

Washington County School District

Jan 5, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 12/14/2022 2:47:39 PM

	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																
SECONDARY LUNCH 9-12	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 : 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
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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	82	5	84	3.06	*0.57	*26.0	*2080	*21.51	*10	3.3	16.42	0.7	0.19	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
ALT SEC WEEKLY 1st CHO																
CALZONE, MINI, WG	Total	1														
FRENCH FRIES- S.S. 3/4 CUP	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
FRUIT BAR : SECONDARY	6 OZ	1	210	0	450	3.00	0.54	0.0	0	7.2	0	3.0	33.0	7.5	2.25	0.00
MARINARA SAUCE	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
KETCHUP : P/C	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	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 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
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			987	*215	2167	12.63	*3.68	*786.3	*5140	*85.05	*73	41.12	160.59	19.64	7.34	*0.00
% of Calories											*29.4%	16.7%	65.1%	17.9%	6.7%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Fri - 01/06/2023																
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	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 : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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: (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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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

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Washington County School District

Jan 5, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

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	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)
ALT SEC WEEKLY 1st CHO	Total	1														
DELI SANDWICH	SANDWIC	1	365	94	1130	2.00	1.79	210.0	310	3.98	3	30.48	23.65	16.77	6.98	0.00
APPLE OR ORANGE	1 EACH	1	70	0	1	3.34	0.16	24.7	157	29.72	14	0.69	18.21	0.21	0.03	0.00
BROCCOLI & CAULIFLOWER - BAG	1 CUP	1	27	0	30	2.14	0.53	31.7	274	63.35	*1	2.2	5.41	0.3	0.08	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
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
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
DESSERT FRIDAY - CHOOSE ONE	SERVING	1	114	0	102	0.88	*0.13	*56.3	*46	*0.0	13	1.25	21.88	2.75	0.94	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			986	*99	1592	9.00	*2.80	*1012.8	*3573	*86.04	*67 *27.1%	46.75 19.0%	124.10 50.3%	35.37 32.3%	11.70 10.7%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Mon - 01/09/2023																
SECONDARY LUNCH 9-12	Total	1														
CHICKEN BITES-SEC	5 PIECES	1	270	65	710	3.00	1.00	19.0	35	0.0	*N/A*	22.01	23.01	10.01	2.00	0.00
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	210	0	450	3.00	0.54	0.0	0	7.2	0	3.0	33.0	7.5	2.25	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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
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
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
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

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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)
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
BREADSTICK, CHEESE WG	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
DINNER SALAD - ALT LINE	SERVINGS	1	29	0	24	2.02	0.60	34.7	4682	19.4	*2	1.8	6.07	0.11	0.03	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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
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	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	*241	2239	12.02	*3.79	*985.3	*6203	*82.64	*60	48.11	153.43	32.65	7.66	*0.00
% of Calories											*21.6%	17.4%	55.5%	26.6%	6.2%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Tue - 01/10/2023																
SECONDARY LUNCH 9-12	Total	1														
SOFT FLOUR TACO:SEC	serving	1	254	49	437	3.00	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, 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
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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	207	15	335	4.97	*0.81	*25.8	*2204	*15.47	*11	4.85	19.51	11.56	1.67	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

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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														
NACHOS	SERVINGS	1	591	78	1009	7.75	*0.36	*520.0	*413	*0.6	2	28.0	48.5	32.75	10.57	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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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			1023	*92	1622	16.06	*1.93	*1017.7	*3385	*68.97	*56	49.33	128.14	35.82	11.38	*0.00
% of Calories											*21.7%	19.3%	50.1%	31.5%	10.0%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Wed - 01/11/2023																
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	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
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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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ALT SEC WEEKLY 1st CHO	Total	1														
HAMBURGER - OPTION LINE	SERVINGS	1	306	49	437	4.01	*1.44	*60.0	*15	*3.6	3	18.06	27.0	13.56	4.82	0.80
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
CARROTS 1 CUP	1 CUP	1	130	10	227	4.92	1.53	54.0	23459	4.51	*1	2.07	15.86	6.2	0.53	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 : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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	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			864	*73	2102	16.43	*3.07	*711.0	*13416	*61.98	*51	43.78	118.19	23.78	7.08	*0.40
% of Calories											*23.7%	20.3%	54.7%	24.8%	7.4%	*0.4%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Thu - 01/12/2023																
SECONDARY LUNCH 9-12	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 (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 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
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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	82	5	84	3.06	*0.57	*26.0	*2080	*21.51	*10	3.3	16.42	0.7	0.19	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
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
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	210	0	450	3.00	0.54	0.0	0	7.2	0	3.0	33.0	7.5	2.25	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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
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

