

Washington County School District

Jan 5, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/05/2021																
ELEMENTARY LUNCH	Total	1														
TACO SOUP	1 CUP	1	257	50	1050	6.33	3.47	75.5	1111	13.97	*5	19.5	21.74	9.97	3.40	*0.00
CHEDDAR/ JACK FANCY SHRE D.25OZ	.25 OZ	1	28	6	43	0.00	0.00	50.6	63	0.0	0	1.52	0.25	2.28	1.52	0.00
CINNAMON ROLL W. W.W. BRI DGFOR	ROLL	1	210	0	250	3.99	1.44	20.0	40	1.2	8	5.99	34.94	4.99	1.00	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	129	20	299	2.36	0.66	30.1	6005	34.31	*1	1.42	6.31	9.21	2.07	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	86	27.03	8	0.66	12.59	0.2	0.05	*0.00
FRUIT, CANNED OPTION	1/2 C SE R VING	1	65	0	5	1.00	*0.18	*5.0	*N/A*	*5.25	14	0.25	16.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			958	*92	1952	15.58	*5.89	*795.0	*8305	*85.36	*67 *27.9%	45.33 18.9%	124.08 51.8%	29.15 27.4%	9.54 9.0%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	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-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/06/2021																
ELEMENTARY LUNCH	Total	1														
CHICKEN TENDER STRIPS, WG	3 STRIPS	1	220	55	450	2.00	1.08	20.0	200	1.2	*N/A*	22.0	18.0	7.0	1.00	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	0.37	22.4	5	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	0.0	*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*	*N/A*	3	2.0	15.0	1.0	0.00	0.00
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	283	32	215	3.00	1.20	16.0	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	100	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	86	27.03	8	0.66	12.59	0.2	0.05	*0.00
FRUIT, CANNED OPTION	1/2 C SE R VING	1	65	0	5	1.00	*0.18	*5.0	*N/A*	*5.25	14	0.25	16.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			1052	*102	1870	10.91	*3.34	*698.4	*1391	*69.63	*74 *28.1%	45.96 17.5%	173.72 66.1%	21.18 18.1%	3.75 3.2%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/07/2021																
ELEMENTARY LUNCH	Total	8240														
DUTCH WAFFLE	1 EACH	8240	300	20	350	3.00	1.80	40.0	60	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*	*N/A*	0	8.0	2.0	21.0	7.00	0.00
SCRAMBLED EGGS: SUNNY FRESH	1/4 CUP	1	90	220	250	0.00	0.80	34.0	330	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	5	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	0	60.0	15	*N/A*	19.0	0.0	0.00	0.00
BLUEBERRIES, FZ	1/2c SER VING	5000	40	0	2	3.00	*N/A*	*N/A*	*N/A*	*N/A*	5	0.0	10.0	0.0	0.00	0.00
SYRUP	1 EA	5000	10	0	80	0.00	0.00	0.0	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	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	5200	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	3030	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			884	66	1441	6.64	*3.15	*339.6	*650	*4.86	*35	*21.58	99.35	44.32	11.71	0.00
% of Calories											*15.9%	*9.8%	45.0%	45.1%	11.9%	0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Fri - 01/08/2021																
ELEMENTARY LUNCH	Total	1														
5" ROUND PEPPERONI PIZZA	PIZZA	1	339	40	669	3.00	1.80	399.3	749	5.99	4	18.97	30.94	15.97	7.99	0.00
DINNER SALAD	1 CUP	1	2	0	0	0.10	0.03	1.2	53	0.96	*0	0.08	0.33	0.02	0.01	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	86	27.03	8	0.66	12.59	0.2	0.05	*0.00
CHIPS: DORITOS	BAG	1	131	0	181	2.01	0.36	20.0	53	0.0	0	2.01	19.62	5.03	0.75	0.00
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0.00	0.00	0.0	0	0.0	0	0.0	0.0	9.0	2.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			841	*75	1406	7.02	2.33	1034.3	1941	37.59	*43	37.71	95.49	32.73	12.30	*0.00
% of Calories											*20.5%	17.9%	45.4%	35.0%	13.2%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Mon - 01/11/2021																
