

Washington County School District

Dec 1, 2021 thru Dec 21, 2021

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 1

Generated on: 11/29/2021 9:03:07 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)
Wed - 12/01/2021															
ELEMENTARY LUNCH	Total	8240													
DUTCH WAFFLE	1 EACH	8240	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	8000	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	7500	220	0	450	2.00	0.72	0.0	2.4	1	2.0	27.0	11.0	1.50	0.00
BLUEBERRIES, FZ	1/2c SER	1	40	0	2	3.00	*N/A*	*N/A*	*N/A*	5	0.0	10.0	0.0	0.00	0.00
SLUSH: BERRY BERRY BLUE SYRUP	VING SERVINGS	1	80	0	11	0.00	0.00	0.0	60.0	15	*N/A*	19.0	0.0	0.00	0.00
KETCHUP : P/C	1 EA	5000	10	0	80	0.00	0.00	0.0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	PC	3500	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	5200	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			863	66	1442	4.82	*3.15	*339.6	*4.86	*32	*21.58	93.65	44.32	11.71	0.00
% of Calories										*14.9%	*10.0%	43.4%	46.2%	12.2%	0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

Thu - 12/02/2021															
ELEMENTARY LUNCH	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 1/2 C	1/2 C SER	1	15	0	15	1.00	0.00	0.0	7.5	2	0.5	2.5	0.0	0.00	0.00
SALAD BAR: 3 THURSDAY'S:ELE	VING														
FRUIT BAR :ELEMENTARY	.5 CUP	1	152	20	327	2.02	*0.66	*14.5	*10.77	*5	1.57	9.53	9.89	2.02	0.00
BROWNIE CUP, WG	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*0.00
MILK : CHOCOLATE MILK FAT F REE	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 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			848	*107	1638	8.89	*3.61	*650.1	*59.09	*65	38.42	116.02	22.67	5.30	*0.00
% of Calories										*30.6%	18.1%	54.7%	24.0%	5.6%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=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.

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Washington County School District

Dec 1, 2021 thru Dec 21, 2021

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 2

Generated on: 11/29/2021 9:03:07 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)
Fri - 12/03/2021															
ELEMENTARY LUNCH	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
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	129	20	299	2.36	0.66	30.1	34.31	*1	1.42	6.31	9.21	2.07	0.00
CHAT SNAX VANILLA CRUNCH GRAHA	SERVINGS	1	120	0	105	1.00	0.72	*N/A*	*N/A*	8	2.0	20.99	4.0	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	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			827	*60	1265	8.22	3.37	*795.5	*69.83	*50	36.17	101.77	32.99	8.64	*0.00
% of Calories										*24.0%	17.5%	49.3%	35.9%	9.4%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

Mon - 12/06/2021															
ELEMENTARY LUNCH	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
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
TATER GEMS 1/2 CUP	8 PIECES	1	130	0	300	1.00	*N/A*	*N/A*	*N/A*	0	1.0	16.0	7.0	1.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*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
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
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	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1087	*98	2407	8.60	*35.75	*890.7	*52.10	*74	47.40	135.42	39.57	14.14	*0.00
% of Calories										*27.1%	17.4%	49.9%	32.8%	11.7%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

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Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 3

Generated on: 11/29/2021 9:03:07 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)
Tue - 12/07/2021															
ELEMENTARY LUNCH	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
SALAD BAR: 2 TUESDAY- INTER CINNAMON ROLL W. W.W. BRID GFOR	1 CUP	1	163	10	242	3.26	*0.53	*6.8	*8.84	*6	2.87	11.53	11.04	1.50	0.00
	ROLL	1	210	0	250	4.00	1.44	20.0	1.2	8	6.0	35.0	5.0	1.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*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	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			945	*82	1896	15.45	*5.63	*768.3	*59.52	*57 *24.1%	46.64 19.7%	116.00 49.1%	31.06 29.6%	9.00 8.6%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/08/2021															
ELEMENTARY LUNCH	Total	1													
POPCORN CHICKEN - GOLD KIS	10 PIECES	1	293	81	487	3.00	2.00	18.0	0.0	0	18.0	17.0	17.0	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, 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
ROLL: 2 OZ SCHOOL MADE	ROLL	1	141	11	309	4.65	1.35	14.1	0.0	*1	3.87	27.1	2.79	0.98	*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
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*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	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			1001	*107	2007	13.52	*4.46	*696.1	*73.21	*58 *23.2%	43.82 17.5%	155.71 62.3%	25.04 22.5%	5.56 5.0%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

