

Washington County School District

Jan 5, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 12/8/2020 11:14:53 AM

	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																
SECONDARY LUNCH 9-12	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-5OZ	.5 OZ	1	56	13	86	0.00	0.00	101.2	127	0.0	0	3.04	0.51	4.56	3.04	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:SEC	1 CUP	1	107	10	151	2.92	0.80	38.4	6081	50.91	*2	3.0	9.73	6.29	0.60	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*0.00
FRUIT, CANNED OPTION	1/2 C SE RIVING	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
ALT SEC WEEKLY 1st CHO																
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	317	3.6	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO-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
BEANS, BAKED WITH TOMATO PASTE	1/2 C SE RIVING	1	180	0	550	5.00	1.80	40.0	*N/A*	*N/A*	17	7.0	36.0	1.0	0.00	0.00
CARROT STICKS	1/2 CUP	1	136	20	311	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	9.21	2.03	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*0.00
FRUIT, CANNED OPTION	1/2 C SE RIVING	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
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	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	0.0	4.0	0.50	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			1101	*79	2415	18.19	*6.31	*839.5	*12768	*106.00	*86	48.25	161.54	29.25	8.15	*0.00
% of Calories											*31.3%	17.5%	58.7%	23.9%	6.7%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	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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Washington County School District

Jan 5, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 2

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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)
Wed - 01/06/2021																
SECONDARY LUNCH 9-12	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
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	9.00	0.36	20.0	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	0.0	*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:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*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
ALT SEC WEEKLY 1st CHO																
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	947	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	500	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	0	2.0	14.0	4.0	0.50	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*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
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.92	0.80	38.4	6081	50.91	*2	3.0	9.73	6.29	0.60	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			1119	*91	2194	16.27	*3.81	*892.2	*5086	*94.42	*79	43.59	166.22	32.50	11.02	*0.00
% of Calories											*28.2%	15.6%	59.4%	26.1%	8.9%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Page 3

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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 - 01/07/2021																
SECONDARY LUNCH 9-12	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
BLUEBERRIES, FZ	1c SERVING	1	80	0	4	6.00	*N/A*	*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	5	2.4	1	2.0	27.0	11.0	1.50	0.00
SLUSH: BERRY BERRY BLUE SYRUP	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
KETCHUP : P/C	1 EA	1	10	0	80	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	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 1% WHITE	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
ALT SEC WEEKLY 1st CHO	Total	1														
CALZONE, MINI, WG	SERVINGS	1	325	23	490	4.00	1.80	225.0	*N/A*	*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	745	8.94	3	1.99	11.93	1.49	0.00	0.00
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	280	0	600	4.00	0.72	0.0	0	9.6	0	4.0	44.0	10.0	3.00	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*0.00
FRUIT, CANNED OPTION	1/2 C SERVING	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
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 % of Calories			853	*66	1391	4.82	*3.15	*339.7	*650	*4.87	*32	*21.58	90.87	44.32	11.71	*0.00
Nutrient Guideline			846				4.50	400.00	1500	19.20	*15.1%	*10.1%	42.6%	46.7%	12.4%	*0.0%

