

Washington County School District

Dec 1, 2020 thru Dec 18, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 12/01/2020			
INTERMEDIATE LUNCH 6-8	Total	1	
BEEF TACO STICK	1 EACH	1	31.87
REFRIED BEANS	1/2 CUP	1	23.6
FRUIT BAR :WINTER:ELE	1/2 CUP	1	12.59
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
CUCUMBERS: 1/2 CUP	1/2 CUP	1	1.29
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	28.69
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT INT WEEKLY 1st CHOI	Total	1	
SPICY CHICKEN SANDWICH	1 EACH	1	38.1
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
BEANS, BAKED WITH TOMATO PASTE	1/2 C SERVING	1	36.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	12.59
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
PICKLE:, CHIPS	1 OZ.	1	1.0
LIGHT MAYONNAISE	POUCH	1	0.0
KETCHUP : P/C	PC	1	10.12
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			154.71
% of Calories			57.6%
Nutrient Guideline			

Wed - 12/02/2020			
INTERMEDIATE LUNCH 6-8	Total	190	
DUTCH WAFFLE	1 EACH	190	43.0
SAUSAGE LINK - CLOVERDALE	2 Links	190	2.0
SCRAMBLED EGGS: SUNNY FRESH	1/4 CUP	1	2.0
HASHBROWN PATTY:1/2 CUP	2 EACH	190	27.0
SLUSH: TROPICAL TRIO	SERVING	190	20.0
STRAWBERRIES, SLICED, FZ,	.5 CUP	1	23.0
SYRUP	1 EA	1	4.0
KETCHUP : P/C	PC	140	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	100	20.0
MILK 1% WHITE	CARTON	80	12.0
ALT INT WEEKLY 1st CHOI	Total	1	
GRILLED CHEESE-WW BREAD	1 EACH	1	32.0
SOUP, TOMATO (Campbells)(Sec)	1 Cup	1	16.0
GOLDFISH CRACKERS	SERVING	1	14.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	12.59
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			115.19
% of Calories			47.7%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Thu - 12/03/2020			
INTERMEDIATE LUNCH 6-8	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 :WINTER:ELE	1/2 CUP	1	12.59
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	12.0
ALT INT WEEKLY 1st CHOI			
HOT DOG W/ BUN	1 EACH	1	22.0
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	22.0
CHILI	3/4 CUP	1	12.43
RELISH- DILL PICKLE	SERVING	1	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	12.59
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			124.41
% of Calories			61.7%
Nutrient Guideline			

Fri - 12/04/2020			
INTERMEDIATE LUNCH 6-8	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	19.65
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT INT WEEKLY 1st CHOI			
CHEESEBURGER 100% BEEF :ELE	PATTY	1	23.1
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
TATER TOTS: 1/2 CUP	8 PIECES	1	16.0
CHIPS: DORITOS	bag	1	19.62
PICKLE:, CHIPS	1 OZ.	1	1.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	12.59
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	12.0
Weighted Daily Average			118.82
% of Calories			50.7%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 12/07/2020			
INTERMEDIATE LUNCH 6-8	Total	1	
CHEESEBURGER 100% BEEF :ELE	PATTY	1	23.1
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
TATER TOTS: 1/2 CUP	8 PIECES	1	16.0
CHOCOLATE CHIP COOKIES	1 EACH	1	18.48
FRUIT BAR :WINTER:ELE	1/2 CUP	1	12.59
PICKLE:, CHIPS	1 OZ.	1	1.0
MUSTARD:, P/C	1 Each	1	0.33
KETCHUP : P/C	PC	1	10.12
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT INT WEEKLY 1st CHOI			
DOMINOS PIZZA	SLICE	1	29.0
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
FRUIT BAR :WINTER:ELE	1/2 CUP	1	12.59
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			99.09
% of Calories			47.7%
Nutrient Guideline			

Tue - 12/08/2020			
INTERMEDIATE LUNCH 6-8	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	34.94
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
FRUIT BAR :WINTER:ELE	1/2 CUP	1	12.59
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT INT WEEKLY 1st CHOI			
SPICY CHICKEN SANDWICH	1 EACH	1	38.1
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
BEANS, BAKED WITH TOMATO PASTE	1/2 C SERVING	1	36.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	12.59
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
PICKLE:, CHIPS	1 OZ.	1	1.0
LIGHT MAYONNAISE	POUCH	1	0.0
KETCHUP : P/C	PC	1	10.12
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			143.90
% of Calories			59.6%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 12/09/2020			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN TENDER STRIPS, WG	3 STRIPS	1	18.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
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 :WINTER:ELE	1/2 CUP	1	12.59
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT INT WEEKLY 1st CHOI	Total	1	
GRILLED CHEESE-WW BREAD	1 EACH	1	32.0
SOUP, TOMATO (Campbells)(Sec)	1 Cup	1	16.0
GOLDFISH CRACKERS	SERVING	1	14.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	12.59
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			136.67
% of Calories			54.6%
Nutrient Guideline			

