

# Washington County School District

Dec 1, 2021 thru Dec 21, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

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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 <sup>1</sup> (g)
Wed - 12/01/2021															
SECONDARY LUNCH 9-12	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
BLUEBERRIES, FZ	1c SERVING	1	80	0	4	6.00	*N/A*	*N/A*	*N/A*	10	0.0	20.0	0.0	0.00	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
SLUSH: BERRY BERRY BLUE	SERVINGS	1	80	0	11	0.00	0.00	0.0	60.0	15	*N/A*	19.0	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	3500	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	5200	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	3030	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1													
HAMBURGER - OPTION LINE	SERVINGS	1	416	74	837	4.01	*1.44	*210.0	*3.6	4	23.06	29.0	22.56	9.82	0.80
SHREDDED LETTUCE & TOMATO-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
CARROTS 1 CUP	1 CUP	1	130	10	227	4.92	1.53	54.0	4.51	*1	2.07	15.86	6.2	0.53	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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*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
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
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			857	*66	1393	4.82	*3.15	*339.7	*4.87	*32	*21.58	91.23	44.32	11.71	*0.00
% of Calories										*15.0%	*10.1%	42.6%	46.5%	12.3%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=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)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 12/02/2021															
SECONDARY LUNCH 9-12	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 : SEC	8 OZ	1	219	0	977	3.37	2.42	33.7	8.09	*N/A*	5.05	40.42	4.21	0.00	0.00
NORMANDY VEGETABLES 1 CUP	1 CUP	1	30	0	30	2.00	0.00	0.0	15.0	3	1.0	5.0	0.0	0.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	105	0	155	4.04	*1.32	*29.1	*21.54	*10	3.15	19.09	1.84	0.05	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 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
ALT SEC WEEKLY 1st CHO															
CALZONE, MINI, WG	SERVINGS	1	325	23	490	4.00	1.80	225.0	*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	8.94	3	1.99	11.93	1.49	0.00	0.00
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	210	0	450	3.00	0.54	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	49.87	*12	1.18	22.62	0.43	0.12	*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
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			983	*211	2043	13.62	*4.81	*790.4	*87.94	*75	40.95	159.78	19.96	6.12	*0.00
% of Calories										*30.3%	16.7%	65.0%	18.3%	5.6%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

Fri - 12/03/2021															
SECONDARY LUNCH 9-12	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
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.92	0.80	38.4	50.91	*2	3.0	9.73	6.29	0.60	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*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

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Weighted Daily Average % of Calories			836	*50	1118	9.84	3.62	*812.5	*104.37	*56 *26.6%	38.17 18.3%	113.33 54.2%	30.22 32.5%	7.22 7.8%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

Mon - 12/06/2021															
SECONDARY LUNCH 9-12	Total	1													
CHEESEBURGER 100 % BEEF: S EC	PATTY	1	397	64	840	3.03	34.74	223.7	3.63	4	27.08	28.1	19.15	8.40	0.00
SHREDDED LETTUCE & TOMATO-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 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
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 : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*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
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 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	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	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
BREADSTICK, CHEESE WG	SERVING	1	140	15	270	1.00	0.72	100.0	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	19.4	*2	1.8	6.07	0.11	0.03	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*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 - CHOICE	SERVINGS	1	194	12	174	4.03	1.15	50.7	0.01	*13	3.31	29.02	8.14	3.25	*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
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 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	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			1191	*237	2277	13.55	*21.20	*1101.8	*83.66	*78 *26.3%	50.92 17.1%	160.72 54.0%	38.45 29.1%	12.54 9.5%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

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Tue - 12/07/2021															
SECONDARY LUNCH 9-12	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	.5 OZ	1	56	13	86	0.00	0.00	101.2	0.0	0	3.04	0.51	4.56	3.04	0.00
-5OZ															
CINNAMON ROLL W. W.W. BRID	ROLL	1	210	0	250	4.00	1.44	20.0	1.2	8	6.0	35.0	5.0	1.00	0.00
GFOR															
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	259	4.51	*0.70	*13.6	*15.28	*11	3.74	19.06	11.08	1.51	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
ALT SEC WEEKLY 1st CHO	Total	1													
SPICY CHICKEN PATTY - A PIER	SERVINGS	1	340	25	610	5.00	3.24	80.0	3.6	3	21.0	37.0	11.5	2.50	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															
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														
CARROT STICKS 1/2 CUP	1/2 CUP	1	136	20	311	2.46	0.26	29.0	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	49.87	*12	1.18	22.62	0.43	0.12	*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
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	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			1093	*76	2303	17.59	*6.18	*821.0	*80.15	*75	48.30	150.94	31.13	8.61	*0.00
% of Calories										*27.3%	17.7%	55.2%	25.6%	7.1%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

