PC CUP | 1 | 70 | 10 | 95 | 0.00 | 0.00 | 0.0 | 5 | 0.0 | 1 | 1.0 | 2.0 | 6.0 | 0.50 | 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 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 1093 | *246 | 2222 | 11.54 | *4.27 | *995.2 | *6294 | *74.18 | *57 | 46.21 | 147.14 | 34.28 | 8.44 | *0.00 |
| % of Calories | | | | | | | | | | | *21.0% | 16.9% | 53.8% | 28.2% | 6.9% | *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 16.70 | | 15.00 | | <=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 11, 2022 thru Aug 31, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 8/4/2022 7:19:03 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|---------------|----------------|-----------------|----------------|---------------|-------------------------|
| Tue - 08/23/2022 | | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| SOFT FLOUR TACO:SEC | 1 serving | 1 | 254 | 49 | 437 | 3.00 | 1.44 | 120.1 | 418 | 0.6 | 1 | 17.01 | 23.0 | 10.0 | 3.20 | 0.00 |
| LETTUCE & TOMATO:3/4 CUP-TACOS | 3/4 CUP | 1 | 14 | 0 | 6 | 1.10 | 0.32 | 10.1 | 569 | 7.16 | 2 | 0.95 | 2.86 | 0.09 | 0.01 | 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 |
| REFRIED BEANS, V V | 1/2 C SE RVINGS | 1 | 140 | 0 | 320 | 7.00 | *N/A* | *N/A* | *N/A* | *N/A* | 1 | 7.0 | 24.0 | 2.5 | 0.00 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| SALAD BAR: 2 TUESDAY- INTE RM. | 1 CUP | 1 | 167 | 12 | 261 | 3.26 | *0.59 | *8.4 | *1205 | *8.94 | *6 | 3.43 | 11.53 | 11.28 | 1.58 | 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 |
| SALSA PICANTE | 1 OZ | 1 | 6 | 0 | 158 | 0.19 | 0.00 | 0.0 | 89 | 0.0 | 1 | 0.25 | 1.4 | 0.12 | 0.01 | 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 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOI | | | | | | | | | | | | | | | | |
| NACHOS | Total SERVINGS | 1 | 656 | 78 | 1144 | 10.50 | *0.36 | *520.0 | *413 | *0.6 | 3 | 31.0 | 58.0 | 34.5 | 10.85 | 0.00 |
| LETTUCE & TOMATO:3/4 CUP-TACOS | 3/4 CUP | 1 | 14 | 0 | 6 | 1.10 | 0.32 | 10.1 | 569 | 7.16 | 2 | 0.95 | 2.86 | 0.09 | 0.01 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| SALSA PICANTE | 1 OZ | 1 | 6 | 0 | 158 | 0.19 | 0.00 | 0.0 | 89 | 0.0 | 1 | 0.25 | 1.4 | 0.12 | 0.01 | 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 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average % of Calories | | | 1022 | *88 | 2154 | 16.58 | *2.17 | *1033.7 | *3104 | *65.70 | *54 *21.1% | 49.35 19.3% | 128.77 50.4% | 35.17 31.0% | 10.72 9.4% | *0.00 *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

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Washington County School District

Aug 11, 2022 thru Aug 31, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 8

Generated on: 8/4/2022 7:19:03 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|------------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 08/24/2022 | | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| BREADED PORK SANDWICH | SERVINGS | 1 | 400 | 40 | 570 | 5.00 | 3.44 | 100.0 | 15 | 3.6 | 4 | 21.99 | 37.0 | 18.49 | 4.50 | 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 |
| 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 |
| COLESLAW | 1/2 C. SE RVINGS | 1 | 28 | 1 | 35 | 0.96 | 0.17 | 14.8 | 950 | 12.02 | *3 | 0.48 | 4.61 | 1.12 | 0.20 | *0.00 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 57 | *0 | 1 | 1.87 | 0.19 | 15.4 | 93 | 31.91 | *8 | 0.75 | 14.48 | 0.28 | 0.08 | *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 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOI | Total | 1 | | | | | | | | | | | | | | |
| HAMBURGER - OPTION LINE | SERVINGS | 1 | 306 | 49 | 437 | 4.01 | *1.44 | *60.0 | *15 | *3.6 | 3 | 18.06 | 27.0 | 13.56 | 4.82 | 0.80 |
| 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 |
| CARROT STICKS 3/4 CUP | 3/4 CUP | 1 | 115 | 20 | 275 | 1.03 | 0.11 | 12.2 | 6157 | 2.17 | 2 | 0.34 | 3.53 | 9.09 | 2.01 | 0.00 |
| CHIPS: DORITOS | bag | 1 | 131 | 0 | 181 | 2.01 | 0.36 | 20.0 | 53 | 0.0 | 0 | 2.01 | 19.62 | 5.03 | 0.75 | 0.00 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 57 | *0 | 1 | 1.87 | 0.19 | 15.4 | 93 | 31.91 | *8 | 0.75 | 14.48 | 0.28 | 0.08 | *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 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 202 | 2.43 | 8 | 0.0 | 10.12 | 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 | 0.22 | 0.00 | 0.00 |
| LIGHT MAYONNAISE | POUCH | 1 | 40 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 4.0 | 0.50 | 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 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 904 | *73 | 1628 | 10.52 | *3.44 | *728.5 | *5320 | *56.30 | *50 | 40.21 | 112.75 | 31.11 | 8.73 | *0.40 |
| % of Calories | | | | | | | | | | | *22.1% | 17.8% | 49.9% | 31.0% | 8.7% | *0.4% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