ELEMENTARY LUNCH	Total	1														
HOT DOG W/ BUN	1 EACH	1	220	55	450	2.00	2.16	120.0	10	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	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	86	27.03	8	0.66	12.59	0.2	0.05	*0.00
FRUIT, CANNED OPTION	1/2 C SE R Ving	1	65	0	5	1.00	*0.18	*5.0	*N/A*	*5.25	14	0.25	16.25	0.0	0.00	0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.57	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	202	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	0.22	0.33	0.22	0.00	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	0.00	0.00
JELL-O	GEL CUP	1	100	0	45	0.00	0.00	0.0	110	0.0	22	0.0	25.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			938	*80	1691	9.48	*3.50	*768.9	*7419	*85.83	*86	34.55	148.60	24.63	6.12	*0.00
% of Calories											*36.9%	14.7%	63.4%	23.6%	5.9%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Tue - 01/12/2021																
ELEMENTARY LUNCH	Total	1														
SOFT FLOUR TACO: ELE	servings	1	225	49	411	2.00	1.44	120.1	413	0.6	0	17.01	19.0	9.5	2.70	0.00
SHREDDED LETTUCE & TOMA TO-DELI	1/2 CUP	1	13	0	6	1.04	0.31	9.6	528	6.48	2	0.91	2.67	0.08	0.01	0.00
CHEDDAR/ JACK FANCY SHRE D.25OZ	.25 OZ	1	28	6	43	0.00	0.00	50.6	63	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	0	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	86	27.03	8	0.66	12.59	0.2	0.05	*0.00
FRUIT, CANNED OPTION	1/2 C SE R Ving	1	65	0	5	1.00	*0.18	*5.0	*N/A*	*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	500	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	89	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	500	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	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			891	*70	2626	15.34	*4.65	*941.8	*2679	*68.82	63	46.80	128.76	22.80	8.33	*0.00
% of Calories											28.2%	21.0%	57.8%	23.0%	8.4%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Wed - 01/13/2021																
ELEMENTARY LUNCH	Total	1														
ROASTED TURKEY: VIP	2.9 OZ	1	107	47	748	0.00	0.48	0.0	0	0.0	*N/A*	24.04	1.34	1.34	0.00	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	0.37	22.4	5	30.04	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, TURKEY	1/4 Cup	1	25	0	290	0.00	0.00	0.0	0	0.0	*N/A*	1.0	4.0	1.0	0.00	0.00
GREEN BEANS: 1/2 C.	1/2 CUP	1	21	0	266	2.01	0.95	27.6	370	4.56	*N/A*	1.27	4.77	0.11	0.02	*N/A*
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	86	27.03	8	0.66	12.59	0.2	0.05	*0.00
FRUIT, CANNED OPTION	1/2 C SE	1	65	0	5	1.00	*0.18	*5.0	*N/A*	*5.25	14	0.25	16.25	0.0	0.00	0.00
ROLL: 2 OZ SCHOOL MADE	ROLL	1	141	11	309	4.65	1.35	14.1	101	0.0	*1	3.87	27.1	2.79	0.98	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			744	*72	2278	10.57	*3.48	*682.9	*1763	*70.49	*55	49.09	115.07	12.93	3.56	*0.00
% of Calories											*29.4%	26.4%	61.9%	15.7%	4.3%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Thu - 01/14/2021																
ELEMENTARY LUNCH	Total	1														
ORANGE CHICKEN	3.6 OZ S	1	150	40	280	0.00	0.72	0.0	100	1.2	10	11.0	19.0	3.0	0.50	0.00
	ERVING															
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	80	0	70	1.00	0.36	1.1	0	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	563	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	86	27.03	8	0.66	12.59	0.2	0.05	*0.00
FRUIT, CANNED OPTION	1/2 C SE	1	65	0	5	1.00	*0.18	*5.0	*N/A*	*5.25	14	0.25	16.25	0.0	0.00	0.00
	RVING															
COOKIE, COWBOY	1 oz.	1	202	15	164	2.08	1.01	45.0	364	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	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	12.0	2.5	1.50	0.00