Thu - 12/10/2020			
INTERMEDIATE LUNCH 6-8	Total	1	
NEW ORLEANS/MANDARIN CHICKEN E	2.85 oz	1	18.95
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	24.01
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	3.75
FRUIT BAR :WINTER:ELE	1/2 CUP	1	12.59
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
APPLE FILLED DONUT	SERVINGS	1	33.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT INT WEEKLY 1st CHOI	Total	1	
CALZONE, MINI, WG	SERVINGS	1	40.01
MARINARA SAUCE	1/2 CUP	1	11.93
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	22.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	12.59
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			142.72
% of Calories			61.5%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Fri - 12/11/2020			
INTERMEDIATE LUNCH 6-8	Total	1	
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	1	34.0
DINNER SALAD	1 CUP	1	0.33
FRUIT BAR :WINTER:ELE	1/2 CUP	1	12.59
CHIPS: DORITOS	BAG	1	19.62
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT INT WEEKLY 1st CHOI	Total	1	
CHEESEBURGER 100% BEEF :ELE	PATTY	1	23.1
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
TATER TOTS: 1/2 CUP	8 PIECES	1	16.0
CHIPS: DORITOS	bag	1	19.62
PICKLE:, CHIPS	1 OZ.	1	1.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	12.59
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	12.0
Weighted Daily Average			108.99
% of Calories			47.9%
Nutrient Guideline			

Mon - 12/14/2020			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN SANDWICH 2020 ELEM	SANDWICH	1	36.05
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	22.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	12.59
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
JELL-O	GEL CUP	1	25.0
KETCHUP : P/C	PC	1	10.12
LIGHT MAYONNAISE	POUCH	1	0.0
PICKLE:, CHIPS	1 OZ.	1	1.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT INT WEEKLY 1st CHOI	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
FRUIT BAR :WINTER:ELE	1/2 CUP	1	12.59
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			115.82
% of Calories			54.9%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 12/15/2020			
INTERMEDIATE LUNCH 6-8	Total	1	
SOFT FLOUR TACO:SEC	serving	1	23.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	2.86
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
REFRIED BEANS	1/2 CUP	1	23.6
FRUIT BAR :WINTER:ELE	1/2 CUP	1	12.59
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	12.0
ALT INT WEEKLY 1st CHOI			
SPICY CHICKEN SANDWICH	1 EACH	1	38.1
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
BEANS, BAKED WITH TOMATO PASTE	1/2 C SERVING	1	36.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	12.59
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
PICKLE:, CHIPS	1 OZ.	1	1.0
LIGHT MAYONNAISE	POUCH	1	0.0
KETCHUP : P/C	PC	1	10.12
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			147.34
% of Calories			61.2%
Nutrient Guideline			

Wed - 12/16/2020			
INTERMEDIATE LUNCH 6-8	Total	8240	
HAM - COBBLE STREET	SLICE	8240	2.0
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	17.03
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	1.06
WG DINNER ROLL	ROLL	6000	17.0
SUNSHINE CARROTS 1/2 CUP	1/2 C SERVING	4500	9.34
CAKE, JELLO	SLICE	5000	5.8
FRUIT BAR :WINTER:ELE	1/2 CUP	5000	12.59
MARGARINE REDDIES: (1)	1 Patty	2500	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	6592	20.0
MILK 1% WHITE	CARTON	1638	12.0
ALT INT WEEKLY 1st CHOI			
GRILLED CHEESE-WW BREAD	1 EACH	1	32.0
SOUP, TOMATO (Campbells)(Sec)	1 Cup	1	16.0
GOLDFISH CRACKERS	SERVING	1	14.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	12.59
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			49.04
% of Calories			47.6%
Nutrient Guideline			

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Thu - 12/17/2020			
INTERMEDIATE LUNCH 6-8	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 :WINTER:ELE	1/2 CUP	1	12.59
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	12.0
ALT INT WEEKLY 1st CHOI			
HOT DOG W/ BUN	1 EACH	1	22.0
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	22.0
CHILI	3/4 CUP	1	12.43
RELISH- DILL PICKLE	SERVING	1	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	12.59
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			128.57
% of Calories			62.0%
Nutrient Guideline			

Fri - 12/18/2020			
INTERMEDIATE LUNCH 6-8	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)	SERVING	1	26.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	12.59
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT INT WEEKLY 1st CHOI			
CHEESEBURGER 100% BEEF :ELE	PATTY	1	23.1
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
TATER TOTS: 1/2 CUP	8 PIECES	1	16.0
CHIPS: DORITOS	bag	1	19.62
PICKLE:, CHIPS	1 OZ.	1	1.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	12.59
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	12.0
Weighted Daily Average			114.64
% of Calories			49.6%
Nutrient Guideline			

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WEEKLY 1st CHOICE

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	Portion Size	Reimb Qty	Carb (g)
Weighted Average			121.42 54.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	121.42	54.87%						

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.