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Washington County School District

Jan 5, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

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

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 Daily Average % of Calories			944	*209	1777	11.94	*2.83	*770.6	*3035	*81.01	*69 *29.3%	43.59 18.5%	152.36 64.5%	19.13 18.2%	7.74 7.4%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Fri - 01/13/2023																
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
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
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 : SECONDARY RANCH: (WILD COYOTE LITE)	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
MARINARA SAUCE	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	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 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
ALT SEC WEEKLY 1st CHO	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
DELI SANDWICH	Total	1														
APPLE OR ORANGE	SANDWIC	1	365	94	1130	2.00	1.79	210.0	310	3.98	3	30.48	23.65	16.77	6.98	0.00
BROCCOLI & CAULIFLOWER - BAG	1 EACH	1	70	0	1	3.34	0.16	24.7	157	29.72	14	0.69	18.21	0.21	0.03	0.00
CHIPS: DORITOS	1 CUP	1	27	0	30	2.14	0.53	31.7	274	63.35	*1	2.2	5.41	0.3	0.08	0.00
RANCH: (WILD COYOTE LITE)	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
MUSTARD:, P/C	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
LIGHT MAYONNAISE	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
DESSERT FRIDAY - CHOOSE ONE	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	SERVING	1	114	0	102	0.88	*0.13	*56.3	*46	*0.0	13	1.25	21.88	2.75	0.94	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	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
Nutrient Guideline			1006	*243	1915	10.49	*3.52	*907.7	*3649	*86.01	*61 *24.1%	46.74 18.6%	124.56 49.5%	37.61 33.7%	10.20 9.1%	*0.00 *0.0%
			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Washington County School District

Jan 5, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

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

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 - 01/17/2023																
SECONDARY LUNCH 9-12	Total	1														
CHICKEN BURRITO	SERVINGS	1	251	68	612	2.85	*1.38	*54.3	*378	*0.57	1	21.05	23.43	7.25	2.20	0.00
LIME CILANTRO RICE:SEC	1/2 CUP	1	91	0	149	1.03	0.58	1.3	0	1.36	*0	2.06	18.71	0.77	0.00	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
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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	207	15	335	4.97	*0.81	*25.8	*2204	*15.47	*11	4.85	19.51	11.56	1.67	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
ALT SEC WEEKLY 1st CHO																
NACHOS	Total	1														
LETTUCE & TOMATO:3/4 CUP-TACOS	SERVINGS	1	591	78	1009	7.75	*0.36	*520.0	*413	*0.6	2	28.0	48.5	32.75	10.57	0.00
FRUIT BAR : SECONDARY	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
SALSA PICANTE	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
MILK : CHOCOLATE MILK FAT FREE	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 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			1115	*106	1878	17.68	*2.46	*944.4	*10370	*68.89	*60	50.59	142.98	37.11	10.22	*0.00
% of Calories											*21.7%	18.1%	51.3%	30.0%	8.2%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Wed - 01/18/2023																
SECONDARY LUNCH 9-12	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	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
TOMATOES, CUCUMBER, CAR ROTS:SE	1 CUP	1	98	10	131	2.10	0.60	24.3	6224	7.83	*3	1.94	12.03	6.22	0.55	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00

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Washington County School District

Jan 5, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

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

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)
ALT SEC WEEKLY 1st CHO	Total	1														
HAMBURGER - OPTION LINE	SERVINGS	1	306	49	437	4.01	*1.44	*60.0	*15	*3.6	3	18.06	27.0	13.56	4.82	0.80
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
CARROTS 1 CUP	1 CUP	1	130	10	227	4.92	1.53	54.0	23459	4.51	*1	2.07	15.86	6.2	0.53	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 : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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	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			887	*104	1650	12.33	*3.35	*774.1	*17546	*66.74	*53	43.24	121.61	25.63	6.57	*0.40
% of Calories											*23.8%	19.5%	54.8%	26.0%	6.7%	*0.4%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Thu - 01/19/2023																
SECONDARY LUNCH 9-12	Total	1														
GENERAL TSO'S CHICKEN	3.9oz SE RIVING	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 (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
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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	82	5	84	3.06	*0.57	*26.0	*2080	*21.51	*10	3.3	16.42	0.7	0.19	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
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
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	210	0	450	3.00	0.54	0.0	0	7.2	0	3.0	33.0	7.5	2.25	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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
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

