

# Washington County School District

Dec 1, 2020 thru Dec 18, 2020

Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
<b>Tue - 12/01/2020</b>			
SECONDARY LUNCH 9-12	Total	1	
BEEF TACO STICK	1 EACH	1	31.87
REFRIED BEANS	1/2 CUP	1	23.6
FRUIT BAR :WINTER:SEC	1 CUP	1	25.18
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	12.0
ALT SEC WEEKLY 1st CHO	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
CARROT STICKS 1/2 CUP	1/2 CUP	1	8.42
FRUIT BAR :WINTER:SEC	1 CUP	1	25.18
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
PICKLE:, CHIPS	1 OZ.	1	1.0
LIGHT MAYONNAISE	POUCH	1	0.0
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	12.0
Weighted Daily Average			171.51
% of Calories			57.6%
Nutrient Guideline			

<b>Wed - 12/02/2020</b>			
SECONDARY LUNCH 9-12	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
STRAWBERRIES, SLICED, FZ, SEC.	1 CUP	1	46.0
HASHBROWN PATTY:1/2 CUP	2 EACH	7500	27.0
SLUSH: TROPICAL TRIO	SERVING	1	20.0
SYRUP	1 EA	1	4.0
KETCHUP : P/C	PC	3500	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	5200	20.0
MILK 1% WHITE	CARTON	3030	12.0
ALT SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	25.18
MIXED FRESH VEGETABLES:SEC	1 CUP	1	9.73
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			90.86
% of Calories			42.6%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<b>Thu - 12/03/2020</b>			
SECONDARY LUNCH 9-12	Total	1	
TERIYAKI CHICKEN	2.4 OZ	1	6.0
VEGETABLE BROWN RICE : SEC	8 OZ	1	40.42
NORMANDY VEGETABLES 1 CUP	1 CUP	1	5.0
FRUIT BAR :WINTER:SEC	1 CUP	1	25.18
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 SEC WEEKLY 1st CHO	Total	1	
HOT DOG W/ BUN	1 EACH	1	22.0
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	44.0
CHILI	3/4 CUP	1	12.43
RELISH- DILL PICKLE	SERVING	1	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	25.18
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
MAPLE BITES, WG (1)	1/2 SERVING	1	13.0
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			163.33
% of Calories			64.8%
Nutrient Guideline			

<b>Fri - 12/04/2020</b>			
SECONDARY LUNCH 9-12	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
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
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 SEC WEEKLY 1st CHO	Total	1	
CHEESEBURGER 100% BEEF :ELE	PATTY	1	23.1
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
TATER TOTS-3/4 CUP	12 PIECES	1	24.0
CHIPS: DORITOS	bag	1	19.62
FRUIT BAR :WINTER:SEC	1 CUP	1	25.18
PICKLE:, CHIPS	1 OZ.	1	1.0
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

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			138.40 53.6%
Nutrient Guideline			

Mon - 12/07/2020			
SECONDARY LUNCH 9-12	Total	1	
CHEESEBURGER 100 % BEEF: SEC	PATTY	1	28.1
CHEESE: PAST.PROCESS SLICE	1/2 oz.	1	1.01
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
TATER TOTS-3/4 CUP	12 PIECES	1	24.0
CHOCOLATE CHIP COOKIES	1 EACH	1	18.48
FRUIT BAR :WINTER:SEC	1 CUP	1	25.18
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 SEC WEEKLY 1st CHO	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	9.73
FRUIT BAR :WINTER:SEC	1 CUP	1	25.18
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average % of Calories			119.40 49.6%
Nutrient Guideline			

Tue - 12/08/2020			
SECONDARY LUNCH 9-12	Total	1	
TACO SOUP	1 CUP	1	21.74
CHEDDAR/ JACK FANCY SHRED-.5OZ	.5 OZ	1	0.51
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	34.94
MIXED FRESH VEGETABLES:SEC	1 CUP	1	9.73
FRUIT BAR :WINTER:SEC	1 CUP	1	25.18
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 SEC WEEKLY 1st CHO	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
CARROT STICKS 1/2 CUP	1/2 CUP	1	8.42
FRUIT BAR :WINTER:SEC	1 CUP	1	25.18
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
PICKLE:, CHIPS	1 OZ.	1	1.0
LIGHT MAYONNAISE	POUCH	1	0.0
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	12.0

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			161.54 58.7%
Nutrient Guideline			

Wed - 12/09/2020			
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	25.18
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	25.18
MIXED FRESH VEGETABLES:SEC	1 CUP	1	9.73
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average % of Calories			149.97 56.9%
Nutrient Guideline			

