

Washington County School District

Jan 5, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/05/2023																
ELEMENTARY LUNCH	Total	1														
CHERRY BLOSSOM CHICKEN FRO30:S	3.92 OZ	1	178	55	128	1.00	0.00	0.0	0	0.0	16	14.04	24.06	3.01	3.01	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 :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	141	22	292	1.53	*0.28	*13.0	*1040	*10.76	*5	1.65	8.2	9.32	2.09	0.00
MUFFIN TOP, CHOC CHIP	MUFFINS	1	170	20	100	1.00	*N/A*	*N/A*	*N/A*	*N/A*	15	3.0	29.0	5.0	1.00	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			939	*113	1935	8.90	*1.92	*648.4	*5197	*62.32	*76	39.19	136.50	22.60	7.67	*0.00
% of Calories											*32.4%	16.7%	58.1%	21.7%	7.4%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Fri - 01/06/2023																
ELEMENTARY LUNCH	Total	1														
WILD MIKE'S DEEP DISH PIZZA	SERVING	1	360	35	570	3.00	1.80	400.0	500	9.0	4	20.0	34.0	16.0	7.00	0.00
DINNER SALAD	1 CUP	1	92	14	155	1.49	0.53	59.0	3540	8.97	*2	1.47	7.49	6.02	1.01	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*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
RANCH LITE-BASIC-Summer	1 EACH	1	70	14	141	0.00	0.00	30.0	100	0.0	1	0.0	3.0	6.0	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			909	*78	1223	6.36	2.52	1104.4	5344	53.48	*67	38.22	116.96	30.80	10.58	*0.00
% of Calories											*29.3%	16.8%	51.4%	30.5%	10.5%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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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)
Mon - 01/09/2023																
ELEMENTARY LUNCH	Total	1														
POPCORN CHICKEN: FR100	10 PIECES	1	279	72	630	3.10	2.07	17.6	174	1.03	0	19.64	17.57	13.44	3.10	0.00
SMILE FRIES	SERVINGS	1	160	0	230	2.00	0.00	0.0	0	0.0	0	2.0	25.0	6.0	1.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*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
TWIN BAR, WG	SERVINGS	1	249	14	225	2.70	*N/A*	*N/A*	*N/A*	*N/A*	15	2.6	43.0	7.3	0.80	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			1195	*121	2459	12.03	*3.28	*683.1	*7575	*75.69	*62 *20.7%	42.41 14.2%	162.48 54.4%	38.72 29.2%	8.55 6.4%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Tue - 01/10/2023																
ELEMENTARY LUNCH	Total	1														
SOFT FLOUR TACO: ELE	servings	1	224	49	412	3.00	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, V V	1/2 C SE RVINGS	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	*N/A*	1	7.0	24.0	2.5	0.00	0.00
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	195	22	435	3.43	*0.58	*12.7	*1200	*8.67	*4	2.41	8.94	14.28	3.08	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
GRAHAM, TIGER BITES ORIGINAL	SERVINGS	1	120	0	105	1.00	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	21.0	4.0	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			1014	*93	1790	17.52	*2.52	*808.3	*3386	*51.27	*53 *21.0%	47.85 18.9%	124.74 49.2%	35.53 31.6%	9.90 8.8%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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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 - 01/11/2023																
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	15	0	280	0.00	0.00	0.0	0	0.0	0	0.0	3.0	0.0	0.00	0.00
GREEN BEANS: 1/2 C.	1/2 CUP	1	16	0	140	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1	1.0	3.0	0.0	0.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
ROLLS - NO EGGS	SERVINGS	1	118	0	280	3.83	1.06	10.3	78	0.0	*2	2.91	23.19	2.26	0.81	*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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			658	*62	2113	8.70	*2.11	*648.1	*1377	*65.56	*42	46.70	95.02	11.37	3.38	*0.00
% of Calories											*25.4%	28.4%	57.7%	15.5%	4.6%	*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)
Thu - 01/12/2023																
ELEMENTARY LUNCH	Total	1														
ORANGE CHICKEN	3.92 OZ	1	150	55	208	1.00	0.00	0.0	0	0.0	9	15.04	17.04	3.01	3.01	0.00
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 :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	141	22	292	1.53	*0.28	*13.0	*1040	*10.76	*5	1.65	8.2	9.32	2.09	0.00
COOKIES, WINTER	SERVINGS	1	172	7	78	1.00	*N/A*	*N/A*	*N/A*	*N/A*	15	8.0	27.0	6.7	1.80	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			863	*100	1481	7.90	*0.84	*629.5	*2696	*57.52	*69	44.18	119.95	22.55	8.47	*0.00
% of Calories											*32.0%	20.5%	55.6%	23.5%	8.8%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Fri - 01/13/2023																
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