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Washington County School District

Jan 5, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

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

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 Daily Average % of Calories			923	*203	1624	11.94	*2.83	*770.6	*3085	*81.01	*68 *29.3%	38.57 16.7%	149.84 64.9%	18.78 18.3%	6.26 6.1%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Fri - 01/20/2023																
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	92	14	155	1.49	0.53	59.0	3540	8.97	*2	1.47	7.49	6.02	1.01	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
FRUIT BAR : SECONDARY RANCH: (WILD COYOTE LITE)	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
MILK : CHOCOLATE MILK FAT FREE	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 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
ALT SEC WEEKLY 1st CHO	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
DELI SANDWICH	Total	1														
APPLE OR ORANGE	SANDWIC	1	365	94	1130	2.00	1.79	210.0	310	3.98	3	30.48	23.65	16.77	6.98	0.00
BROCCOLI & CAULIFLOWER - BAG	1 EACH	1	70	0	1	3.34	0.16	24.7	157	29.72	14	0.69	18.21	0.21	0.03	0.00
CHIPS: DORITOS	1 CUP	1	27	0	30	2.14	0.53	31.7	274	63.35	*1	2.2	5.41	0.3	0.08	0.00
RANCH: (WILD COYOTE LITE)	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
MUSTARD:, P/C	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
LIGHT MAYONNAISE	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
DESSERT FRIDAY - CHOOSE ONE	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	SERVING	1	114	0	102	0.88	*0.13	*56.3	*46	*0.0	13	1.25	21.88	2.75	0.94	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	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
Nutrient Guideline			994	*99	1636	9.25	*3.07	*1125.3	*3556	*86.04	*63 *25.5%	47.25 19.0%	121.85 49.1%	36.87 33.4%	12.58 11.4%	*0.00 *0.0%
			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

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Washington County School District

Jan 5, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

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	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)
Mon - 01/23/2023																
SECONDARY LUNCH 9-12	Total	1														
CHICKEN CORDON BLEU	SANDWI CHES	1	520	105	1560	5.00	2.80	227.0	347	3.6	*4	35.0	46.0	21.0	7.50	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	210	0	450	3.00	0.54	0.0	0	7.2	0	3.0	33.0	7.5	2.25	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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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
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
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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
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
BREADSTICK, CHEESE WG	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
DINNER SALAD - ALT LINE	SERVINGS	1	29	0	24	2.02	0.60	34.7	4682	19.4	*2	1.8	6.07	0.11	0.03	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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
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	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			1076	*252	2478	11.55	4.40	1184.6	5797	83.72	*54 *20.1%	53.63 19.9%	141.17 52.5%	32.38 27.1%	10.51 8.8%	*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, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

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

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																
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, 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
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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	207	15	335	4.97	*0.81	*25.8	*2204	*15.47	*11	4.85	19.51	11.56	1.67	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
ALT SEC WEEKLY 1st CHO																
NACHOS	SERVINGS	1	591	78	1009	7.75	*0.36	*520.0	*413	*0.6	2	28.0	48.5	32.75	10.57	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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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			1177	*98	1936	18.17	*3.28	*1090.9	*10295	*70.86	*57	51.27	141.10	44.01	15.44	*0.00
% of Calories											*19.3%	17.4%	47.9%	33.6%	11.8%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Wed - 01/25/2023																
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
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
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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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

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Washington County School District

Jan 5, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

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	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)
ALT SEC WEEKLY 1st CHO	Total	1														
HAMBURGER - OPTION LINE	SERVINGS	1	306	49	437	4.01	*1.44	*60.0	*15	*3.6	3	18.06	27.0	13.56	4.82	0.80
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
CARROTS 1 CUP	1 CUP	1	130	10	227	4.92	1.53	54.0	23459	4.51	*1	2.07	15.86	6.2	0.53	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 : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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	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			945	*70	1950	15.96	*3.66	*735.6	*13388	*62.09	*54 *23.0%	39.81 16.9%	125.11 53.0%	30.98 29.5%	10.93 10.4%	*0.65 *0.6%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Thu - 01/26/2023																
SECONDARY LUNCH 9-12	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
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
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
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
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
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

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Washington County School District