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Weighted Daily Average % of Calories			799	*70	1348	7.48	*2.41	*665.0	*2113	*48.33	*80 *40.0%	33.97 17.0%	129.41 64.8%	14.93 16.8%	5.43 6.1%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Fri - 01/15/2021																
ELEMENTARY LUNCH	Total	1														
PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	1.80	150.0	15	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	745	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	53	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	0.0	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	86	27.03	8	0.66	12.59	0.2	0.05	*0.00
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0.00	0.00	0.0	0	0.0	0	0.0	0.0	9.0	2.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			871	*358	1872	9.00	4.12	844.8	1899	40.54	*55 *25.1%	36.72 16.9%	109.84 50.5%	33.21 34.3%	9.16 9.5%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Tue - 01/19/2021																
ELEMENTARY LUNCH	Total	8345														
NACHO BITES-ELE	8 BITES	8345	270	15	440	3.00	1.44	150.0	500	2.4	1	11.0	32.0	10.0	4.00	0.00
REFRIED BEANS	1/2 CUP	1	164	0	546	8.21	1.85	42.7	0	25.86	0	8.21	23.6	4.62	1.54	*0.00
SALSA PICANTE	1 OZ	3821	6	0	158	0.19	0.00	0.0	89	0.0	1	0.25	1.4	0.12	0.01	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	86	27.03	8	0.66	12.59	0.2	0.05	*0.00
FRUIT, CANNED OPTION	1/2 C SE RVING	1	65	0	5	1.00	*0.18	*5.0	*N/A*	*5.25	14	0.25	16.25	0.0	0.00	0.00
CUCUMBERS: 1/2 CUP	1/2 CUP	3730	106	20	251	0.42	0.13	8.3	43	1.9	1	0.35	1.29	9.1	2.05	0.00
CREAMIES JR.	CREAMIE	1	93	16	39	0.00	0.00	260.0	1988	3.45	*N/A*	2.0	14.0	3.5	2.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	7438	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	897	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			438	*29	798	3.27	*1.50	*453.4	*1059	*4.59	*19 *17.3%	19.26 17.6%	52.34 47.8%	14.39 29.6%	5.08 10.4%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Jan 5, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/20/2021																
ELEMENTARY LUNCH	Total	1														
TERIYAKI BEEF NUGGETS	4 Nugget	1	160	40	440	1.00	1.44	20.0	20	0.0	4	14.0	6.0	8.0	3.50	0.50
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	0.37	22.4	5	30.04	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	25	0	326	0.00	0.01	1.1	0	0.0	*N/A*	0.98	3.93	0.98	0.00	0.00
GREEN BEANS: 1/2 C.	1/2 CUP	1	21	0	266	2.01	0.95	27.6	370	4.56	*N/A*	1.27	4.77	0.11	0.02	*N/A*
ROLL: 2 OZ SCHOOL MADE	ROLL	1	141	11	309	4.65	1.35	14.1	101	0.0	*1	3.87	27.1	2.79	0.98	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	200	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	86	27.03	8	0.66	12.59	0.2	0.05	*0.00
FRUIT, CANNED OPTION	1/2 C SE R Ving	1	65	0	5	1.00	*0.18	*5.0	*N/A*	*5.25	14	0.25	16.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			797	*66	2006	11.57	*4.45	*704.1	*1783	*70.49	*59	39.03	119.67	19.58	7.06	*0.50
											*29.5%	19.6%	60.1%	22.1%	8.0%	*0.6%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Thu - 01/21/2021																
ELEMENTARY LUNCH	Total	1														
CHICKEN NOODLE SOUP: US DA 1C.	1 CUP	1	266	87	409	3.54	1.84	41.0	2047	1.69	*2	22.58	28.35	6.48	1.54	*0.00
BREADSTICK, CHEESE WG TOMATOES, CUCUMBER, CAR ROTS:EL	SERVING 3/4 CUP	1	140	15	270	1.00	0.72	100.0	300	0.0	1	7.0	15.0	6.0	2.00	0.00
		1	125	20	285	1.89	0.54	20.2	6197	6.88	*1	0.77	9.38	9.17	2.03	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	86	27.03	8	0.66	12.59	0.2	0.05	*0.00