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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 - 01/08/2021																
SECONDARY LUNCH 9-12	Total	1														
WILD MIKE'S PEPPERONI CHE	SERVINGS	1	340	35	580	3.00	1.80	400.0	500	9.0	4	20.0	34.0	18.0	9.00	0.00
ESY B																
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
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
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	0.0	1	1.0	2.0	6.0	0.50	0.00
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
ALT SEC WEEKLY 1st CHO	Total	1														
CHEESEBURGER 100% BEEF :	PATTY	1	367	64	790	2.03	34.38	223.7	310	2.43	3	26.08	23.1	19.15	8.40	0.00
ELE																
SHREDDED LETTUCE & TOMA	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
TO-DELI																
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	1.08	0.0	0	3.6	0	3.0	24.0	10.5	2.25	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
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	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	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
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0	0.0	0	0.0	0.0	4.0	0.50	0.00
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			995	*72	1844	10.52	19.44	964.9	2027	70.12	*57	44.97	125.58	36.92	12.69	*0.00
% of Calories											*22.9%	18.1%	50.5%	33.4%	11.5%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Mon - 01/11/2021																
SECONDARY LUNCH 9-12	Total	1														
CHICKEN SANDWICH - SEC - 2020	FILLET	1	371	70	682	4.00	3.25	100.1	115	3.6	5	29.08	41.05	10.53	1.50	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
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	280	0	600	4.00	0.72	0.0	0	9.6	0	4.0	44.0	10.0	3.00	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
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*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
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	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	202	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	0.0	4.0	0.50	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
ALT SEC WEEKLY 1st CHO																
DOMINOS PIZZA	Total SLICE	1	280	25	450	3.00	1.80	450.0	500	9.0	2	20.0	29.0	9.0	3.00	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.92	0.80	38.4	6081	50.91	*2	3.0	9.73	6.29	0.60	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*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			1051	*75	1730	13.47	*4.23	*946.7	*7948	*121.08	*83	47.27	158.87	25.96	6.20	*0.00
											*31.6%	18.0%	60.4%	22.2%	5.3%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Washington County School District

Jan 5, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 6

Generated on: 12/8/2020 11:14:53 AM

	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 - 01/12/2021																
SECONDARY LUNCH 9-12	Total	1														
SOFT FLOUR TACO:SEC	1 serving	1	255	49	436	2.00	1.44	120.1	418	0.6	1	17.01	23.0	10.0	3.20	0.00
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	14	0	6	1.10	0.32	10.1	569	7.16	2	0.95	2.86	0.09	0.01	0.00
CHEDDAR/ JACK FANCY SHRE D-.5OZ	.5 OZ	1	56	13	86	0.00	0.00	101.2	127	0.0	0	3.04	0.51	4.56	3.04	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:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*0.00
FRUIT, CANNED OPTION	1/2 C SE RIVING	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
ALT SEC WEEKLY 1st CHO																
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	317	3.6	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO-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
BEANS, BAKED WITH TOMATO PASTE	1/2 C SE RIVING	1	180	0	550	5.00	1.80	40.0	*N/A*	*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	14682	5.19	4	0.82	8.42	9.21	2.03	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*0.00
FRUIT, CANNED OPTION	1/2 C SE RIVING	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
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	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	0.0	4.0	0.50	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			1094	*73	2838	17.81	*5.63	*909.1	*9940	*89.78	*84	48.22	164.27	27.79	8.53	*0.00
% of Calories											*30.7%	17.6%	60.0%	22.9%	7.0%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Washington County School District

Jan 5, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 7

Generated on: 12/8/2020 11:14:54 AM

	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 - 01/13/2021																
SECONDARY LUNCH 9-12	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
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	9.00	0.36	20.0	0	0.0	0	2.0	18.0	5.0	2.50	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:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*0.00
FRUIT, CANNED OPTION	1/2 C SE RIVING	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
ALT SEC WEEKLY 1st CHO																
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	947	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	500	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	0	2.0	14.0	4.0	0.50	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*0.00
FRUIT, CANNED OPTION	1/2 C SE RIVING	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
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.92	0.80	38.4	6081	50.91	*2	3.0	9.73	6.29	0.60	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			966	*76	2398	16.10	*3.88	*884.5	*5272	*94.85	*69	45.15	136.90	28.38	10.93	*0.00
% of Calories											*28.7%	18.7%	56.7%	26.5%	10.2%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Washington County School District

