

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

Page 1

Generated on: 11/16/2020 10:19:39 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/01/2020															
INTERMEDIATE LUNCH 6-8	Total	1													
BEEF TACO STICK	1 EACH	1	345	52	631	3.85	2.77	328.8	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	25.86	0	8.21	23.6	4.62	1.54	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	27.03	8	0.66	12.59	0.2	0.05	*0.00
FRUIT, CANNED OPTION	1/2 C SER VING	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	0.0	0.00	0.00
CUCUMBERS: 1/2 CUP	1/2 CUP	1	106	20	251	0.42	0.13	8.3	1.9	1	0.35	1.29	9.1	2.05	0.00
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	187	10	184	5.97	1.30	56.4	0.01	*10	3.31	28.69	7.79	3.12	*0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	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	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	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOICE	Total	1													
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	3.6	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO	1/2 CUP	1	13	0	6	1.04	0.31	9.6	6.48	2	0.91	2.67	0.08	0.01	0.00
O-DELI BEANS, BAKED WITH TOMATO PASTE	1/2 C SER VING	1	180	0	550	5.00	1.80	40.0	*N/A*	17	7.0	36.0	1.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	27.03	8	0.66	12.59	0.2	0.05	*0.00
FRUIT, CANNED OPTION	1/2 C SER VING	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	0.0	0.00	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	0.0	1	0.0	1.0	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	4.0	0.50	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	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	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			1074	*74	2375	17.75	*6.21	*911.8	*60.41	*74	47.52	154.71	28.76	10.60	*0.00
% of Calories										*27.6%	17.7%	57.6%	24.1%	8.9%	*0.0%
Nutrient Guideline			783				4.50	400.00	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
 1 - 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.

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

Page 2

Generated on: 11/16/2020 10:19:39 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/02/2020															
INTERMEDIATE LUNCH 6-8	Total	190													
DUTCH WAFFLE	1 EACH	190	300	20	350	3.00	1.80	40.0	0.0	12	4.0	43.0	13.0	3.00	0.00
SAUSAGE LINK - CLOVERDALE	2 Links	190	230	40	340	0.00	0.72	*N/A*	*N/A*	0	8.0	2.0	21.0	7.00	0.00
SCRAMBLED EGGS: SUNNY FR ESH	1/4 CUP	1	90	220	250	0.00	0.80	34.0	0.0	*N/A*	6.0	2.0	6.0	2.00	0.00
HASHBROWN PATTY:1/2 CUP	2 EACH	190	220	0	450	2.00	0.72	0.0	2.4	1	2.0	27.0	11.0	1.50	0.00
SLUSH: TROPICAL TRIO	SERVING	190	80	0	5	0.00	0.00	0.0	90.0	17	0.0	20.0	0.0	0.00	0.00
STRAWBERRIES, SLICED, FZ, E LEM	.5 CUP	1	90	0	0	3.00	*N/A*	*N/A*	*N/A*	17	0.0	23.0	0.0	0.00	0.00
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
KETCHUP : P/C	PC	140	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	100	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	80	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI															
GRILLED CHEESE-WW BREAD	Total	1													
SOUP, TOMATO (Campbells)(Sec)	1 EACH	1	427	50	1124	2.00	1.44	380.0	2.4	*4	16.0	32.0	26.42	13.04	0.00
GOLDFISH CRACKERS	1 Cup	1	70	0	654	1.00	0.72	3.6	6.0	9	2.0	16.0	0.0	0.00	0.00
FRUIT BAR :WINTER:ELE	SERVING	1	100	0	170	1.00	0.72	20.0	0.0	0	2.0	14.0	4.0	0.50	0.00
FRESH MIXED VEGETABLE CUP	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	27.03	8	0.66	12.59	0.2	0.05	*0.00
MILK : CHOCOLATE MILK FAT F REE	3/4 CUP	1	99	10	144	2.36	0.66	30.1	34.31	*2	2.42	8.31	6.21	0.57	0.00
MILK 1% WHITE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			966	*68	1545	5.03	*3.25	*328.2	*95.71	*51	21.70	115.19	46.05	12.16	*0.00
% of Calories										*20.9%	9.0%	47.7%	42.9%	11.3%	*0.0%
Nutrient Guideline			783				4.50	400.00	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
 1 - 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.