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
DINNER SALAD	1 CUP	1	92	14	155	1.49	0.53	59.0	3540	8.97	*2	1.47	7.49	6.02	1.01	0.00
GRAHAMS, TIGER BITES CINN AMON	SERVINGS	1	120	0	105	1.00	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	21.0	4.0	1.00	0.00
RANCH LITE-BASIC-Summer	1 EACH	1	70	14	141	0.00	0.00	30.0	100	0.0	1	0.0	3.0	6.0	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			859	*68	1263	7.36	*2.52	*854.4	*4749	*44.48	*52	36.22	105.96	35.80	9.58	*0.00
% of Calories											*24.0%	16.9%	49.3%	37.5%	10.0%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Tue - 01/17/2023																
ELEMENTARY LUNCH	Total	1														
CHEESY BITES, LIL WG	4 BITES	1	341	30	462	3.01	*N/A*	*N/A*	*N/A*	*N/A*	2	16.06	30.11	18.06	7.03	0.00
REFRIED BEANS, V V	1/2 C SE RVINGS	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	*N/A*	1	7.0	24.0	2.5	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
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	195	22	435	3.43	*0.58	*12.7	*1200	*8.67	*4	2.41	8.94	14.28	3.08	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*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
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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1255	*89	2070	19.96	*1.63	*657.2	*17087	*49.87	*65	44.89	146.84	50.94	14.42	*0.00
% of Calories											*20.6%	14.3%	46.8%	36.5%	10.3%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Wed - 01/18/2023																
ELEMENTARY LUNCH	Total	1														
CHICKEN NOODLE SOUP: US DA 1C.	1 CUP	1	230	89	602	3.54	*1.13	*32.2	*2014	*1.69	*2	19.93	28.35	4.08	0.72	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
FRUIT BAR :ELEMENTARY MILK : CHOCOLATE MILK FAT FREE	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
MILK 1% WHITE	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
Weighted Daily Average % of Calories			781	*139	1469	8.30	*2.58	*767.8	*9605	*44.08	*42	44.45	100.21	22.03	6.33	*0.00
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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Thu - 01/19/2023																
ELEMENTARY LUNCH	Total	1														
GENERAL TSO'S CHICKEN	3.9oz SERVING	1	210	50	450	2.00	*N/A*	*N/A*	*N/A*	*N/A*	13	12.0	24.0	7.0	1.00	0.00
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 :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	141	22	292	1.53	*0.28	*13.0	*1040	*10.76	*5	1.65	8.2	9.32	2.09	0.00
MARSHMALLOW RICE TREAT	1 EACH	1	80	0	30	0.00	0.00	0.0	100	0.0	8	1.0	15.0	2.0	0.84	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			820	*87	1175	7.90	*0.84	*629.5	*2796	*57.52	*66	34.15	114.90	21.84	5.51	*0.00
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, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/20/2023																
ELEMENTARY LUNCH	Total	1														
WILD MIKE'S DEEP DISH PIZZA	SERVING	1	360	35	570	3.00	1.80	400.0	500	9.0	4	20.0	34.0	16.0	7.00	0.00
DINNER SALAD	1 CUP	1	92	14	155	1.49	0.53	59.0	3540	8.97	*2	1.47	7.49	6.02	1.01	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*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 LITE-BASIC-Summer	1 EACH	1	70	14	141	0.00	0.00	30.0	100	0.0	1	0.0	3.0	6.0	1.00	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
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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			994	*376	1926	8.85	4.49	1369.1	6054	62.42	*63	41.20	124.39	35.29	12.33	*0.00
% of Calories											*25.2%	16.6%	50.1%	31.9%	11.2%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Mon - 01/23/2023																
ELEMENTARY LUNCH	Total	1														
CHICKEN SANDWICH ELEM - GK6654	SANDWIC	1	302	35	573	4.02	1.26	251.7	11107	2.4	2	20.13	34.11	10.58	2.02	0.00
SMILE FRIES	SERVINGS	1	160	0	230	2.00	0.00	0.0	0	0.0	0	2.0	25.0	6.0	1.00	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*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
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
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
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
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
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
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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1107	*91	2641	10.24	2.47	1177.2	20501	80.51	*50	42.31	151.02	36.07	9.16	*0.00
% of Calories											*18.0%	15.3%	54.6%	29.3%	7.5%	*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, 2023 thru Jan 31, 2023