FRUIT, CANNED OPTION	1/2 C SE R Ving	1	65	0	5	1.00	*0.18	*5.0	*N/A*	*5.25	14	0.25	16.25	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			865	*137	1275	9.33	*3.42	*780.0	*9630	*44.45	*57	47.25	113.57	24.35	7.12	*0.00
											*26.3%	21.9%	52.5%	25.3%	7.4%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Jan 5, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/22/2021																
ELEMENTARY LUNCH	Total	1														
MAX STUFFED CRUST PEPPE RONI PI	SLICE	1	330	20	870	3.00	1.80	250.0	300	0.0	4	17.0	35.0	14.0	4.50	0.00
DINNER SALAD	1 CUP	1	2	0	0	0.10	0.03	1.2	53	0.96	*0	0.08	0.33	0.02	0.01	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	86	27.03	8	0.66	12.59	0.2	0.05	*0.00
PUDDING,CHOICE	SERVING	1	115	0	133	0.50	0.54	225.0	75	0.0	15	1.0	20.5	3.0	1.75	0.00
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0.00	0.00	0.0	0	0.0	0	0.0	0.0	9.0	2.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			816	*55	1559	5.51	2.51	1090.1	1514	31.60	*58	34.74	100.42	28.72	9.81	*0.00
% of Calories											*28.3%	17.0%	49.2%	31.7%	10.8%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Mon - 01/25/2021																
ELEMENTARY LUNCH	Total	1														
POPCORN CHICKEN - GOLD K IST	10 PIECES	1	293	81	487	3.00	2.00	18.0	167	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	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	86	27.03	8	0.66	12.59	0.2	0.05	*0.00
FRUIT, CANNED OPTION	1/2 C SE R VING	1	65	0	5	1.00	*0.18	*5.0	*N/A*	*5.25	14	0.25	16.25	0.0	0.00	0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	6010	34.31	*2	2.42	8.31	6.21	0.57	0.00
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	120	0	115	1.00	0.72	100.0	500	0.0	*N/A*	2.0	21.0	3.5	1.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	100	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	202	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			1077	*106	2120	11.26	*4.42	*786.9	*8066	*79.83	*62	41.33	152.27	34.41	7.62	*0.00
% of Calories											*23.2%	15.3%	56.5%	28.7%	6.4%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Jan 5, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/26/2021																
ELEMENTARY LUNCH	Total	1														
BEEF TACO STICK	1 EACH	1	345	52	631	3.85	2.77	328.8	252	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	0	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	86	27.03	8	0.66	12.59	0.2	0.05	*0.00
CUCUMBERS: 1/2 CUP	1/2 CUP	1	106	20	251	0.42	0.13	8.3	43	1.9	1	0.35	1.29	9.1	2.05	0.00
FRUIT, CANNED OPTION	1/2 C SE RVING	1	65	0	5	1.00	*0.18	*5.0	*N/A*	*5.25	14	0.25	16.25	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	89	0.0	1	0.25	1.4	0.12	0.01	0.00
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	187	10	184	5.97	1.30	56.4	1598	0.01	*10	3.31	28.69	7.79	3.12	*0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			1143	*97	2080	21.54	*6.38	*1055.1	*3067	*70.03	*65	49.10	147.68	37.14	16.61	*0.00
% of Calories											*22.8%	17.2%	51.7%	29.2%	13.1%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	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-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/27/2021																
ELEMENTARY LUNCH	Total	1														
HAM - COBBLE STREET	SLICE	1	140	45	840	0.00	0.36	0.0	0	0.0	1	13.0	2.0	9.0	3.00	0.00
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	0.37	22.4	5	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	0.0	1.06	0.18	0.09	0.00
SUNSHINE CARROTS 1/2 CUP	1/2 C SE RVING	1	47	0	80	4.00	0.96	26.7	2335	3.2	*N/A*	0.0	9.34	0.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	49	*0	1	1.91	0.14	13.8	86	27.03	8	0.66	12.59	0.2	0.05	*0.00