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Wed - 12/08/2021															
SECONDARY LUNCH 9-12	Total	1													
CHICKEN BREAST CHUNKS	4 CHUNKS	1	160	40	431	1.00	1.44	20.0	1.2	0	17.04	15.03	4.01	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
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
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 : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*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
MARGARINE REDDIES: (1)	1 Patty	1	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 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
ALT SEC WEEKLY 1st CHO															
HAMBURGER - OPTION LINE	Total	1													
SHREDDED LETTUCE & TOMAT O-DELI	SERVINGS	1	416	74	837	4.01	*1.44	*210.0	*3.6	4	23.06	29.0	22.56	9.82	0.80
CARROTS 1 CUP	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
CHIPS: DORITOS	1 CUP	1	130	10	227	4.92	1.53	54.0	4.51	*1	2.07	15.86	6.2	0.53	0.00
FRUIT BAR : SECONDARY	bag	1	131	0	181	2.01	0.36	20.0	0.0	0	2.01	19.62	5.03	0.75	0.00
FRUIT, CANNED OPTION	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*0.00
PICKLE:, CHIPS	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	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	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	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	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 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	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
% of Calories			1074	*88	2244	18.34	*4.06	*813.5	*69.03	*67	44.49	156.67	30.61	10.17	*0.40
Nutrient Guideline			846				4.50	400.00	19.20	*24.9%	16.6%	58.4%	25.7%	8.5%	*0.3%
											16.70		<=30.0	<10.00	

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# Washington County School District

Dec 1, 2021 thru Dec 21, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

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	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 <sup>1</sup> (g)
Thu - 12/09/2021															
SECONDARY LUNCH 9-12	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 : SEC	8 OZ	1	219	0	977	3.37	2.42	33.7	8.09	*N/A*	5.05	40.42	4.21	0.00	0.00
NORMANDY VEGETABLES 1 CUP	1 CUP	1	30	0	30	2.00	0.00	0.0	15.0	3	1.0	5.0	0.0	0.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	105	0	155	4.04	*1.32	*29.1	*21.54	*10	3.15	19.09	1.84	0.05	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	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1													
CALZONE, MINI, WG	SERVINGS	1	325	23	490	4.00	1.80	225.0	*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	8.94	3	1.99	11.93	1.49	0.00	0.00
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	210	0	450	3.00	0.54	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	49.87	*12	1.18	22.62	0.43	0.12	*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
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			1081	*198	2191	15.12	*4.87	*800.4	*87.69	*75	42.65	172.53	24.71	8.27	*0.00
% of Calories										*27.6%	15.8%	63.8%	20.6%	6.9%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

Fri - 12/10/2021															
SECONDARY LUNCH 9-12	Total	1													
WILD MIKE'S PEPPERONI CHEE SY B	SERVINGS	1	340	35	580	3.00	1.80	400.0	9.0	4	20.0	34.0	18.0	9.00	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.92	0.80	38.4	50.91	*2	3.0	9.73	6.29	0.60	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	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	0.0	22	0.0	25.0	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

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# Washington County School District

Dec 1, 2021 thru Dec 21, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

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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 <sup>1</sup> (g)
Weighted Daily Average			866	*60	1088	8.84	2.90	1062.5	113.37	*71	40.18	124.34	27.22	11.22	*0.00
% of Calories										*32.6%	18.6%	57.4%	28.3%	11.7%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