Thu - 12/10/2020			
SECONDARY LUNCH 9-12	Total	1	
NEW ORLEANS/MANDARIN CHICKEN E	2.85 oz	1	18.95
VEGETABLE BROWN RICE : SEC	8 OZ	1	40.42
NORMANDY VEGETABLES 1 CUP	1 CUP	1	5.0
FRUIT BAR :WINTER:SEC	1 CUP	1	25.18
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 SEC WEEKLY 1st CHO	Total	1	
CALZONE, MINI, WG	SERVINGS	1	40.01
MARINARA SAUCE	1/2 CUP	1	11.93
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	44.0
FRUIT BAR :WINTER:SEC	1 CUP	1	25.18
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 % of Calories			175.14 63.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 12/11/2020			
SECONDARY LUNCH 9-12	Total	1	
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	1	34.0
DINNER SALAD	1 CUP	1	0.33
CHIPS: DORITOS	BAG	1	19.62
FRUIT BAR :WINTER:SEC	1 CUP	1	25.18
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 SEC WEEKLY 1st CHO			
CHEESEBURGER 100% BEEF :ELE	PATTY	1	23.1
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
TATER TOTS-3/4 CUP	12 PIECES	1	24.0
CHIPS: DORITOS	bag	1	19.62
FRUIT BAR :WINTER:SEC	1 CUP	1	25.18
PICKLE:, CHIPS	1 OZ.	1	1.0
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			125.58
% of Calories			50.5%
Nutrient Guideline			

Mon - 12/14/2020			
SECONDARY LUNCH 9-12	Total	1	
CHICKEN SANDWICH - SEC - 2020	FILLET	1	41.05
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	44.0
JELL-O	GEL CUP	1	25.0
FRUIT BAR :WINTER:SEC	1 CUP	1	25.18
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
PICKLE:, CHIPS	1 OZ.	1	1.0
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 SEC WEEKLY 1st CHO			
DOMINOS PIZZA	SLICE	1	29.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	9.73
FRUIT BAR :WINTER:SEC	1 CUP	1	25.18
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			142.62
% of Calories			57.8%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 12/15/2020			
SECONDARY LUNCH 9-12	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-.5OZ	.5 OZ	1	0.51
REFRIED BEANS	1/2 CUP	1	23.6
FRUIT BAR :WINTER:SEC	1 CUP	1	25.18
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 SEC WEEKLY 1st CHO			
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
CARROT STICKS 1/2 CUP	1/2 CUP	1	8.42
FRUIT BAR :WINTER:SEC	1 CUP	1	25.18
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
PICKLE:, CHIPS	1 OZ.	1	1.0
LIGHT MAYONNAISE	POUCH	1	0.0
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	12.0
Weighted Daily Average			164.27
% of Calories			60.0%
Nutrient Guideline			

Wed - 12/16/2020			
SECONDARY LUNCH 9-12	Total	8240	
HAM - COBBLE STREET	SLICE	8240	2.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	1.06
ROLL: 2 OZ SCHOOL MADE	ROLL	6000	27.1
SUNSHINE CARROTS 1/2 CUP	1/2 C SERVING	4500	9.34
CAKE, JELLO	SLICE	5000	5.8
FRUIT BAR :WINTER:SEC	1 CUP	5000	25.18
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 SEC WEEKLY 1st CHO			
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:SEC	1 CUP	1	25.18
MIXED FRESH VEGETABLES:SEC	1 CUP	1	9.73
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			64.03
% of Calories			53.4%
Nutrient Guideline			

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<b>Thu - 12/17/2020</b>			
SECONDARY LUNCH 9-12	Total	1	
ORANGE CHICKEN	3.6 OZ SERVING	1	19.0
RICE: COOKED BROWN (SEC)	1 CUP	1	32.96
NORMANDY VEGETABLES 1 CUP	1 CUP	1	5.0
FRUIT BAR :WINTER:SEC	1 CUP	1	25.18
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
<b>ALT SEC WEEKLY 1st CHO</b>			
HOT DOG W/ BUN	1 EACH	1	22.0
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	44.0
CHILI	3/4 CUP	1	12.43
RELISH- DILL PICKLE	SERVING	1	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	25.18
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
MAPLE BITES, WG (1)	1/2 SERVING	1	13.0
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			167.52
% of Calories			65.2%
Nutrient Guideline			

<b>Fri - 12/18/2020</b>			
SECONDARY LUNCH 9-12	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
MARINARA SAUCE	1/2 CUP	1	11.93
MAPLE BITES, WG (2)	SERVING	1	26.0
DINNER SALAD	1 CUP	1	0.33
FRUIT BAR :WINTER:SEC	1 CUP	1	25.18
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
<b>ALT SEC WEEKLY 1st CHO</b>			
CHEESEBURGER 100% BEEF :ELE	PATTY	1	23.1
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
TATER TOTS-3/4 CUP	12 PIECES	1	24.0
CHIPS: DORITOS	bag	1	19.62
FRUIT BAR :WINTER:SEC	1 CUP	1	25.18
PICKLE:, CHIPS	1 OZ.	1	1.0
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

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Base Menu Spreadsheet

Combined: SECONDARY LUNCH 9-12/ALT SEC  
WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			131.23 52.0%
Nutrient Guideline			

Weighted Average			140.39 56.6%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	140.39	56.59%						

*\*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*

*<sup>1</sup> - 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.**