FRUIT, CANNED OPTION	1/2 C SE RVING	1	65	0	5	1.00	*0.18	*5.0	*N/A*	*5.25	14	0.25	16.25	0.0	0.00	0.00
ROLL: 2 OZ SCHOOL MADE MARGARINE REDDIES: (1)	ROLL 1 Patty	1 1	141 35	11 0	309 40	4.65 0.00	1.35 0.00	14.1 0.0	101 200	0.0 0.0	*1 *N/A*	3.87 0.0	27.1 0.0	2.79 4.0	0.98 1.00	*0.00 0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			783	*71	1921	12.56	*3.37	*683.2	*3727	*69.13	*56	35.78	117.36	19.67	6.62	*0.00
% of Calories											*28.5%	18.3%	60.0%	22.6%	7.6%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Jan 5, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/28/2021																
ELEMENTARY LUNCH	Total	1														
TERIYAKI CHICKEN	2.4 OZ	1	115	70	330	0.00	0.72	0.0	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	2501	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	563	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	86	27.03	8	0.66	12.59	0.2	0.05	*0.00
FRUIT, CANNED OPTION	1/2 C SE	1	65	0	5	1.00	*0.18	*5.0	*N/A*	*5.25	14	0.25	16.25	0.0	0.00	0.00
BROWNIE CUP, WG	RVING															
MILK : CHOCOLATE MILK FAT	BROWNIE	1	149	2	74	2.00	0.60	0.1	23	0.5	15	1.6	26.5	4.0	0.70	0.00
FREE	CARTON	1	120	5	180	0.00	0.00	300.0	500	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	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			751	*87	1318	8.41	*3.08	*638.9	*4173	*52.44	*76	37.26	121.10	12.71	3.25	*0.00
% of Calories											*40.2%	19.8%	64.5%	15.2%	3.9%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Fri - 01/29/2021																
ELEMENTARY LUNCH	Total	1														
PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	1.80	150.0	15	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	745	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	92	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	53	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	355	62.05	17	0.0	19.65	0.0	0.00	0.00
LEFLEUR'S LITE RANCH- ELE.	CONTAIN	1	100	20	250	0.00	0.00	0.0	0	0.0	0	0.0	0.0	9.0	2.00	0.00
	ER															
MILK : CHOCOLATE MILK FAT	CARTON	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
FREE																
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	500	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			894	369	2113	12.91	4.99	894.9	2260	75.56	*54	38.25	118.19	32.60	9.42	*0.00
% of Calories											*24.1%	17.1%	52.9%	32.8%	9.5%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Weighted Average			863	*111	1760	10.47	*3.72	*769.9	*3524	*56.09	*59	*38.54	120.39	25.53	7.92	*0.03
											*61.5%	*17.9%	55.8%	26.6%	8.3%	*0.0%

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

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Washington County School District

Jan 5, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

ELEMENTARY LUNCH

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-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	863		645	134%													
Cholesterol (mg)	111				Missing												
Sodium 1 (mg)	1760								1760								
Sodium 2 (mg)	1760								1760								
Fiber (g)	10.47																
Iron (mg)	3.72		3.30	113%	Missing												
Calcium (mg)	769.9		267.00	288%	Missing												
Vitamin A (IU)	3524		1055	334%	Missing												
Sugars (g)	59	27.36%			Missing												
Vitamin C (mg)	56.09		15.00	374%	Missing												
Protein (g)	38.54	17.86%	8.87	435%	Missing												
Carbohydrate (g)	120.39	55.78%															
Total Fat (g)	25.53	26.61%	<=30.00%														
Saturated Fat (g)	7.92	8.25%	<10.00%														
Trans Fat ¹ (g)	0.03	0.03%			Missing												

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