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

Page 3

Generated on: 11/16/2020 10:19:39 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/03/2020															
INTERMEDIATE LUNCH 6-8	Total	1													
TERIYAKI CHICKEN	2.4 OZ	1	115	70	330	0.00	0.72	0.0	0.0	6	15.0	6.0	3.5	1.00	0.00
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	0	580	2.00	1.44	20.0	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	11.25	2	0.75	3.75	0.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	27.03	8	0.66	12.59	0.2	0.05	*0.00
FRUIT, CANNED OPTION	1/2 C SERVING	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	0.0	0.00	0.00
BROWNIE CUP, WG	BROWNIE	1	149	2	74	2.00	0.60	0.1	0.5	15	1.6	26.5	4.0	0.70	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOICE															
HOT DOG W/ BUN	1 EACH	1	220	55	450	2.00	2.16	120.0	8.4	2	13.0	22.0	10.5	2.50	0.00
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	2.00	0.36	0.0	4.8	0	2.0	22.0	5.0	1.50	0.00
CHILI	3/4 CUP	1	123	24	247	3.88	2.33	49.7	13.98	*N/A*	10.1	12.43	3.11	1.24	0.00
RELISH- DILL PICKLE	SERVING	1	0	0	45	0.00	0.00	0.0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	27.03	8	0.66	12.59	0.2	0.05	*0.00
FRUIT, CANNED OPTION	1/2 C SERVING	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	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	0.22	0.33	0.22	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			806	*90	1534	9.71	*4.13	*713.7	*58.97	*69	39.74	124.41	17.12	5.02	*0.00
% of Calories										*34.3%	19.7%	61.7%	19.1%	5.6%	*0.0%
Nutrient Guideline			783				4.50	400.00	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
 1 - 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.

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

Page 4

Generated on: 11/16/2020 10:19:39 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/04/2020															
INTERMEDIATE LUNCH 6-8	Total	1													
PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	1.80	150.0	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	8.94	3	1.99	11.93	1.49	0.00	0.00
GARLIC TWIST	2 OZ	1	141	11	384	4.71	1.37	21.2	0.0	*1	4.18	27.29	2.59	0.92	*0.00
DINNER SALAD	1 CUP	1	2	0	0	0.10	0.03	1.2	0.96	*0	0.08	0.33	0.02	0.01	0.00
FROZEN JUICE CUP	1 EACH	1	72	0	8	3.10	0.37	82.7	62.05	17	0.0	19.65	0.0	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI	Total	1													
CHEESEBURGER 100% BEEF :EL	PATTY	1	367	64	790	2.03	34.38	223.7	2.43	3	26.08	23.1	19.15	8.40	0.00
SHREDDED LETTUCE & TOMAT O-DELI	1/2 CUP	1	13	0	6	1.04	0.31	9.6	6.48	2	0.91	2.67	0.08	0.01	0.00
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	280	2.00	0.72	0.0	2.4	0	2.0	16.0	7.0	1.50	0.00
CHIPS: DORITOS	bag	1	131	0	181	2.01	0.36	20.0	0.0	0	2.01	19.62	5.03	0.75	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	0.0	1	0.0	1.0	0.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	27.03	8	0.66	12.59	0.2	0.05	*0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	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	0.22	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	4.0	0.50	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			937	*222	2172	11.05	20.45	881.0	59.96	*54	43.56	118.82	33.89	10.32	*0.00
% of Calories										*23.0%	18.6%	50.7%	32.6%	9.9%	*0.0%
Nutrient Guideline			783				4.50	400.00	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
 1 - 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.

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

Page 5

Generated on: 11/16/2020 10:19:39 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/07/2020															
INTERMEDIATE LUNCH 6-8	Total	1													
CHEESEBURGER 100% BEEF :EL	PATTY	1	367	64	790	2.03	34.38	223.7	2.43	3	26.08	23.1	19.15	8.40	0.00
SHREDDED LETTUCE & TOMAT	1/2 CUP	1	13	0	6	1.04	0.31	9.6	6.48	2	0.91	2.67	0.08	0.01	0.00
O-DELI															
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	280	2.00	0.72	0.0	2.4	0	2.0	16.0	7.0	1.50	0.00
CHOCOLATE CHIP COOKIES	1 EACH	1	136	14	173	1.44	0.68	37.1	0.0	*8	2.19	18.48	6.34	2.65	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	27.03	8	0.66	12.59	0.2	0.05	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	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	0.22	0.33	0.22	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	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	4.0	0.50	0.00
MILK : CHOCOLATE MILK FAT F	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
REE															
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	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	9.0	2	20.0	29.0	9.0	3.00	0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	34.31	*2	2.42	8.31	6.21	0.57	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	27.03	8	0.66	12.59	0.2	0.05	*0.00
MILK : CHOCOLATE MILK FAT F	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
REE															
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			831	*74	1638	7.95	19.42	989.0	59.16	*51	43.57	99.09	28.70	9.87	*0.00
% of Calories										*24.7%	21.0%	47.7%	31.1%	10.7%	*0.0%
Nutrient Guideline			783				4.50	400.00	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
 1 - 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.

