

Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 6, 2022 thru Jan 31, 2022

ELEMENTARY LUNCH

Generated on: 12/16/2021 2:19:14 PM

	Portion Size	Reimb Qty	Carb (g)
<u>Thu - 01/06/2022</u>			
ELEMENTARY LUNCH	Total	1	
TANGERINE CHICKEN	3.9oz SERVINGS	1	25.0
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	24.01
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	9.53
NORMANDY VEGETABLES 1/2 C	1/2 C SERVING	1	2.5
APPLE FILLED DONUT	SERVINGS	1	33.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			141.52
% of Calories			54.2%
Nutrient Guideline			

<u>Fri - 01/07/2022</u>			
ELEMENTARY LUNCH	Total	1	
CHEESE BITES, WILD MIKE'S	4 BITES	1	28.35
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
JELL-O	GEL CUP	1	25.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			107.13
% of Calories			53.6%
Nutrient Guideline			

<u>Mon - 01/10/2022</u>			
ELEMENTARY LUNCH	Total	1	
POPCORN CHICKEN - GOLD KIST	10 PIECES	1	17.0
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	22.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
DINNER SALAD	1 CUP	1	0.33
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
CRUMB SQUARE-DAVE'S BAKERY 2.2	1 EACH	1	28.67
BARBAQUE SAUCE: P/C	1 Each	1	13.0
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			154.85
% of Calories			58.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 01/11/2022			
ELEMENTARY LUNCH	Total	1	
SOFT FLOUR TACO: ELE	servings	1	19.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	8.72
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
BUG BITES	BAG	1	21.0
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			124.51
% of Calories			48.7%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 01/12/2022			
ELEMENTARY LUNCH	Total	1	
ROASTED TURKEY: VIP	2.9 OZ	1	1.34
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	17.03
GRAVY, TURKEY	1/4 Cup	1	3.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
ROLL: 2 OZ SCHOOL MADE	ROLL	1	27.1
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			115.18
% of Calories			61.7%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 01/13/2022			
ELEMENTARY LUNCH	Total	8240	
DUTCH WAFFLE	1 EACH	8240	43.0
SAUSAGE LINK - CLOVERDALE	2 Links	8000	2.0
SCRAMBLED EGGS: SUNNY FRESH	1/4 CUP	1	2.0
POTATOES, WEDGES	1/2 CUP	7500	16.0
BLUEBERRIES, FZ	1/2c SERVING	1	10.0
SLUSH: BERRY BERRY BLUE	SERVINGS	1	19.0
SYRUP	1 EA	5000	4.0
KETCHUP : P/C	PC	3500	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	5200	20.0
MILK 1% WHITE	CARTON	3030	13.0
Weighted Daily Average			83.64
% of Calories			44.3%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<u>Fri - 01/14/2022</u>			
ELEMENTARY LUNCH	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31
HOLIDAY COOKIES	SERVINGS	1	27.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			107.78
% of Calories			49.1%
Nutrient Guideline			

<u>Tue - 01/18/2022</u>			
ELEMENTARY LUNCH	Total	8345	
NACHO BITES-ELE	8 BITES	8345	32.0
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	3730	8.72
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MAPLE BITES, WG (2)	2 MAPLE BITES	1	26.0
SALSA PICANTE	1 OZ	3821	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	7438	20.0
MILK 1% WHITE	CARTON	897	13.0
Weighted Daily Average			55.77
% of Calories			46.8%
Nutrient Guideline			

<u>Wed - 01/19/2022</u>			
ELEMENTARY LUNCH	Total	1	
HAM - COBBLE STREET	SLICE	1	2.0
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	17.03
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	2.82
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
ROLL: 2 OZ SCHOOL MADE	ROLL	1	27.1
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			115.67
% of Calories			59.1%
Nutrient Guideline			

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ELEMENTARY LUNCH

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	Portion Size	Reimb Qty	Carb (g)
<u>Thu - 01/20/2022</u>			
ELEMENTARY LUNCH	Total	1	
MAC & CHEESE - JTM	6oz SERVINGS	1	28.0
BREADSTICK, CHEESE WG	SERVING	1	15.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	8.42
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			126.29
% of Calories			50.9%
Nutrient Guideline			

<u>Fri - 01/21/2022</u>			
ELEMENTARY LUNCH	Total	1	
CHEESE BITES, WILD MIKE'S	4 BITES	1	28.35
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PUDDING,CHOICE	SERVING	1	20.5
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			102.63
% of Calories			50.4%
Nutrient Guideline			

<u>Mon - 01/24/2022</u>			
ELEMENTARY LUNCH	Total	1	
HOT DOG W/ BUN	1 EACH	1	21.0
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	22.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
DINNER SALAD	1 CUP	1	0.33
RANCH LITE-BASIC-Summer	1 EACH	1	3.0
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
RELISH- DILL PICKLE	SERVING	1	0.0
CREAMIES JR.	CREAMIE	1	14.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			134.51
% of Calories			58.5%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<u>Tue - 01/25/2022</u>			
ELEMENTARY LUNCH	Total	1	
BEEF TACO STICK	1 EACH	1	31.87
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	8.72
SALSA PICANTE	1 OZ	1	1.4
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	28.69
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			142.15
% of Calories			49.2%
Nutrient Guideline			

<u>Wed - 01/26/2022</u>			
ELEMENTARY LUNCH	Total	1	
CHICKEN POTATO BOWL - E -DICED	SERVINGS	1	23.34
SUNSHINE CARROTS 1/2 CUP	1/2 C SERVING	1	9.34
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
ROLL: 2 OZ SCHOOL MADE	ROLL	1	27.1
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			123.50
% of Calories			59.1%
Nutrient Guideline			

<u>Thu - 01/27/2022</u>			
ELEMENTARY LUNCH	Total	1	
TERIYAKI CHICKEN	2.4 OZ	1	6.0
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	24.01
NORMANDY VEGETABLES 1/2 C	1/2 C SERVING	1	2.5
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	9.53
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
BROWNIE CUP, WG	BROWNIE	1	26.5
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			116.02
% of Calories			54.7%
Nutrient Guideline			

<u>Fri - 01/28/2022</u>			
ELEMENTARY LUNCH	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31
CHAT SNAX VANILLA CRUNCH GRAHA	SERVINGS	1	20.99
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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ELEMENTARY LUNCH

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			101.77 49.3%
Nutrient Guideline			

Mon - 01/31/2022			
ELEMENTARY LUNCH	Total	1	
CHEESEBURGER 100% BEEF :ELE	PATTY	1	23.1
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
PICKLE:, CHIPS	1 OZ.	1	1.0
TATER GEMS 1/2 CUP	8 PIECES	1	16.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
CHOCOLATE CHIP COOKIES	1 EACH	1	18.48
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average % of Calories			135.42 49.9%
Nutrient Guideline			

Weighted Average			116.96 52.9%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	116.96	52.88%						

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