

Washington County School District

Mar 1, 2023 thru Mar 31, 2023

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 2/27/2023 8:38:20 AM

	Portion Size	Reimb Qty	Carb (g)
Wed - 03/01/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN TENDER - TYSON	3 PIECES	1	15.6
POTATO, TRIPLE CHEESE TWICE BA	SERVINGS	1	25.95
SUNSHINE CARROTS 1/2 CUP	1/2 C SERVING	1	9.34
ROLLS - NO EGGS	SERVINGS	1	23.19
MARGARINE REDDIES: (1)	1 Patty	1	0.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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
ALT INT WEEKLY 1st CHOI	Total	1	
HAMBURGER - OPTION LINE	SERVINGS	1	27.0
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
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PICKLE:, CHIPS	1 OZ.	1	1.0
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			127.23
% of Calories			51.1%
Nutrient Guideline			

Thu - 03/02/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
WHOLE GRAIN BISCUIT: RICH'S	BISCUIT	1	23.0
SCRAMBLED EGGS W/HAM:ELE	1/2 CUP SERVING	1	2.13
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
HASHBROWN PATTY:1/2 CUP	2 EACH	1	27.0
KETCHUP : P/C	PC	1	10.12
JELLY: VARIETY PACK	PC	1	9.4
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	
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
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			126.03
% of Calories			57.2%
Nutrient Guideline			

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

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Portion Values - Detailed

Page 2

Generated on: 2/27/2023 8:38:20 AM

	Portion Size	Reimb Qty	Carb (g)
Fri - 03/03/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	1	34.0
DINNER SALAD	1 CUP	1	7.49
FRUIT BAR : SECONDARY	1 CUP	1	22.62
JELL-O	GEL CUP	1	25.0
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
ALT INT WEEKLY 1st CHOI	Total	1	
DELI SANDWICH	SANDWICH	1	23.65
APPLE OR ORANGE	1 EACH	1	18.21
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
CHIPS: DORITOS	BAG	1	19.62
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MUSTARD:, P/C	1 Each	1	0.33
LIGHT MAYONNAISE	POUCH	1	0.0
DESSERT FRIDAY - CHOOSE ONE	1 EACH	1	21.88
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			125.55
% of Calories			49.1%
Nutrient Guideline			

Mon - 03/06/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN BITES-SEC	5 PIECES	1	23.01
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	33.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
DINNER SALAD	1 CUP	1	7.49
TWIN BAR, WG	SERVINGS	1	43.0
KETCHUP : P/C	PC	1	10.12
BARBAQUE SAUCE: P/C	1 Each	1	13.0
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
ALT INT WEEKLY 1st CHOI	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
BREADSTICK, CHEESE WG	SERVING	1	15.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
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			157.36
% of Calories			56.3%
Nutrient Guideline			

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Portion Values - Detailed

Page 3

Generated on: 2/27/2023 8:38:20 AM

	Portion Size	Reimb Qty	Carb (g)
Tue - 03/07/2023			
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
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
ALT INT WEEKLY 1st CHOI	Total	1	
NACHOS	SERVINGS	1	48.5
CHILI, THREE BEAN JTM	1/4 CUP	1	9.5
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	2.86
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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			128.77
% of Calories			50.4%
Nutrient Guideline			

Wed - 03/08/2023			
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
ROLLS - NO EGGS	SERVINGS	1	23.19
MARGARINE REDDIES: (1)	1 Patty	1	0.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
HAMBURGER - OPTION LINE	SERVINGS	1	27.0
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
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PICKLE:, CHIPS	1 OZ.	1	1.0
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			107.95
% of Calories			51.4%
Nutrient Guideline			

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Portion Values - Detailed

Page 4

Generated on: 2/27/2023 8:38:20 AM

	Portion Size	Reimb Qty	Carb (g)
Thu - 03/09/2023			
INTERMEDIATE LUNCH 6-8	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 : SECONDARY	1 CUP	1	22.62
SALAD BAR: 3 THURSDAY'S:INTERM	1/2 CUP	1	5.1
COOKIE, COWBOY	1 oz.	1	29.34
SOY SAUCE: PC	PC	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	
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
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			129.43
% of Calories			60.8%
Nutrient Guideline			