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

Page 6

Generated on: 11/16/2020 10:19:39 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/08/2020															
INTERMEDIATE LUNCH 6-8	Total	1													
TACO SOUP	1 CUP	1	257	50	1050	6.33	3.47	75.5	13.97	*5	19.5	21.74	9.97	3.40	*0.00
CHEDDAR/ JACK FANCY SHRED .25OZ	.25 OZ	1	28	6	43	0.00	0.00	50.6	0.0	0	1.52	0.25	2.28	1.52	0.00
CINNAMON ROLL W. W.W. BRID GFOR	ROLL	1	210	0	250	3.99	1.44	20.0	1.2	8	5.99	34.94	4.99	1.00	0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	34.31	*2	2.42	8.31	6.21	0.57	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	27.03	8	0.66	12.59	0.2	0.05	*0.00
FRUIT, CANNED OPTION	1/2 C SER VING	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI	Total	1													
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	3.6	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMAT O-DELI	1/2 CUP	1	13	0	6	1.04	0.31	9.6	6.48	2	0.91	2.67	0.08	0.01	0.00
BEANS, BAKED WITH TOMATO PASTE	1/2 C SER VING	1	180	0	550	5.00	1.80	40.0	*N/A*	17	7.0	36.0	1.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	27.03	8	0.66	12.59	0.2	0.05	*0.00
FRUIT, CANNED OPTION	1/2 C SER VING	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	0.0	0.00	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	0.0	1	0.0	1.0	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	4.0	0.50	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	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	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			966	*66	2233	14.77	*5.97	*781.8	*68.08	*75	46.13	143.90	23.26	6.31	*0.00
% of Calories										*31.3%	19.1%	59.6%	21.7%	5.9%	*0.0%
Nutrient Guideline			783				4.50	400.00	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
 1 - 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.

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

Page 7

Generated on: 11/16/2020 10:19:39 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/09/2020															
INTERMEDIATE LUNCH 6-8	Total	1													
CHICKEN TENDER STRIPS, WG	3 STRIPS	1	220	55	450	2.00	1.08	20.0	1.2	*N/A*	22.0	18.0	7.0	1.00	0.00
BUTTER MASHED POTATOES-se	2/3 cup	1	130	5	420	9.00	0.36	20.0	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	*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*	3	2.0	15.0	1.0	0.00	0.00
CRUMB SQUARE-DAVE'S BAKER	1 EACH	1	283	32	215	3.00	1.20	16.0	0.1	16	2.1	47.0	9.0	1.20	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	27.03	8	0.66	12.59	0.2	0.05	*0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT INT WEEKLY 1st CHOI															
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	2.4	*4	16.0	32.0	26.42	13.04	0.00
SOUP, TOMATO (Campbells)(Sec)	1 Cup	1	70	0	654	1.00	0.72	3.6	6.0	9	2.0	16.0	0.0	0.00	0.00
GOLDFISH CRACKERS	SERVING	1	100	0	170	1.00	0.72	20.0	0.0	0	2.0	14.0	4.0	0.50	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	27.03	8	0.66	12.59	0.2	0.05	*0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	34.31	*2	2.42	8.31	6.21	0.57	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			1001	*91	2184	13.08	*3.42	*869.2	*53.84	*56	42.40	136.67	32.26	10.95	*0.00
% of Calories										*22.4%	16.9%	54.6%	29.0%	9.8%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Thu - 12/10/2020															
INTERMEDIATE LUNCH 6-8	Total	1													
NEW ORLEANS/MANDARIN CHICKEN E	2.85 oz	1	189	76	581	0.00	1.36	*N/A*	*N/A*	18	18.95	18.95	3.79	0.63	0.00
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	0	580	2.00	1.44	20.0	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	11.25	2	0.75	3.75	0.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	27.03	8	0.66	12.59	0.2	0.05	*0.00
FRUIT, CANNED OPTION	1/2 C SERVING	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	0.0	0.00	0.00
APPLE FILLED DONUT	SERVINGS	1	270	0	320	3.00	1.44	20.0	*N/A*	8	6.0	33.0	13.0	5.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	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.