Jan 5, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

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	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)
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
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	210	0	450	3.00	0.54	0.0	0	7.2	0	3.0	33.0	7.5	2.25	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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
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			1147	*316	2163	10.89	*4.16	*789.2	*1892	*56.19	*74	37.76	161.60	38.73	12.02	*0.00
% of Calories											*25.8%	13.2%	56.3%	30.4%	9.4%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Fri - 01/27/2023																
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
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 : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
GRAHAM, TIGER BITES, CHOCOLATE	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: (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
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
ALT SEC WEEKLY 1st CHO	Total	1														
DELI SANDWICH	SANDWIC	1	365	94	1130	2.00	1.79	210.0	310	3.98	3	30.48	23.65	16.77	6.98	0.00
APPLE OR ORANGE	1 EACH	1	70	0	1	3.34	0.16	24.7	157	29.72	14	0.69	18.21	0.21	0.03	0.00
BROCCOLI & CAULIFLOWER - BAG	1 CUP	1	27	0	30	2.14	0.53	31.7	274	63.35	*1	2.2	5.41	0.3	0.08	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
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
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
DESSERT FRIDAY - CHOOSE ONE	SERVING	1	114	0	102	0.88	*0.13	*56.3	*46	*0.0	13	1.25	21.88	2.75	0.94	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

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Washington County School District

Jan 5, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

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

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 Daily Average % of Calories			1006	*243	1925	10.99	*3.52	*907.7	*3649	*86.01	*60 *23.9%	46.74 18.6%	124.56 49.5%	37.61 33.7%	10.20 9.1%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Mon - 01/30/2023																
SECONDARY LUNCH 9-12	Total	1														
CHEESEBURGER 100 % BEEF: SEC	PATTY	1	287	39	440	3.03	34.74	73.7	15	3.63	3	22.08	26.1	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 & 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
TATER GEMS	SERVING	1	195	0	450	1.50	*N/A*	*N/A*	*N/A*	*N/A*	0	1.5	24.0	10.5	1.50	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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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
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
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	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
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
BREADSTICK, CHEESE WG	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
DINNER SALAD - ALT LINE	SERVINGS	1	29	0	24	2.02	0.60	34.7	4682	19.4	*2	1.8	6.07	0.11	0.03	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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
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	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			1010	*229	2159	10.34	*20.35	*1065.5	*4941	*78.41	*57 *22.6%	48.69 19.3%	127.46 50.5%	33.47 29.8%	10.53 9.4%	*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, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

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	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)
Tue - 01/31/2023																
SECONDARY LUNCH 9-12	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 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	4.00	1.44	20.0	40	1.2	8	6.0	35.0	5.0	1.00	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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	207	15	335	4.97	*0.81	*25.8	*2204	*15.47	*11	4.85	19.51	11.56	1.67	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
ALT SEC WEEKLY 1st CHO	Total	1														
NACHOS	SERVINGS	1	591	78	1009	7.75	*0.36	*520.0	*413	*0.6	2	28.0	48.5	32.75	10.57	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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	146	49.87	*12	1.18	22.62	0.43	0.12	*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			1054	*100	1887	16.25	*3.09	*1010.2	*6425	*89.81	*57	48.88	123.48	39.70	12.60	*0.00
% of Calories											*21.5%	18.6%	46.9%	33.9%	10.8%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Weighted Average			1014	*166	1928	13.00	*4.21	*921.6	*6630	*76.75	*61	45.88	135.67	32.18	10.05	*0.08
											*53.9%	18.1%	53.5%	28.6%	8.9%	*0.1%

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Washington County School District

Jan 5, 2023 thru Jan 31, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

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Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	1014		846	120%													
Cholesterol (mg)	166				Missing												
Sodium 1 (mg)	1928								1928								
Sodium 2 (mg)	1928								1928								
Fiber (g)	13.00																
Iron (mg)	4.21		4.50	94%	Missing	0.29											
Calcium (mg)	921.6		400.00	230%	Missing												
Vitamin A (IU)	6630		1500	442%	Missing												
Sugars (g)	61	23.95%			Missing												
Vitamin C (mg)	76.75		19.20	400%	Missing												
Protein (g)	45.88	18.10%	16.70	275%													
Carbohydrate (g)	135.67	53.53%															
Total Fat (g)	32.18	28.57%	<=30.00%														
Saturated Fat (g)	10.05	8.93%	<10.00%														
Trans Fat ¹ (g)	0.08	0.07%			Missing												

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