Jan 5, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 8

Generated on: 12/8/2020 11:14:54 AM

	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 - 01/14/2021																
SECONDARY LUNCH 9-12	Total	1														
ORANGE CHICKEN	3.6 OZ SERVING	1	150	40	280	0.00	0.72	0.0	100	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	*0	4.0	32.96	1.5	0.00	*0.00
NORMANDY VEGETABLES	1 CUP	1	30	0	30	2.00	0.00	0.0	750	15.0	3	1.0	5.0	0.0	0.00	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*0.00
FRUIT, CANNED OPTION	1/2 C SERVING	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
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
ALT SEC WEEKLY 1st CHO	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. 3/4 CUP	6 OZ	1	280	0	600	4.00	0.72	0.0	0	9.6	0	4.0	44.0	10.0	3.00	0.00
CHILI	3/4 CUP	1	123	24	247	3.88	2.33	49.7	976	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	0.00	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*0.00
FRUIT, CANNED OPTION	1/2 C SERVING	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
MAPLE BITES, WG (1)	1/2 SERVING	1	70	0	75	1.00	0.36	20.0	0	0.0	5	1.0	13.0	1.5	0.30	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
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			1028	*82	1776	13.40	*4.47	*751.1	*2373	*88.22	*83	41.38	167.52	22.06	7.06	*0.00
% of Calories											*32.1%	16.1%	65.2%	19.3%	6.2%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Washington County School District

Jan 5, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 9

Generated on: 12/8/2020 11:14:54 AM

	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 - 01/15/2021																
SECONDARY LUNCH 9-12	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
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
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:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	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	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
ALT SEC WEEKLY 1st CHO	Total	1														
CHEESEBURGER 100% BEEF : ELE	PATTY	1	367	64	790	2.03	34.38	223.7	310	2.43	3	26.08	23.1	19.15	8.40	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
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	1.08	0.0	0	3.6	0	3.0	24.0	10.5	2.25	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
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	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	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
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	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	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			1009	*216	2122	11.50	20.34	869.8	2130	70.09	*63 *24.9%	43.96 17.4%	131.23 52.0%	36.15 32.2%	10.61 9.5%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Washington County School District

Jan 5, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 10

Generated on: 12/8/2020 11:14:54 AM

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Tue - 01/19/2021																
SECONDARY LUNCH 9-12	Total	1														
ENCHILADA	BURRITO	1	384	13	1202	8.36	3.91	213.9	848	4.93	*4	20.05	53.68	11.45	4.06	*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:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*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
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
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
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
ALT SEC WEEKLY 1st CHO	Total	1														
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	317	3.6	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO-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
BEANS, BAKED WITH TOMATO PASTE	1/2 C SE R Ving	1	180	0	550	5.00	1.80	40.0	*N/A*	*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	14682	5.19	4	0.82	8.42	9.21	2.03	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*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
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	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	0.0	4.0	0.50	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			1164	*67	2744	20.15	*6.40	*984.5	*10573	*91.04	*81	47.92	175.06	30.73	8.96	*0.00
% of Calories											*27.9%	16.5%	60.2%	23.8%	6.9%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Washington County School District

Jan 5, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 11

Generated on: 12/8/2020 11:14:54 AM

	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																
SECONDARY LUNCH 9-12	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
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	9.00	0.36	20.0	0	0.0	0	2.0	18.0	5.0	2.50	0.00
GRAVY, BROWN LOW SODIUM	1/4 CUP	1	2	0	19	0.00	0.01	1.1	0	0.0	0	0.0	0.37	0.0	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*
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:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*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
ALT SEC WEEKLY 1st CHO																
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	947	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	500	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	0	2.0	14.0	4.0	0.50	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*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
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.92	0.80	38.4	6081	50.91	*2	3.0	9.73	6.29	0.60	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			981	*73	2108	16.60	*4.36	*895.0	*5282	*94.85	*71	39.64	137.41	31.21	12.68	*0.25
% of Calories											*29.1%	16.2%	56.0%	28.6%	11.6%	*0.2%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Washington County School District