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.

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

Page 8

Generated on: 11/16/2020 10:19:39 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT INT WEEKLY 1st CHOI CALZONE, MINI, WG	Total SERVINGS	1													
MARINARA SAUCE	1/2 CUP	1	325	23	490	4.00	1.80	225.0	*N/A*	6	16.5	40.01	11.5	5.00	0.00
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	70	298	616	1.99	1.43	39.7	8.94	3	1.99	11.93	1.49	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	140	0	300	2.00	0.36	0.0	4.8	0	2.0	22.0	5.0	1.50	0.00
FRUIT, CANNED OPTION	1/2 C SERVING	1	49	*0	1	1.91	0.14	13.8	27.03	8	0.66	12.59	0.2	0.05	*0.00
KETCHUP : P/C	PC	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			928	*213	1933	10.15	*4.24	*771.2	*52.00	*75	41.50	142.72	21.35	7.62	*0.00
% of Calories										*32.3%	17.9%	61.5%	20.7%	7.4%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Fri - 12/11/2020															
INTERMEDIATE LUNCH 6-8 WILD MIKE'S PEPPERONI CHEESE B	Total SERVINGS	1													
DINNER SALAD	1 CUP	1	340	35	580	3.00	1.80	400.0	9.0	4	20.0	34.0	18.0	9.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	2	0	0	0.10	0.03	1.2	0.96	*0	0.08	0.33	0.02	0.01	0.00
CHIPS: DORITOS	BAG	1	49	*0	1	1.91	0.14	13.8	27.03	8	0.66	12.59	0.2	0.05	*0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	131	0	181	2.01	0.36	20.0	0.0	0	2.01	19.62	5.03	0.75	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	70	10	95	0.00	0.00	0.0	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK 1% WHITE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
			100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	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.

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.

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

Page 9

Generated on: 11/16/2020 10:19:39 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	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													
CHEESEBURGER 100% BEEF :EL	PATTY	1	367	64	790	2.03	34.38	223.7	2.43	3	26.08	23.1	19.15	8.40	0.00
SHREDDED LETTUCE & TOMAT	1/2 CUP	1	13	0	6	1.04	0.31	9.6	6.48	2	0.91	2.67	0.08	0.01	0.00
O-DELI															
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	280	2.00	0.72	0.0	2.4	0	2.0	16.0	7.0	1.50	0.00
CHIPS: DORITOS	bag	1	131	0	181	2.01	0.36	20.0	0.0	0	2.01	19.62	5.03	0.75	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	0.0	1	0.0	1.0	0.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	27.03	8	0.66	12.59	0.2	0.05	*0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	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	0.22	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	4.0	0.50	0.00
MILK : CHOCOLATE MILK FAT F	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
REE															
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			910	*72	1774	8.11	19.12	951.1	42.48	*48	43.81	108.99	34.97	12.26	*0.00
% of Calories										*21.3%	19.2%	47.9%	34.6%	12.1%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Mon - 12/14/2020															
INTERMEDIATE LUNCH 6-8	Total	1													
CHICKEN SANDWICH 2020 ELEM	SANDWIC	1	331	65	652	3.00	2.89	100.1	2.4	4	26.07	36.05	9.53	1.50	0.00
SHREDDED LETTUCE & TOMAT	1/2 CUP	1	13	0	6	1.04	0.31	9.6	6.48	2	0.91	2.67	0.08	0.01	0.00
O-DELI															
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	2.00	0.36	0.0	4.8	0	2.0	22.0	5.0	1.50	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	27.03	8	0.66	12.59	0.2	0.05	*0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	34.31	*2	2.42	8.31	6.21	0.57	0.00
JELL-O	GEL CUP	1	100	0	45	0.00	0.00	0.0	0.0	22	0.0	25.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	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	4.0	0.50	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	0.0	1	0.0	1.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
REE															
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	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.

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.