Mon - 12/13/2021															
SECONDARY LUNCH 9-12	Total	1													
CHICKEN BREAST CHUNKS	4 CHUNKS	1	160	40	431	1.00	1.44	20.0	1.2	0	17.04	15.03	4.01	1.00	0.00
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	210	0	450	3.00	0.54	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	49.87	*12	1.18	22.62	0.43	0.12	*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
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
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
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
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
ALT SEC WEEKLY 1st CHO	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
BREADSTICK, CHEESE WG	SERVING	1	140	15	270	1.00	0.72	100.0	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	19.4	*2	1.8	6.07	0.11	0.03	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*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
COOKIE - CHOICE	SERVINGS	1	194	12	174	4.03	1.15	50.7	0.01	*13	3.31	29.02	8.14	3.25	*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
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	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			1129	*230	2068	13.08	*4.52	*987.3	*84.49	*80	46.57	169.45	29.83	8.26	*0.00
% of Calories										*28.3%	16.5%	60.0%	23.8%	6.6%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

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# Washington County School District

Dec 1, 2021 thru Dec 21, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

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	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 <sup>1</sup> (g)
Tue - 12/14/2021															
SECONDARY LUNCH 9-12	Total serving	1													
SOFT FLOUR TACO:SEC	3/4 CUP	1	268	55	470	3.00	1.44	120.1	0.6	1	18.01	23.0	11.01	3.60	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 -.5OZ	.5 OZ	1	56	13	86	0.00	0.00	101.2	0.0	0	3.04	0.51	4.56	3.04	0.00
REFRIED BEANS, V V	1/2 C SERVINGS	1	140	0	320	7.00	*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	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	259	4.51	*0.70	*13.6	*15.28	*11	3.74	19.06	11.08	1.51	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
ALT SEC WEEKLY 1st CHO	Total SERVINGS	1													
SPICY CHICKEN PATTY - A PIER	1/2 CUP	1	340	25	610	5.00	3.24	80.0	3.6	3	21.0	37.0	11.5	2.50	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 SERVING	1	180	0	550	5.00	1.80	40.0	*N/A*	17	7.0	36.0	1.0	0.00	0.00
CARROT STICKS 1/2 CUP	1/2 CUP	1	136	20	311	2.46	0.26	29.0	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	49.87	*12	1.18	22.62	0.43	0.12	*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
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
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			1134	*79	2705	18.57	*4.97	*888.4	*76.45	*74	49.66	158.70	32.25	8.72	*0.00
% of Calories										*26.1%	17.5%	56.0%	25.6%	6.9%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

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Base Menu Spreadsheet

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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)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 12/15/2021															
SECONDARY LUNCH 9-12	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
SCALLOPED POTATOES:SEC	3/4 CUP	1	223	0	703	2.80	0.51	57.6	8.4	*4	4.2	33.59	4.98	2.71	*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 VING	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 :WINTER:SEC	1 CUP	5000	99	*0	2	3.81	0.28	27.7	54.07	17	1.32	25.18	0.41	0.10	*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 REE	CARTON	6592	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	1638	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1													
HAMBURGER - OPTION LINE	SERVINGS	1	416	74	837	4.01	*1.44	*210.0	*3.6	4	23.06	29.0	22.56	9.82	0.80
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
CARROTS 1 CUP	1 CUP	1	130	10	227	4.92	1.53	54.0	4.51	*1	2.07	15.86	6.2	0.53	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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*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
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			533	*59	1404	8.19	*2.26	*347.7	*36.41	*35	25.30	73.63	15.57	6.20	*0.00
% of Calories										*26.3%	19.0%	55.3%	26.3%	10.5%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

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# Washington County School District

Dec 1, 2021 thru Dec 21, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

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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 <sup>1</sup> (g)
Thu - 12/16/2021															
SECONDARY LUNCH 9-12	Total	1													
ORANGE CHICKEN	3.6 OZ SE RIVING	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 (SEC)	1 CUP	1	160	0	139	2.00	0.72	2.2	0.0	*0	4.0	32.96	1.5	0.00	*0.00
NORMANDY VEGETABLES 1 CUP	1 CUP	1	30	0	30	2.00	0.00	0.0	15.0	3	1.0	5.0	0.0	0.00	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	105	0	155	4.04	*1.32	*29.1	*21.54	*10	3.15	19.09	1.84	0.05	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	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO															
CALZONE, MINI, WG	Total SERVINGS	1	325	23	490	4.00	1.80	225.0	*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	8.94	3	1.99	11.93	1.49	0.00	0.00
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	210	0	450	3.00	0.54	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	49.87	*12	1.18	22.62	0.43	0.12	*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
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			1003	*203	1894	12.97	*4.16	*797.1	*84.25	*77	39.27	163.97	20.59	7.21	*0.00
% of Calories										*30.6%	15.7%	65.4%	18.5%	6.5%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