Jan 5, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 12

Generated on: 12/8/2020 11:14:54 AM

	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 - 01/21/2021																
SECONDARY LUNCH 9-12	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:SE	SERVING	1	140	15	270	1.00	0.72	100.0	300	0.0	1	7.0	15.0	6.0	2.00	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*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
ALT SEC WEEKLY 1st CHO																
CALZONE, MINI, WG MARINARA SAUCE	Total	1	325	23	490	4.00	1.80	225.0	*N/A*	*N/A*	6	16.5	40.01	11.5	5.00	0.00
FRENCH FRIES- S.S. 3/4 CUP	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
FRUIT BAR :WINTER:SEC	6 OZ	1	280	0	600	4.00	0.72	0.0	0	9.6	0	4.0	44.0	10.0	3.00	0.00
FRUIT, CANNED OPTION	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*0.00
	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
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 % of Calories			993	*231	1737	13.12	*4.02	*847.7	*5931	*78.16	*72	44.57	154.15	23.75	7.65	*0.00
Nutrient Guideline			846				4.50	400.00	1500	19.20	*29.2%	18.0%	62.1%	21.5%	6.9%	*0.0%

Fri - 01/22/2021																
SECONDARY LUNCH 9-12	Total	1														
WILD MIKE'S PEPPERONI CHE ESY B	SERVINGS	1	340	35	580	3.00	1.80	400.0	500	9.0	4	20.0	34.0	18.0	9.00	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
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*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
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	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	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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Washington County School District

Jan 5, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 13

Generated on: 12/8/2020 11:14:54 AM

	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)
ALT SEC WEEKLY 1st CHO	Total	1														
CHEESEBURGER 100% BEEF : ELE	PATTY	1	367	64	790	2.03	34.38	223.7	310	2.43	3	26.08	23.1	19.15	8.40	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
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	1.08	0.0	0	3.6	0	3.0	24.0	10.5	2.25	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
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	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	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
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	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	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			987	*72	1820	9.76	19.53	1067.4	2038	70.12	*64 *26.0%	44.47 18.0%	126.02 51.1%	35.91 32.7%	13.19 12.0%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Mon - 01/25/2021																
SECONDARY LUNCH 9-12	Total	1														
CHICKEN BREAST CHUNKS	4 CHUNKS	1	160	40	431	1.00	1.44	20.0	100	1.2	0	17.04	15.03	4.01	1.00	0.00
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	280	0	600	4.00	0.72	0.0	0	9.6	0	4.0	44.0	10.0	3.00	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*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

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Base Menu Spreadsheet

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Portion Values - Detailed

Page 14

Generated on: 12/8/2020 11:14:54 AM

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ALT SEC WEEKLY 1st CHO	Total	1														
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	1.80	450.0	500	9.0	2	20.0	29.0	9.0	3.00	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.92	0.80	38.4	6081	50.91	*2	3.0	9.73	6.29	0.60	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*0.00
FRUIT, CANNED OPTION	1/2 C SERVING	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			952	*58	1639	11.95	*3.72	*961.9	*7919	*117.84	*68	41.80	148.52	22.41	6.19	*0.00
Nutrient Guideline			846				4.50	400.00	1500	19.20	*28.6%	17.6%	62.4%	21.2%	5.8%	*0.0%

Tue - 01/26/2021																
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*0.00
FRUIT, CANNED OPTION	1/2 C SERVING	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	1	106	20	251	0.42	0.13	8.3	43	1.9	1	0.35	1.29	9.1	2.05	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

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Washington County School District

Jan 5, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 15

Generated on: 12/8/2020 11:14:54 AM

	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)
ALT SEC WEEKLY 1st CHO	Total	1														
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	317	3.6	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO-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
BEANS, BAKED WITH TOMATO PASTE	1/2 C SERVING	1	180	0	550	5.00	1.80	40.0	*N/A*	*N/A*	17	7.0	36.0	1.0	0.00	0.00
CARROT STICKS	1/2 CUP	1	136	20	311	2.46	0.26	29.0	14682	5.19	4	0.82	8.42	9.21	2.03	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*0.00
FRUIT, CANNED OPTION	1/2 C SERVING	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
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	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	0.0	4.0	0.50	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 % of Calories			1191	*84	2531	20.88	*6.48	*940.1	*10080	*90.04	*85 *28.5%	48.58 16.3%	171.51 57.6%	33.57 25.4%	11.66 8.8%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Wed - 01/27/2021																
SECONDARY LUNCH 9-12	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
BUTTER MASHED POTATOES-sec	2/3 cup	1	130	5	420	9.00	0.36	20.0	0	0.0	0	2.0	18.0	5.0	2.50	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 C SERVING	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
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
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*0.00
FRUIT, CANNED OPTION	1/2 C SERVING	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
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