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

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	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													
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	1.80	450.0	9.0	2	20.0	29.0	9.0	3.00	0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	34.31	*2	2.42	8.31	6.21	0.57	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	27.03	8	0.66	12.59	0.2	0.05	*0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			843	*73	1555	8.78	3.48	923.8	77.50	*60	43.57	115.82	22.72	5.38	*0.00
% of Calories										*28.3%	20.7%	54.9%	24.2%	5.7%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Tue - 12/15/2020															
INTERMEDIATE LUNCH 6-8	Total	1													
SOFT FLOUR TACO:SEC	servicing	1	255	49	436	2.00	1.44	120.1	0.6	1	17.01	23.0	10.0	3.20	0.00
LETTUCE & TOMATO:3/4 CUP-T ACOS	3/4 CUP	1	14	0	6	1.10	0.32	10.1	7.16	2	0.95	2.86	0.09	0.01	0.00
CHEDDAR/ JACK FANCY SHRED .25OZ	.25 OZ	1	28	6	43	0.00	0.00	50.6	0.0	0	1.52	0.25	2.28	1.52	0.00
REFRIED BEANS	1/2 CUP	1	164	0	546	8.21	1.85	42.7	25.86	0	8.21	23.6	4.62	1.54	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	27.03	8	0.66	12.59	0.2	0.05	*0.00
FRUIT, CANNED OPTION	1/2 C SERVING	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	0.0	0.00	0.00
BUG BITES	BAG	1	120	0	1151	1.00	0.72	100.0	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	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	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.

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

Page 11

Generated on: 11/16/2020 10:19:39 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	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													
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	3.6	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMAT	1/2 CUP	1	13	0	6	1.04	0.31	9.6	6.48	2	0.91	2.67	0.08	0.01	0.00
O-DELI															
BEANS, BAKED WITH TOMATO	1/2 C SER	1	180	0	550	5.00	1.80	40.0	*N/A*	17	7.0	36.0	1.0	0.00	0.00
PASTE	VING														
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	27.03	8	0.66	12.59	0.2	0.05	*0.00
FRUIT, CANNED OPTION	1/2 C SER	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	0.0	0.00	0.00
	VING														
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	0.0	1	0.0	1.0	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	4.0	0.50	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	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	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
REE															
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			963	*60	2660	14.68	*5.35	*855.4	*60.15	*74	46.39	147.34	21.84	6.71	*0.00
% of Calories										*30.5%	19.3%	61.2%	20.4%	6.3%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Wed - 12/16/2020															
INTERMEDIATE LUNCH 6-8	Total	8240													
HAM - COBBLE STREET	SLICE	8240	140	45	840	0.00	0.36	0.0	0.0	1	13.0	2.0	9.0	3.00	0.00
MASHED POTATOES,from Dry mix	1/2 CUP	1	80	0	314	1.00	0.37	22.4	30.04	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	5	0	26	0.00	0.01	1.1	0.0	*0	0.0	1.06	0.18	0.09	0.00
WG DINNER ROLL	ROLL	6000	90	0	160	2.00	1.08	40.0	2.4	2	4.0	17.0	1.0	0.00	0.00
SUNSHINE CARROTS 1/2 CUP	1/2 C SER	4500	47	0	80	4.00	0.96	26.7	3.2	*N/A*	0.0	9.34	0.0	0.00	0.00
	VING														
CAKE, JELLO	SLICE	5000	41	0	28	0.00	0.00	0.5	2.01	*0	0.45	5.8	2.0	2.00	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	5000	49	*0	1	1.91	0.14	13.8	27.03	8	0.66	12.59	0.2	0.05	*0.00
MARGARINE REDDIES: (1)	1 Patty	2500	35	0	40	0.00	0.00	0.0	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK FAT F	CARTON	6592	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
REE															
MILK 1% WHITE	CARTON	1638	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	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.

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.

