

# Washington County School District

Jan 6, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

Page 1

Generated on: 12/16/2021 2:19:38 PM

	Portion Size	Reimb Qty	Carb (g)
<b>Thu - 01/06/2022</b>			
INTERMEDIATE LUNCH 6-8	Total	1	
TANGERINE CHICKEN	3.9oz SERVINGS	1	25.0
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	24.01
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	3.75
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 3 THURSDAY'S:INTERM	1/2 CUP	1	5.77
APPLE FILLED DONUT	SERVINGS	1	33.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
CALZONE, MINI, WG	SERVINGS	1	40.01
MARINARA SAUCE	1/2 CUP	1	11.93
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
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			147.47
% of Calories			61.4%
Nutrient Guideline			

<b>Fri - 01/07/2022</b>			
INTERMEDIATE LUNCH 6-8	Total	1	
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	1	34.0
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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			120.92
% of Calories			54.4%
Nutrient Guideline			

<b>Mon - 01/10/2022</b>			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN BREAST CHUNKS	4 CHUNKS	1	15.03
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	33.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
DINNER SALAD	1 CUP	1	0.33
CRUMB SQUARE-DAVE'S BAKERY 2.2	1 EACH	1	28.67
KETCHUP : P/C	PC	1	10.12
BARBAQUE SAUCE: P/C	1 Each	1	13.0
RANCH LITE-BASIC-Summer	1 EACH	1	3.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

Page 2

Generated on: 12/16/2021 2:19:39 PM

	Portion Size	Reimb Qty	Carb (g)
ALT INT WEEKLY 1st CHOI	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
BREADSTICK, CHEESE WG	SERVING	1	15.0
SALAD - ALT LINE	SERVINGS	1	6.07
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
COOKIE - CHOICE	SERVINGS	1	29.02
MARINARA SAUCE	1/2 CUP	1	11.93
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			165.88
% of Calories			59.6%
Nutrient Guideline			

Tue - 01/11/2022			
INTERMEDIATE LUNCH 6-8	Total	1	
SOFT FLOUR TACO:SEC	serving	1	23.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	2.86
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	11.53
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
ALT INT WEEKLY 1st CHOI	Total	1	
SPICY CHICKEN PATTY - A PIERRE	SERVINGS	1	37.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
BEANS, BAKED WITH TOMATO PASTE	1/2 C SERVING	1	36.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
PICKLE:, CHIPS	1 OZ.	1	1.0
LIGHT MAYONNAISE	POUCH	1	0.0
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			146.53
% of Calories			57.5%
Nutrient Guideline			

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Portion Values - Detailed

Page 3

Generated on: 12/16/2021 2:19:39 PM

	Portion Size	Reimb Qty	Carb (g)
<b>Wed - 01/12/2022</b>			
INTERMEDIATE LUNCH 6-8	Total	1	
ROASTED TURKEY: VIP	2.9 OZ	1	1.34
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
GRAVY, TURKEY	1/4 Cup	1	3.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
ROLL: 2 OZ SCHOOL MADE	ROLL	1	27.1
MARGARINE REDDIES: (1)	1 Patty	1	0.0
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
ALT INT WEEKLY 1st CHOI	Total	1	
HAMBURGER - OPTION LINE	SERVINGS	1	29.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
CARROT STICKS 3/4 CUP	3/4 CUP	1	3.53
CHIPS: DORITOS	bag	1	19.62
PICKLE:, CHIPS	1 OZ.	1	1.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
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			127.15
% of Calories			52.3%
Nutrient Guideline			

<b>Thu - 01/13/2022</b>			
INTERMEDIATE LUNCH 6-8	Total	190	
DUTCH WAFFLE	1 EACH	190	43.0
SAUSAGE LINK - CLOVERDALE	2 Links	190	2.0
SCRAMBLED EGGS: SUNNY FRESH	1/4 CUP	1	2.0
TRI-TATERS	2 PATTY	190	31.0
SLUSH: BERRY BERRY BLUE	SERVINGS	190	19.0
BLUEBERRIES, FZ	1/2c SERVING	1	10.0
SYRUP	1 EA	1	4.0
KETCHUP : P/C	PC	140	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	100	20.0
MILK 1% WHITE	CARTON	80	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
CALZONE, MINI, WG	SERVINGS	1	40.01
MARINARA SAUCE	1/2 CUP	1	11.93
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
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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Page 4

Generated on: 12/16/2021 2:19:39 PM

	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			118.70
% of Calories			49.0%
Nutrient Guideline			

Fri - 01/14/2022			
INTERMEDIATE LUNCH 6-8	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31
HOLIDAY COOKIES	SERVINGS	1	27.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			115.92
% of Calories			50.9%
Nutrient Guideline			

Tue - 01/18/2022			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN LIME BURRITO	SERVINGS	1	51.81
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	11.53
MAPLE BITES, WG (2)	2 MAPLE BITES	1	26.0
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
SPICY CHICKEN PATTY - A PIERRE	SERVINGS	1	37.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
BEANS, BAKED WITH TOMATO PASTE	1/2 C SERVING	1	36.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
PICKLE:, CHIPS	1 OZ.	1	1.0
LIGHT MAYONNAISE	POUCH	1	0.0
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			161.87
% of Calories			59.4%
Nutrient Guideline			