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Washington County School District

Jan 5, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 16

Generated on: 12/8/2020 11:14:54 AM

	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)
ALT SEC WEEKLY 1st CHO	Total	1														
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	947	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	500	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	0	2.0	14.0	4.0	0.50	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*0.00
FRUIT, CANNED OPTION	1/2 C SERVING	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
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.92	0.80	38.4	6081	50.91	*2	3.0	9.73	6.29	0.60	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			985	*75	2219	17.10	*3.82	*884.6	*6254	*94.17	*70 *28.4%	38.50 15.6%	138.04 56.1%	31.75 29.0%	12.46 11.4%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Thu - 01/28/2021																
SECONDARY LUNCH 9-12	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 : SEC	8 OZ	1	219	0	977	3.37	2.42	33.7	4211	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	750	15.0	3	1.0	5.0	0.0	0.00	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*0.00
FRUIT, CANNED OPTION	1/2 C SERVING	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	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
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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Washington County School District

Jan 5, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 17

Generated on: 12/8/2020 11:14:54 AM

	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)
ALT SEC WEEKLY 1st CHO	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. 3/4 CUP	6 OZ	1	280	0	600	4.00	0.72	0.0	0	9.6	0	4.0	44.0	10.0	3.00	0.00
CHILI	3/4 CUP	1	123	24	247	3.88	2.33	49.7	976	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	0.00	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*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
MAPLE BITES, WG (1)	RVING 1/2 SERV	1	70	0	75	1.00	0.36	20.0	0	0.0	5	1.0	13.0	1.5	0.30	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
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			1009	*90	1924	14.05	*5.12	*744.4	*4258	*91.92	*80 *31.9%	43.05 17.1%	163.33 64.8%	21.43 19.1%	5.97 5.3%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Fri - 01/29/2021																
SECONDARY LUNCH 9-12	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
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	126	19.99	*9	0.83	18.58	0.27	0.08	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
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	5	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	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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Washington County School District

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Base Menu Spreadsheet

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Portion Values - Detailed

Page 18

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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)
ALT SEC WEEKLY 1st CHO	Total	1														
CHEESEBURGER 100% BEEF : ELE	PATTY	1	367	64	790	2.03	34.38	223.7	310	2.43	3	26.08	23.1	19.15	8.40	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
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	1.08	0.0	0	3.6	0	3.0	24.0	10.5	2.25	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
FRUIT BAR :WINTER:SEC	1 CUP	1	99	*0	2	3.81	0.28	27.7	172	54.07	17	1.32	25.18	0.41	0.10	*0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	5	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	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
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	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	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			1032	*222	2243	13.68	20.81	897.1	2331	84.07	*63	44.81	138.40	35.88	10.76	*0.00
% of Calories											*24.3%	17.4%	53.6%	31.3%	9.4%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Weighted Average			1028	*100	2093	14.41	*8.09	*867.8	*5714	*86.20	*72	*43.21	147.52	30.55	9.80	*0.01
											*62.8%	*16.8%	57.4%	26.7%	8.6%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1028		846	122%				
Cholesterol (mg)	100				Missing			
Sodium 1 (mg)	2093						2093	
Sodium 2 (mg)	2093						2093	
Fiber (g)	14.41							
Iron (mg)	8.09		4.50	180%	Missing			
Calcium (mg)	867.8		400.00	217%	Missing			
Vitamin A (IU)	5714		1500	381%	Missing			
Sugars (g)	72	27.89%			Missing			
Vitamin C (mg)	86.20		19.20	449%	Missing			
Protein (g)	43.21	16.80%	16.70	259%	Missing			
Carbohydrate (g)	147.52	57.38%						
Total Fat (g)	30.55	26.74%	<=30.00%					
Saturated Fat (g)	9.80	8.58%	<10.00%					
Trans Fat ¹ (g)	0.01	0.01%			Missing			

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