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Washington County School District

Aug 11, 2022 thru Aug 31, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

| | 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 ¹ (g) |
|---------------------------------|----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 08/25/2022 | | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| ORANGE CHICKEN | 3.92 OZ | 1 | 150 | 55 | 208 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 9 | 15.04 | 17.04 | 3.01 | 3.01 | 0.00 |
| RICE: COOKED BROWN RICE (ELE) | 1/2 CUP | 1 | 80 | 0 | 70 | 1.00 | 0.36 | 1.1 | 0 | 0.0 | *0 | 2.0 | 16.48 | 0.75 | 0.00 | *0.00 |
| NORMANDY VEGETABLES 3/4 C | 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 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| SALAD BAR: 3 THURSDAY'S:IN TERM | 1/2 CUP | 1 | 59 | 6 | 82 | 0.76 | *0.31 | *6.5 | *522 | *5.38 | *3 | 1.32 | 5.1 | 3.54 | 0.30 | 0.00 |
| COOKIE, COWBOY | 1 oz. | 1 | 202 | 15 | 164 | 2.08 | 1.01 | 45.0 | 364 | 0.0 | *15 | 3.31 | 29.34 | 8.48 | 3.38 | *0.00 |
| SOY SAUCE: PC | PC | 1 | 10 | 0 | 500 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 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 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOI | | | | | | | | | | | | | | | | |
| CALZONE, MINI, WG | Total SERVINGS | 1 | 325 | 23 | 490 | 4.00 | 1.80 | 225.0 | *N/A* | *N/A* | 6 | 16.5 | 40.01 | 11.5 | 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 |
| 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 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 57 | *0 | 1 | 1.87 | 0.19 | 15.4 | 93 | 31.91 | *8 | 0.75 | 14.48 | 0.28 | 0.08 | *0.00 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 202 | 2.43 | 8 | 0.0 | 10.12 | 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 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 853 | *213 | 1705 | 9.56 | *2.88 | *778.5 | *2318 | *60.89 | *63 | 38.42 | 129.43 | 19.74 | 8.19 | *0.00 |
| % of Calories | | | | | | | | | | | *29.6% | 18.0% | 60.7% | 20.8% | 8.6% | *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|---------|---|-----|-----|------|------|------|-------|------|-------|-----|------|-------|------|------|-------|
| Fri - 08/26/2022 | | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | 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 |
| DINNER SALAD | 1 CUP | 1 | 92 | 14 | 155 | 1.49 | 0.53 | 59.0 | 3540 | 8.97 | *2 | 1.47 | 7.49 | 6.02 | 1.01 | 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 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| RANCH: (WILD COYOTE LITE) | PC CUP | 1 | 70 | 10 | 95 | 0.00 | 0.00 | 0.0 | 5 | 0.0 | 1 | 1.0 | 2.0 | 6.0 | 0.50 | 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 |
| 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 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 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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Washington County School District

Aug 11, 2022 thru Aug 31, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 8/4/2022 7:19:03 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 ¹ (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|-----------------|----------------|--------------|-------------------------|
| Weighted Daily Average % of Calories | | | 961 | *362 | 2879 | 10.40 | 4.78 | 972.8 | 5952 | 71.38 | *59 *24.6% | 39.63 16.5% | 125.03 52.0% | 36.94 34.6% | 9.12 8.5% | *0.00 *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