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 - 01/24/2023																
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, V V	1/2 C SE	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	*N/A*	1	7.0	24.0	2.5	0.00	0.00
	RVINGS															
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 :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	195	22	435	3.43	*0.58	*12.7	*1200	*8.67	*4	2.41	8.94	14.28	3.08	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
APPLE FILLED DONUT	SERVINGS	1	270	0	320	3.00	1.44	20.0	*N/A*	*N/A*	8	6.0	33.0	13.0	5.00	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1380	*110	2485	21.80	*5.24	*1005.9	*17315	*55.74	*57	53.30	155.11	54.70	20.05	*0.00
% of Calories											*16.4%	15.5%	45.0%	35.7%	13.1%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Wed - 01/25/2023																
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 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
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
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
WHOLE GRAIN BISCUIT: RICH'S	BISCUIT	1	190	0	670	1.89	1.28	38.2	2	0.23	2	4.0	23.0	9.0	5.00	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			820	*55	1809	7.76	*3.29	*697.2	*1320	*65.79	*48	38.76	108.87	25.78	11.08	*0.50
% of Calories											*23.4%	18.9%	53.1%	28.3%	12.2%	*0.5%
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, 2023 thru Jan 31, 2023

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)
Thu - 01/26/2023																
ELEMENTARY LUNCH	Total	1														
DUTCH WAFFLE	1 EACH	1	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	1	233	40	344	0.00	0.73	*N/A*	*N/A*	*N/A*	0	8.1	2.02	21.26	7.09	0.00
HASHBROWN PATTY:1/2 CUP	2 EACH	1	220	0	450	2.00	0.72	0.0	5	2.4	1	2.0	27.0	11.0	1.50	0.00
STRAWBERRIES, SLICED, FZ,	.5 CUP	1	90	0	0	3.00	*N/A*	*N/A*	*N/A*	*N/A*	17	0.0	23.0	0.0	0.00	0.00
JUICE, PARADISE PUNCH	CARTON	1	60	0	5	0.00	0.00	*N/A*	*N/A*	*N/A*	13	0.0	13.9	0.0	0.00	0.00
SYRUP	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
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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			1183	75	1873	8.00	*3.25	*640.0	*1267	*8.43	*81 *27.4%	30.10 10.2%	156.05 52.8%	47.76 36.3%	13.09 10.0%	0.00 0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Fri - 01/27/2023																
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
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
DINNER SALAD	1 CUP	1	92	14	155	1.49	0.53	59.0	3540	8.97	*2	1.47	7.49	6.02	1.01	0.00
GRAHAM, TIGER BITES, CHOC OLATE	SERVINGS	1	120	0	125	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7	2.0	21.0	4.0	1.00	0.00
RANCH LITE-BASIC-Summer	1 EACH	1	70	14	141	0.00	0.00	30.0	100	0.0	1	0.0	3.0	6.0	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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			859	*68	1283	8.36	*2.52	*854.4	*4749	*44.48	*51 *23.6%	36.22 16.9%	105.96 49.3%	35.80 37.5%	9.58 10.0%	*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, 2023 thru Jan 31, 2023

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)
Mon - 01/30/2023																
ELEMENTARY LUNCH	Total	1														
HAMBURGER 100% BEEF :ELE	PATTY	1	257	39	390	2.03	34.38	73.7	10	2.43	2	21.08	21.1	10.15	3.40	0.00
CHEESE: PROCESS SLICE	1 oz.	1	109	25	395	0.00	0.00	148.2	395	0.0	1	4.94	1.98	8.89	4.94	*N/A*
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																
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
TATER TOTS - MCCAIN	9 PIECES	1	110	0	201	2.01	0.18	*N/A*	*N/A*	*N/A*	1	1.0	17.04	4.01	0.50	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*0.00
CHOCOLATE CHIP COOKIES	1 EACH	1	99	10	126	1.05	0.50	27.0	213	0.0	*6	1.6	13.49	4.63	1.94	*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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			964	*94	2251	8.21	35.56	*873.8	*2447	*46.85	*58	46.50	115.20	34.75	12.86	*0.00
% of Calories											*24.3%	19.3%	47.8%	32.4%	12.0%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

Tue - 01/31/2023																
ELEMENTARY LUNCH	Total	1														
TACO SOUP	1 CUP	1	256	45	1006	6.30	*1.99	*64.9	*1111	*13.95	*5	18.89	21.65	10.25	3.59	*0.00
CHEDDAR/ JACK FANCY SHRE	.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
D.25OZ																
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	195	22	435	3.43	*0.58	*12.7	*1200	*8.67	*4	2.41	8.94	14.28	3.08	0.00
CINNAMON ROLL W. W.W. BRI	ROLL	1	210	0	250	4.00	1.44	20.0	40	1.2	8	6.0	35.0	5.0	1.00	0.00
DGFOR																
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 :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	93	31.91	*8	0.75	14.48	0.28	0.08	*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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1105	*108	2344	17.96	*4.86	*793.7	*9512	*93.65	*56	46.99	119.63	43.79	12.83	*0.00
% of Calories											*20.3%	17.0%	43.3%	35.7%	10.5%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		8.87		<=30.0	<10.00	

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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)
Weighted Average			984	*107	1866	10.89	*4.58	*824.6	*6832	*56.65	*59 *53.7%	41.87 17.0%	125.54 51.0%	33.67 30.8%	10.30 9.4%	*0.03 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	984		645	153%				
Cholesterol (mg)	107				Missing			
Sodium 1 (mg)	1866						1866	
Sodium 2 (mg)	1866						1866	
Fiber (g)	10.89							
Iron (mg)	4.58		3.30	139%	Missing			
Calcium (mg)	824.6		267.00	309%	Missing			
Vitamin A (IU)	6832		1055	648%	Missing			
Sugars (g)	59	23.85%			Missing			
Vitamin C (mg)	56.65		15.00	378%	Missing			
Protein (g)	41.87	17.02%	8.87	472%				
Carbohydrate (g)	125.54	51.05%						
Total Fat (g)	33.67	30.81%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	10.30	9.42%	<10.00%					
Trans Fat ¹ (g)	0.03	0.03%			Missing			

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.