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Portion Values - Detailed

Page 5

Generated on: 12/16/2021 2:19:39 PM

	Portion Size	Reimb Qty	Carb (g)
<b>Wed - 01/19/2022</b>			
INTERMEDIATE LUNCH 6-8	Total	1	
HAM - COBBLE STREET	SLICE	1	2.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
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 BAR : SECONDARY	1 CUP	1	22.62
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
HAMBURGER - OPTION LINE	SERVINGS	1	29.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
CARROT STICKS 3/4 CUP	3/4 CUP	1	3.53
CHIPS: DORITOS	bag	1	19.62
PICKLE:, CHIPS	1 OZ.	1	1.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
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			127.40
% of Calories			51.5%
Nutrient Guideline			

<b>Thu - 01/20/2022</b>			
INTERMEDIATE LUNCH 6-8	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
ALT INT WEEKLY 1st CHOI	Total	1	
CALZONE, MINI, WG	SERVINGS	1	40.01
MARINARA SAUCE	1/2 CUP	1	11.93
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
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			137.03
% of Calories			57.1%
Nutrient Guideline			

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Page 6

Generated on: 12/16/2021 2:19:39 PM

	Portion Size	Reimb Qty	Carb (g)
Fri - 01/21/2022			
INTERMEDIATE LUNCH 6-8	Total	1	
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	1	34.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	9.73
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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			119.84
% of Calories			54.4%
Nutrient Guideline			

Mon - 01/24/2022			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN SANDWICH 2021 ELEM	SANDWICH	1	34.11
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	22.0
DINNER SALAD	1 CUP	1	0.33
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
CREAMIES JR.	CREAMIE	1	14.0
KETCHUP : P/C	PC	1	10.12
BARBAQUE SAUCE: P/C	1 Each	1	13.0
LIGHT MAYONNAISE	POUCH	1	0.0
PICKLE:, CHIPS	1 OZ.	1	1.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
BREADSTICK, CHEESE WG	SERVING	1	15.0
SALAD - ALT LINE	SERVINGS	1	6.07
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
COOKIE - CHOICE	SERVINGS	1	29.02
MARINARA SAUCE	1/2 CUP	1	11.93
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			158.85
% of Calories			58.2%
Nutrient Guideline			

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Page 7

Generated on: 12/16/2021 2:19:39 PM

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<b>Tue - 01/25/2022</b>			
INTERMEDIATE LUNCH 6-8	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- INTERM.	1 CUP	1	11.53
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	28.69
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
SPICY CHICKEN PATTY - A PIERRE	SERVINGS	1	37.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
BEANS, BAKED WITH TOMATO PASTE	1/2 C SERVING	1	36.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
PICKLE:, CHIPS	1 OZ.	1	1.0
LIGHT MAYONNAISE	POUCH	1	0.0
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			149.18
% of Calories			56.6%
Nutrient Guideline			

<b>Wed - 01/26/2022</b>			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN POTATO BOWL -S-DICED	SERVINGS	1	27.6
SUNSHINE CARROTS 1/2 CUP	1/2 C SERVING	1	9.34
ROLL: 2 OZ SCHOOL MADE	ROLL	1	27.1
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
HAMBURGER - OPTION LINE	SERVINGS	1	29.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
CARROT STICKS 3/4 CUP	3/4 CUP	1	3.53
CHIPS: DORITOS	bag	1	19.62
PICKLE:, CHIPS	1 OZ.	1	1.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
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			128.88
% of Calories			51.0%
Nutrient Guideline			

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Page 8

Generated on: 12/16/2021 2:19:39 PM

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<b>Thu - 01/27/2022</b>			
INTERMEDIATE LUNCH 6-8	Total	1	
TERIYAKI CHICKEN	2.4 OZ	1	6.0
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	24.01
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	3.75
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
SALAD BAR: 3 THURSDAY'S:INTERM	1/2 CUP	1	5.77
BROWNIE CUP, WG	BROWNIE	1	26.5
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
CALZONE, MINI, WG	SERVINGS	1	40.01
MARINARA SAUCE	1/2 CUP	1	11.93
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
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			130.64
% of Calories			61.8%
Nutrient Guideline			

<b>Fri - 01/28/2022</b>			
INTERMEDIATE LUNCH 6-8	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	9.73
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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
Weighted Daily Average			113.33
% of Calories			54.2%
Nutrient Guideline			

<b>Mon - 01/31/2022</b>			
INTERMEDIATE LUNCH 6-8	Total	1	
CHEESEBURGER 100% BEEF :ELE	PATTY	1	23.1
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
TATER GEMS	SERVING	1	24.0
CHOCOLATE CHIP COOKIES	1 EACH	1	18.48
FRUIT BAR : SECONDARY	1 CUP	1	22.62
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
PICKLE:, CHIPS	1 OZ.	1	1.0
MUSTARD:, P/C	1 Each	1	0.33
KETCHUP : P/C	PC	1	10.12
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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

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# Washington County School District

Jan 6, 2022 thru Jan 31, 2022

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT  
WEEKLY 1st CHOICE

Portion Values - Detailed

Page 9

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	Portion Size	Reimb Qty	Carb (g)
ALT INT WEEKLY 1st CHOI	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
BREADSTICK, CHEESE WG	SERVING	1	15.0
SALAD - ALT LINE	SERVINGS	1	6.07
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
FRUIT, CANNED OPTION	1/2 C SERVING	1	16.25
COOKIE - CHOICE	SERVINGS	1	29.02
MARINARA SAUCE	1/2 CUP	1	11.93
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			154.15
% of Calories			53.2%
Nutrient Guideline			

Weighted Average			136.69
			55.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	136.69	55.48%						

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

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