Fri - 12/17/2021															
SECONDARY LUNCH 9-12	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
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
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.92	0.80	38.4	50.91	*2	3.0	9.73	6.29	0.60	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	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	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	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00

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# Washington County School District

Dec 1, 2021 thru Dec 21, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

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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 <sup>1</sup> (g)
Weighted Daily Average			906	*60	1223	9.84	3.62	912.5	104.37	*49	39.18	115.34	35.72	8.72	*0.00
% of Calories										*21.4%	17.3%	50.9%	35.5%	8.7%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

Mon - 12/20/2021															
SECONDARY LUNCH 9-12	Total	1													
MINI CORN DOG NUGGETS ( SE	6 EACH	1	250	60	420	3.00	1.80	100.0	1.2	1	10.0	30.0	10.0	2.50	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 : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*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														
CARROT STICKS 1/2 CUP	1/2 CUP	1	136	20	311	2.46	0.26	29.0	5.19	4	0.82	8.42	9.21	2.03	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
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	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
ALT SEC WEEKLY 1st CHO	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
BREADSTICK, CHEESE WG	SERVING	1	140	15	270	1.00	0.72	100.0	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	19.4	*2	1.8	6.07	0.11	0.03	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*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														
COOKIE - CHOICE	SERVINGS	1	194	12	174	4.03	1.15	50.7	0.01	*13	3.31	29.02	8.14	3.25	*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
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	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			1230	*246	2042	14.49	*4.66	*1042.1	*81.96	*89	42.32	177.23	38.98	11.49	*0.00
% of Calories										*29.1%	13.8%	57.6%	28.5%	8.4%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

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# Washington County School District

Dec 1, 2021 thru Dec 21, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

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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 <sup>1</sup> (g)
Tue - 12/21/2021															
SECONDARY LUNCH 9-12	Total	1													
CHICKEN LIME BURRITO	SERVINGS	1	433	66	696	6.82	5.22	84.1	1.59	*2	29.6	51.81	10.79	3.14	*0.00
REFRIED BEANS, V V	1/2 C SERVINGS	1	140	0	320	7.00	*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	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	197	10	259	4.51	*0.70	*13.6	*15.28	*11	3.74	19.06	11.08	1.51	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	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	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1													
SPICY CHICKEN PATTY - A PIER	SERVINGS	1	340	25	610	5.00	3.24	80.0	3.6	3	21.0	37.0	11.5	2.50	0.00
SHREDDED LETTUCE & TOMATO-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 SERVING	1	180	0	550	5.00	1.80	40.0	*N/A*	17	7.0	36.0	1.0	0.00	0.00
CARROT STICKS 1/2 CUP	1/2 CUP	1	136	20	311	2.46	0.26	29.0	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	49.87	*12	1.18	22.62	0.43	0.12	*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
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
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	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			1192	*78	2271	20.43	*6.70	*784.7	*73.36	*75	53.46	173.91	29.57	6.77	*0.00
% of Calories										*25.1%	17.9%	58.4%	22.3%	5.1%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	
Weighted Average			1007	*129	1884	13.29	*5.45	*820.1	*78.16	*67	*41.53	144.12	29.94	8.88	*0.03
										*59.9%	*16.5%	57.2%	26.8%	7.9%	*0.0%

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Base Menu Spreadsheet

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Portion Values - Detailed

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Nutrient	Menu AVG	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 <sup>1</sup> (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	1007		846	119%												
Cholesterol (mg)	129				Missing											
Sodium 1 (mg)	1884								1884							
Sodium 2 (mg)	1884								1884							
Fiber (g)	13.29															
Iron (mg)	5.45		4.50	121%	Missing											
Calcium (mg)	820.1		400.00	205%	Missing											
Sugars (g)	67	26.62%			Missing											
Vitamin C (mg)	78.16		19.20	407%	Missing											
Protein (g)	41.53	16.49%	16.70	249%	Missing											
Carbohydrate (g)	144.12	57.23%														
Total Fat (g)	29.94	26.76%	<=30.00%													
Saturated Fat (g)	8.88	7.94%	<10.00%													
Trans Fat <sup>1</sup> (g)	0.03	0.02%			Missing											

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