

Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 5, 2023 thru Jan 31, 2023

ELEMENTARY LUNCH

Generated on: 12/14/2022 2:41:36 PM

	Portion Size	Reimb Qty	Carb (g)
Thu - 01/05/2023			
ELEMENTARY LUNCH	Total	1	
CHERRY BLOSSOM CHICKEN FRO30:S	3.92 OZ	1	24.06
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:ELE	.5 CUP	1	8.2
MUFFIN TOP, CHOC CHIP	MUFFINS	1	29.0
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			136.50
% of Calories			58.1%
Nutrient Guideline			

Fri - 01/06/2023			
ELEMENTARY LUNCH	Total	1	
WILD MIKE'S DEEP DISH PIZZA	SERVING	1	34.0
DINNER SALAD	1 CUP	1	7.49
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
JELL-O	GEL CUP	1	25.0
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
Weighted Daily Average			116.96
% of Calories			51.4%
Nutrient Guideline			

Mon - 01/09/2023			
ELEMENTARY LUNCH	Total	1	
POPCORN CHICKEN: FR100	10 PIECES	1	17.57
SMILE FRIES	SERVINGS	1	25.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31
TWIN BAR, WG	SERVINGS	1	43.0
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			162.48
% of Calories			54.4%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 01/10/2023			
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	8.94
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
GRAHAM, TIGER BITES ORIGINAL	SERVINGS	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			124.74
% of Calories			49.2%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 01/11/2023			
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
ROLLS - NO EGGS	SERVINGS	1	23.19
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			95.02
% of Calories			57.7%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 01/12/2023			
ELEMENTARY LUNCH	Total	1	
ORANGE CHICKEN	3.92 OZ	1	17.04
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	16.48
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:ELE	.5 CUP	1	8.2
COOKIES, WINTER	SERVINGS	1	27.0
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			119.95
% of Calories			55.6%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Fri - 01/13/2023			
ELEMENTARY LUNCH	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
DINNER SALAD	1 CUP	1	7.49
GRAHAMS, TIGER BITES CINNAMON	SERVINGS	1	21.0
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
Weighted Daily Average			105.96
% of Calories			49.3%
Nutrient Guideline			

Tue - 01/17/2023			
ELEMENTARY LUNCH	Total	1	
CHEESY BITES, LIL WG	4 BITES	1	30.11
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	8.42
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	8.94
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
BROWNIE CUP, WG	BROWNIE	1	26.5
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			146.84
% of Calories			46.8%
Nutrient Guideline			

Wed - 01/18/2023			
ELEMENTARY LUNCH	Total	1	
CHICKEN NOODLE SOUP: USDA 1C.	1 CUP	1	28.35
BREADSTICK, CHEESE WG	SERVING	1	15.0
TOMATOES, CUCUMBER, CARROTS:EL	3/4 CUP	1	9.38
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			100.21
% of Calories			51.3%
Nutrient Guideline			

Thu - 01/19/2023			
ELEMENTARY LUNCH	Total	1	
GENERAL TSO'S CHICKEN	3.9oz SERVING	1	24.0
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	16.48
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:ELE	.5 CUP	1	8.2
MARSHMALLOW RICE TREAT	1 EACH	1	15.0
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			114.90
% of Calories			56.0%
Nutrient Guideline			

Fri - 01/20/2023			
ELEMENTARY LUNCH	Total	1	
WILD MIKE'S DEEP DISH PIZZA	SERVING	1	34.0
DINNER SALAD	1 CUP	1	7.49
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PUDDING,CHOICE	SERVING	1	20.5
RANCH LITE-BASIC-Summer	1 EACH	1	3.0
MARINARA SAUCE	1/2 CUP	1	11.93
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			124.39
% of Calories			50.1%
Nutrient Guideline			

Mon - 01/23/2023			
ELEMENTARY LUNCH	Total	1	
CHICKEN SANDWICH ELEM - GK6654	SANDWICH	1	34.11
SMILE FRIES	SERVINGS	1	25.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31
CREAMIES JR.	CREAMIE	1	14.0
BARBAQUE SAUCE: P/C	1 Each	1	13.0
LIGHT MAYONNAISE	POUCH	1	0.0
KETCHUP : P/C	PC	1	10.12
PICKLE:, CHIPS	1 OZ.	1	1.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			151.02
% of Calories			54.6%
Nutrient Guideline			

Tue - 01/24/2023			
ELEMENTARY LUNCH	Total	1	
BEEF TACO STICK	1 EACH	1	31.87
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	8.42
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	8.94
SALSA PICANTE	1 OZ	1	1.4
APPLE FILLED DONUT	SERVINGS	1	33.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			155.11
% of Calories			45.0%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 01/25/2023			
ELEMENTARY LUNCH	Total	1	
TERIYAKI BEEF NUGGETS	4 Nugget	1	6.0
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	17.03
GRAVY, BROWN LOW SODIUM	1/4 CUP	1	0.37
CORN 1/2 CUP	1/2 CUP	1	15.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
WHOLE GRAIN BISCUIT: RICH'S	BISCUIT	1	23.0
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			108.87
% of Calories			53.1%
Nutrient Guideline			

Thu - 01/26/2023			
ELEMENTARY LUNCH	Total	1	
DUTCH WAFFLE	1 EACH	1	43.0
SAUSAGE LINK - CLOVERDALE	2 LINKS	1	2.02
HASHBROWN PATTY:1/2 CUP	2 EACH	1	27.0
STRAWBERRIES, SLICED, FZ,	.5 CUP	1	23.0
JUICE, PARADISE PUNCH	CARTON	1	13.9
SYRUP	1 EA	1	4.0
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			156.05
% of Calories			52.8%
Nutrient Guideline			

Fri - 01/27/2023			
ELEMENTARY LUNCH	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
DINNER SALAD	1 CUP	1	7.49
GRAHAM, TIGER BITES, CHOCOLATE	SERVINGS	1	21.0
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
Weighted Daily Average			105.96
% of Calories			49.3%
Nutrient Guideline			

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ELEMENTARY LUNCH

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	Portion Size	Reimb Qty	Carb (g)
Mon - 01/30/2023			
ELEMENTARY LUNCH	Total	1	
HAMBURGER 100% BEEF :ELE	PATTY	1	21.1
CHEESE: PROCESS SLICE	1 oz.	1	1.98
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
PICKLE:, CHIPS	1 OZ.	1	1.0
TATER TOTS - MCCAIN	9 PIECES	1	17.04
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
CHOCOLATE CHIP COOKIES	1 EACH	1	13.49
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			115.20
% of Calories			47.8%
Nutrient Guideline			

Tue - 01/31/2023			
ELEMENTARY LUNCH	Total	1	
TACO SOUP	1 CUP	1	21.65
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	8.94
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	35.0
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31
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			119.63
% of Calories			43.3%
Nutrient Guideline			

Weighted Average			125.54
			51.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	125.54	51.05%						

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