| Mon - 08/29/2022 | | | | | | | | | | | | | | | | |
|--------------------------------------|----------|---|-----|------|------|-------|------|--------|--------|--------|---------------|----------------|-----------------|----------------|--------------|----------------|
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| MINI CORN DOG NUGGETS (SEC) | 6 EACH | 1 | 250 | 60 | 420 | 3.00 | 1.80 | 100.0 | 5 | 1.2 | 1 | 10.0 | 30.0 | 10.0 | 2.50 | 0.00 |
| TATER TOTS - MCCAIN | 9 PIECES | 1 | 110 | 0 | 201 | 2.01 | 0.18 | *N/A* | *N/A* | *N/A* | 1 | 1.0 | 17.04 | 4.01 | 0.50 | 0.00 |
| CARROT STICKS 1/2 CUP | 1/2 CUP | 1 | 136 | 20 | 311 | 2.46 | 0.26 | 29.0 | 14682 | 5.19 | 4 | 0.82 | 8.42 | 9.21 | 2.03 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| MARSHMALLOW RICE TREAT | 1 EACH | 1 | 80 | 0 | 30 | 0.00 | 0.00 | 0.0 | 100 | 0.0 | 8 | 1.0 | 15.0 | 2.0 | 0.84 | 0.00 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 202 | 2.43 | 8 | 0.0 | 10.12 | 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 | 0.22 | 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 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOICE | Total | 1 | | | | | | | | | | | | | | |
| DOMINOS PIZZA | SLICE | 1 | 280 | 25 | 450 | 3.00 | 1.80 | 450.0 | 500 | 9.0 | 2 | 20.0 | 29.0 | 9.0 | 3.00 | 0.00 |
| BREADSTICK, CHEESE WG | SERVING | 1 | 140 | 15 | 270 | 1.00 | 0.72 | 100.0 | 300 | 0.0 | 1 | 7.0 | 15.0 | 6.0 | 2.00 | 0.00 |
| SALAD - ALT LINE | SERVINGS | 1 | 29 | 0 | 24 | 2.02 | 0.60 | 34.7 | 4682 | 19.4 | *2 | 1.8 | 6.07 | 0.11 | 0.03 | 0.00 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 57 | *0 | 1 | 1.87 | 0.19 | 15.4 | 93 | 31.91 | *8 | 0.75 | 14.48 | 0.28 | 0.08 | *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 |
| RANCH: (WILD COYOTE LITE) | PC CUP | 1 | 70 | 10 | 95 | 0.00 | 0.00 | 0.0 | 5 | 0.0 | 1 | 1.0 | 2.0 | 6.0 | 0.50 | 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 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average % of Calories | | | 908 | *229 | 1718 | 10.24 | 3.64 | *996.5 | *11730 | *67.57 | *56 *24.5% | 39.38 17.3% | 124.00 54.6% | 26.88 26.6% | 7.30 7.2% | *0.00 *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

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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Washington County School District

Aug 11, 2022 thru Aug 31, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 8/4/2022 7:19:03 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 ¹ (g) |
|---------------------------------|----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 08/30/2022 | | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | 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 | 200 | 5 | 701 | 10.00 | 2.40 | 50.4 | 0 | 25.2 | 0 | 8.0 | 28.0 | 6.0 | 2.00 | *0.00 |
| CARROT STICKS 1/2 CUP | 1/2 CUP | 1 | 136 | 20 | 311 | 2.46 | 0.26 | 29.0 | 14682 | 5.19 | 4 | 0.82 | 8.42 | 9.21 | 2.03 | 0.00 |
| BROWNIE CUP, WG | BROWNIE | 1 | 149 | 2 | 74 | 2.00 | 0.60 | 0.1 | 23 | 0.5 | 15 | 1.6 | 26.5 | 4.0 | 0.70 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| SALAD BAR: 2 TUESDAY- INTE RM. | 1 CUP | 1 | 167 | 12 | 261 | 3.26 | *0.59 | *8.4 | *1205 | *8.94 | *6 | 3.43 | 11.53 | 11.28 | 1.58 | 0.00 |
| SALSA PICANTE | 1 OZ | 1 | 6 | 0 | 158 | 0.19 | 0.00 | 0.0 | 89 | 0.0 | 1 | 0.25 | 1.4 | 0.12 | 0.01 | 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 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOI | | | | | | | | | | | | | | | | |
| NACHOS | Total SERVINGS | 1 | 656 | 78 | 1144 | 10.50 | *0.36 | *520.0 | *413 | *0.6 | 3 | 31.0 | 58.0 | 34.5 | 10.85 | 0.00 |
| LETTUCE & TOMATO:3/4 CUP- TACOS | 3/4 CUP | 1 | 14 | 0 | 6 | 1.10 | 0.32 | 10.1 | 569 | 7.16 | 2 | 0.95 | 2.86 | 0.09 | 0.01 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| SALSA PICANTE | 1 OZ | 1 | 6 | 0 | 158 | 0.19 | 0.00 | 0.0 | 89 | 0.0 | 1 | 0.25 | 1.4 | 0.12 | 0.01 | 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 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 1160 | *100 | 2033 | 19.69 | *3.95 | *1097.4 | *9806 | *80.44 | *58 | 50.36 | 140.61 | 42.00 | 14.39 | *0.00 |
| % of Calories | | | | | | | | | | | *20.0% | 17.4% | 48.5% | 32.6% | 11.2% | *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|----------------|---|-----|----|-----|------|-------|-------|-------|-------|----|------|-------|------|------|-------|
| Wed - 08/31/2022 | | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| MAC & CHEESE - JTM | 6oz SER VINGS | 1 | 317 | 46 | 779 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 3 | 15.0 | 28.0 | 16.0 | 8.90 | 0.00 |
| BREADSTICK, CHEESE WG | SERVING | 1 | 140 | 15 | 270 | 1.00 | 0.72 | 100.0 | 300 | 0.0 | 1 | 7.0 | 15.0 | 6.0 | 2.00 | 0.00 |
| GREEN BEANS: 1/2 C. | 1/2 CUP | 1 | 16 | 0 | 140 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 1 | 1.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| DINNER SALAD 2021 | 1 CUP | 1 | 6 | 0 | 9 | 0.38 | 0.18 | 9.5 | *53 | *0.96 | 0 | 0.49 | 1.16 | 0.02 | 0.01 | 0.00 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 57 | *0 | 1 | 1.87 | 0.19 | 15.4 | 93 | 31.91 | *8 | 0.75 | 14.48 | 0.28 | 0.08 | *0.00 |
| FRUIT, CANNED - CHOOSE ONE | 1/2 C SE Rving | 1 | 65 | 0 | 5 | 1.00 | *0.18 | *5.0 | *N/A* | *5.25 | 14 | 0.25 | 16.25 | 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 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |