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Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 4

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	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)
Thu - 12/09/2021															
ELEMENTARY LUNCH	Total	1													
TANGERINE CHICKEN	3.9oz SER VINGS	1	190	45	380	2.00	*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	4.8	*N/A*	3.0	24.01	2.5	0.00	0.00
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	152	20	327	2.02	*0.66	*14.5	*10.77	*5	1.57	9.53	9.89	2.02	0.00
NORMANDY VEGETABLES 1/2 C	1/2 C SER VING	1	15	0	15	1.00	0.00	0.0	7.5	2	0.5	2.5	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
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*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	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1044	*80	1934	11.89	*3.73	*670.0	*58.59	*65	41.82	141.52	32.17	9.60	*0.00
% of Calories										*25.0%	16.0%	54.2%	27.7%	8.3%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

Fri - 12/10/2021															
ELEMENTARY LUNCH	Total	1													
CHEESE BITES, WILD MIKE'S	4 BITES	1	283	20	547	4.05	*N/A*	*N/A*	*N/A*	0	16.2	28.35	12.15	4.05	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	129	20	299	2.36	0.66	30.1	34.31	*1	1.42	6.31	9.21	2.07	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*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
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	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			800	*55	1202	8.27	*0.85	*645.5	*69.83	*61	34.37	107.13	24.14	7.69	*0.00
% of Calories										*30.3%	17.2%	53.6%	27.2%	8.7%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

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Mon - 12/13/2021															
ELEMENTARY LUNCH	Total	1													
POPCORN CHICKEN - GOLD KIS	10 PIECES	1	293	81	487	3.00	2.00	18.0	0.0	0	18.0	17.0	17.0	3.00	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
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*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
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
CRUMB SQUARE-DAVE'S BAKE RY 2.2	1 EACH	1	174	20	132	2.18	*N/A*	*N/A*	*N/A*	16	2.08	28.67	5.54	0.74	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
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
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	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1051	*116	2000	10.15	*3.12	*659.6	*51.36	*76	39.16	154.85	30.33	6.82	*0.00
% of Calories										*29.1%	14.9%	58.9%	26.0%	5.8%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

Tue - 12/14/2021															
ELEMENTARY LUNCH	Total	1													
SOFT FLOUR TACO: ELE	servings	1	238	55	445	3.00	1.44	120.1	0.6	0	18.01	19.0	10.51	3.10	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
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, V V	1/2 C SER VINGS	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	1	7.0	24.0	2.5	0.00	0.00
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	190	20	397	3.21	*0.52	*6.5	*8.58	*4	1.86	8.72	14.04	3.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*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	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1022	*96	2831	17.30	*3.18	*902.2	*51.17	*53	48.29	124.51	35.80	10.22	*0.00
% of Calories										*20.8%	18.9%	48.7%	31.5%	9.0%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Dec 1, 2021 thru Dec 21, 2021

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 6

Generated on: 11/29/2021 9:03:07 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)
Wed - 12/15/2021															
ELEMENTARY LUNCH	Total	8240													
HAM : ELEM	2OZ.	8240	71	25	599	0.00	0.37	0.0	0.0	*N/A*	9.14	0.0	3.56	1.52	0.00
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	502	2.00	0.37	41.1	6.0	*3	3.0	23.99	3.56	1.93	*0.00
ROLL: 2 OZ SCHOOL MADE	ROLL	6000	141	11	309	4.65	1.35	14.1	0.0	*1	3.87	27.1	2.79	0.98	*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
CAKE, JELLO	SLICE	5000	125	0	185	0.50	0.36	10.5	0.67	*10	1.15	21.29	4.25	3.00	*0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	5000	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*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	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			439	*39	1163	7.01	2.21	340.2	22.96	*28	21.10	65.12	10.05	4.71	*0.00
% of Calories										*25.9%	19.2%	59.4%	20.6%	9.7%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