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

Page 12

Generated on: 11/16/2020 10:19:39 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	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													
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	2.4	*4	16.0	32.0	26.42	13.04	0.00
SOUP, TOMATO (Campbells)(Sec)	1 Cup	1	70	0	654	1.00	0.72	3.6	6.0	9	2.0	16.0	0.0	0.00	0.00
GOLDFISH CRACKERS	SERVING	1	100	0	170	1.00	0.72	20.0	0.0	0	2.0	14.0	4.0	0.50	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	27.03	8	0.66	12.59	0.2	0.05	*0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	34.31	*2	2.42	8.31	6.21	0.57	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			412	*51	1199	4.80	1.76	352.1	22.57	*24	24.58	49.04	12.78	4.85	*0.00
% of Calories										*23.7%	23.8%	47.6%	27.9%	10.6%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Thu - 12/17/2020															
INTERMEDIATE LUNCH 6-8	Total	1													
ORANGE CHICKEN	3.6 OZ SERVING	1	150	40	280	0.00	0.72	0.0	1.2	10	11.0	19.0	3.0	0.50	0.00
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	80	0	70	1.00	0.36	1.1	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	11.25	2	0.75	3.75	0.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	27.03	8	0.66	12.59	0.2	0.05	*0.00
FRUIT, CANNED OPTION	1/2 C SERVING	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	0.0	0.00	0.00
COOKIE, COWBOY	1 oz.	1	202	15	164	2.08	1.01	45.0	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	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	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.

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.

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

Page 13

Generated on: 11/16/2020 10:19:39 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	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													
HOT DOG W/ BUN	1 EACH	1	220	55	450	2.00	2.16	120.0	8.4	2	13.0	22.0	10.5	2.50	0.00
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	2.00	0.36	0.0	4.8	0	2.0	22.0	5.0	1.50	0.00
CHILI	3/4 CUP	1	123	24	247	3.88	2.33	49.7	13.98	*N/A*	10.1	12.43	3.11	1.24	0.00
RELISH- DILL PICKLE	SERVING	1	0	0	45	0.00	0.00	0.0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	27.03	8	0.66	12.59	0.2	0.05	*0.00
FRUIT, CANNED OPTION	1/2 C SER VING	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	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	0.22	0.33	0.22	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			830	*82	1549	9.25	*3.79	*726.8	*56.91	*71	38.10	128.57	18.23	6.11	*0.00
% of Calories										*34.3%	18.4%	62.0%	19.8%	6.6%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Fri - 12/18/2020															
INTERMEDIATE LUNCH 6-8	Total	1													
PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	1.80	150.0	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	8.94	3	1.99	11.93	1.49	0.00	0.00
DINNER SALAD	1 CUP	1	2	0	0	0.10	0.03	1.2	0.96	*0	0.08	0.33	0.02	0.01	0.00
MAPLE BITES, WG (2)	SERVING	1	140	0	150	2.00	0.72	40.0	0.0	10	2.0	26.0	3.0	0.60	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	27.03	8	0.66	12.59	0.2	0.05	*0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	12.0	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.

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.

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

Page 14

Generated on: 11/16/2020 10:19:39 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	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													
CHEESEBURGER 100% BEEF :EL	PATTY	1	367	64	790	2.03	34.38	223.7	2.43	3	26.08	23.1	19.15	8.40	0.00
SHREDDED LETTUCE & TOMAT	1/2 CUP	1	13	0	6	1.04	0.31	9.6	6.48	2	0.91	2.67	0.08	0.01	0.00
O-DELI															
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	280	2.00	0.72	0.0	2.4	0	2.0	16.0	7.0	1.50	0.00
CHIPS: DORITOS	bag	1	131	0	181	2.01	0.36	20.0	0.0	0	2.01	19.62	5.03	0.75	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	0.0	1	0.0	1.0	0.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	27.03	8	0.66	12.59	0.2	0.05	*0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	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	0.22	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	4.0	0.50	0.00
MILK : CHOCOLATE MILK FAT F	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
REE															
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			925	*216	2051	9.10	20.02	855.9	42.46	*54	42.80	114.64	34.20	10.19	*0.00
% of Calories										*23.4%	18.5%	49.6%	33.3%	9.9%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Weighted Average			885	*104	1886	10.30	*8.61	*779.4	*57.87	*60	40.38	121.42	26.87	8.45	*0.00
										*60.8%	18.2%	54.9%	27.3%	8.6%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	885		783	113%				
Cholesterol (mg)	104				Missing			
Sodium 1 (mg)	1886					1886		
Sodium 2 (mg)	1886					1886		
Fiber (g)	10.30							
Iron (mg)	8.61		4.50	191%	Missing			
Calcium (mg)	779.4		400.00	195%	Missing			
Sugars (g)	60	27.02%			Missing			
Vitamin C (mg)	57.87		16.70	347%	Missing			
Protein (g)	40.38	18.25%	15.00	269%	Missing			
Carbohydrate (g)	121.42	54.87%						
Total Fat (g)	26.87	27.31%	<=30.00%					
Saturated Fat (g)	8.45	8.59%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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.

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.