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Washington County School District

Aug 11, 2022 thru Aug 31, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 8/4/2022 7:19:03 AM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| ALT INT WEEKLY 1st CHOI | Total | 1 | | | | | | | | | | | | | | |
| HAMBURGER - OPTION LINE | SERVINGS | 1 | 306 | 49 | 437 | 4.01 | *1.44 | *60.0 | *15 | *3.6 | 3 | 18.06 | 27.0 | 13.56 | 4.82 | 0.80 |
| 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 |
| CARROT STICKS 3/4 CUP | 3/4 CUP | 1 | 115 | 20 | 275 | 1.03 | 0.11 | 12.2 | 6157 | 2.17 | 2 | 0.34 | 3.53 | 9.09 | 2.01 | 0.00 |
| CHIPS: DORITOS | bag | 1 | 131 | 0 | 181 | 2.01 | 0.36 | 20.0 | 53 | 0.0 | 0 | 2.01 | 19.62 | 5.03 | 0.75 | 0.00 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 57 | *0 | 1 | 1.87 | 0.19 | 15.4 | 93 | 31.91 | *8 | 0.75 | 14.48 | 0.28 | 0.08 | *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 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 202 | 2.43 | 8 | 0.0 | 10.12 | 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 | 0.22 | 0.00 | 0.00 |
| LIGHT MAYONNAISE | POUCH | 1 | 40 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 4.0 | 0.50 | 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 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 886 | *83 | 1774 | 9.21 | *1.84 | *723.5 | *4750 | *45.96 | *56 | 39.39 | 111.32 | 29.77 | 11.08 | *0.40 |
| % of Calories | | | | | | | | | | | *25.1% | 17.8% | 50.3% | 30.2% | 11.3% | *0.4% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|------------------|--|--|-----|------|------|-------|-------|--------|-------|--------|--------|-------|--------|-------|------|-------|
| Weighted Average | | | 957 | *176 | 1894 | 11.83 | *4.34 | *903.6 | *5413 | *66.44 | *58 | 42.27 | 126.60 | 31.25 | 9.54 | *0.08 |
| | | | | | | | | | | | *54.2% | 17.7% | 52.9% | 29.4% | 9.0% | *0.1% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-----------------------------------|
| Calories | 957 | | 783 | 122% | | | | |
| Cholesterol (mg) | 176 | | | | Missing | | | |
| Sodium 1 (mg) | 1894 | | | | | | 1894 | |
| Sodium 2 (mg) | 1894 | | | | | | 1894 | |
| Fiber (g) | 11.83 | | | | | | | |
| Iron (mg) | 4.34 | | 4.50 | 96% | Missing | 0.16 | | Correction Required - Iron is Low |
| Calcium (mg) | 903.6 | | 400.00 | 226% | Missing | | | |
| Vitamin A (IU) | 5413 | | 1500 | 361% | Missing | | | |
| Sugars (g) | 58 | 24.10% | | | Missing | | | |
| Vitamin C (mg) | 66.44 | | 16.70 | 398% | Missing | | | |
| Protein (g) | 42.27 | 17.67% | 15.00 | 282% | | | | |
| Carbohydrate (g) | 126.60 | 52.93% | | | | | | |
| Total Fat (g) | 31.25 | 29.40% | <=30.00% | | | | | |
| Saturated Fat (g) | 9.54 | 8.97% | <10.00% | | | | | |
| Trans Fat ¹ (g) | 0.08 | 0.08% | | | Missing | | | |

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