Thu - 12/16/2021															
ELEMENTARY LUNCH	Total	1													
ORANGE CHICKEN	3.6 OZ SE	1	150	40	280	0.00	0.72	0.0	1.2	10	11.0	19.0	3.0	0.50	0.00
	RVING														
RICE: COOKED BROWN RICE (E	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
LE)															
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 :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	152	20	327	2.02	*0.66	*14.5	*10.77	*5	1.57	9.53	9.89	2.02	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	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	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			904	*90	1675	8.47	*2.94	*676.1	*58.74	*70	35.38	125.58	24.90	7.48	*0.00
% of Calories										*31.0%	15.7%	55.6%	24.8%	7.4%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Dec 1, 2021 thru Dec 21, 2021

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 7

Generated on: 11/29/2021 9:03:07 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)
Fri - 12/17/2021															
ELEMENTARY LUNCH	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
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	129	20	299	2.36	0.66	30.1	34.31	*1	1.42	6.31	9.21	2.07	0.00
SCOOBY-DOO GRAHAM CRACK ER STIC	BAG	1	120	0	115	1.00	0.72	100.0	0.0	*N/A*	2.0	21.0	3.5	1.00	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	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			827	*60	1275	8.22	3.37	895.5	69.83	*42	36.17	101.78	32.49	9.64	*0.00
% of Calories										*20.2%	17.5%	49.3%	35.4%	10.5%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

Mon - 12/20/2021															
ELEMENTARY LUNCH	Total	1													
MINI CORN DOG NUGGETS (EL EM)	4 EACH	1	167	40	280	2.00	1.20	66.7	0.8	1	6.67	20.0	6.67	1.67	0.00
TATER GEMS	SERVING	1	195	0	450	1.50	*N/A*	*N/A*	*N/A*	0	1.5	24.0	10.5	1.50	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*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
SWEET CAKE	SERVING	1	284	22	243	1.93	0.60	21.9	0.33	*32	2.16	44.83	11.43	4.94	*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	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1041	*77	1686	8.52	*2.17	*709.0	*44.33	*92	27.55	163.01	31.60	9.68	*0.00
% of Calories										*35.5%	10.6%	62.6%	27.3%	8.4%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Dec 1, 2021 thru Dec 21, 2021

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 8

Generated on: 11/29/2021 9:03:07 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)
Tue - 12/21/2021															
ELEMENTARY LUNCH	Total	8345													
NACHO BITES-ELE	8 BITES	8345	270	15	440	3.00	1.44	150.0	2.4	1	11.0	32.0	10.0	4.00	0.00
REFRIED BEANS, V V	1/2 C SER VINGS	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	1	7.0	24.0	2.5	0.00	0.00
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	3730	190	20	397	3.21	*0.52	*6.5	*8.58	*4	1.86	8.72	14.04	3.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*0.00
MAPLE BITES, WG (2)	2 MAPLE BITES	1	140	0	150	2.00	0.72	40.0	0.0	10	2.0	26.0	3.0	0.60	0.00
SALSA PICANTE	1 OZ	3821	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	7438	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	897	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			477	*29	864	4.52	*1.67	*452.6	*7.57	*20	19.94	55.77	16.60	5.51	*0.00
% of Calories										*17.2%	16.7%	46.8%	31.3%	10.4%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

Weighted Average			878	*77	1686	9.59	*5.28	*672.7	*50.20	*56 *57.6%	*35.85 *16.3%	117.19 53.4%	28.91 29.6%	8.38 8.6%	*0.00 *0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	878		645	136%				
Cholesterol (mg)	77				Missing			
Sodium 1 (mg)	1686						1686	
Sodium 2 (mg)	1686						1686	
Fiber (g)	9.59							
Iron (mg)	5.28		3.30	160%	Missing			
Calcium (mg)	672.7		267.00	252%	Missing			
Sugars (g)	56	25.62%			Missing			
Vitamin C (mg)	50.20		15.00	335%	Missing			
Protein (g)	35.85	16.33%	8.87	404%	Missing			
Carbohydrate (g)	117.19	53.37%						
Total Fat (g)	28.91	29.63%	<=30.00%					
Saturated Fat (g)	8.38	8.59%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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