Fri - 03/10/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
DINNER SALAD	1 CUP	1	7.49
GRAHAMS, TIGER BITES CINNAMON	SERVINGS	1	21.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MARINARA SAUCE	1/2 CUP	1	11.93
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
DELI SANDWICH	SANDWICH	1	23.65
APPLE OR ORANGE	1 EACH	1	18.21
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
CHIPS: DORITOS	BAG	1	19.62
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MUSTARD:, P/C	1 Each	1	0.33
LIGHT MAYONNAISE	POUCH	1	0.0
DESSERT FRIDAY - CHOOSE ONE	1 EACH	1	21.88
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			126.01
% of Calories			48.4%
Nutrient Guideline			

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Page 5

Generated on: 2/27/2023 8:38:20 AM

	Portion Size	Reimb Qty	Carb (g)
Tue - 03/21/2023			
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
CARROT STICKS 1/2 CUP	1/2 CUP	1	8.42
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	11.53
APPLE FILLED DONUT	SERVINGS	1	33.0
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	
NACHOS	SERVINGS	1	48.5
CHILI, THREE BEAN JTM	1/4 CUP	1	9.5
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	2.86
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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			137.79
% of Calories			46.9%
Nutrient Guideline			

Wed - 03/22/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
TERIYAKI BEEF NUGGETS	4 Nugget	1	6.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
GRAVY, BROWN LOW SODIUM	1/4 CUP	1	0.37
CORN 1/2 CUP	1/2 CUP	1	15.0
WHOLE GRAIN BISCUIT: RICH'S	BISCUIT	1	23.0
MARGARINE REDDIES: (1)	1 Patty	1	0.0
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
ALT INT WEEKLY 1st CHOI	Total	1	
HAMBURGER - OPTION LINE	SERVINGS	1	27.0
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
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PICKLE:, CHIPS	1 OZ.	1	1.0
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			110.80
% of Calories			49.0%
Nutrient Guideline			

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Page 6

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	Portion Size	Reimb Qty	Carb (g)
Thu - 03/23/2023			
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	5.1
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	22.59
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
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			120.23
% of Calories			59.4%
Nutrient Guideline			

Fri - 03/24/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
DINNER SALAD	1 CUP	1	7.49
FRUIT BAR : SECONDARY	1 CUP	1	22.62
GRAHAM, TIGER BITES, CHOCOLATE	SERVINGS	1	21.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MARINARA SAUCE	1/2 CUP	1	11.93
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
DELI SANDWICH	SANDWICH	1	23.65
APPLE OR ORANGE	1 EACH	1	18.21
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
CHIPS: DORITOS	BAG	1	19.62
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MUSTARD:, P/C	1 Each	1	0.33
LIGHT MAYONNAISE	POUCH	1	0.0
DESSERT FRIDAY - CHOOSE ONE	1 EACH	1	21.88
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			126.01
% of Calories			48.4%
Nutrient Guideline			

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Page 7

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Mon - 03/27/2023			
INTERMEDIATE LUNCH 6-8	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
TATER TOTS - MCCAIN	9 PIECES	1	17.04
CHOCOLATE CHIP COOKIES	1 EACH	1	13.49
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
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
ALT INT WEEKLY 1st CHOI	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
BREADSTICK, CHEESE WG	SERVING	1	15.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
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			125.41
% of Calories			51.9%
Nutrient Guideline			

Tue - 03/28/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
TACO SOUP	1 CUP	1	21.65
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	35.0
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	11.53
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT INT WEEKLY 1st CHOI	Total	1	
NACHOS	SERVINGS	1	48.5
CHILI, THREE BEAN JTM	1/4 CUP	1	9.5
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	2.86
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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			124.12
% of Calories			47.2%
Nutrient Guideline			

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Page 8

Generated on: 2/27/2023 8:38:20 AM

	Portion Size	Reimb Qty	Carb (g)
Wed - 03/29/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN TENDER - TYSON	3 PIECES	1	15.6
POTATO, TRIPLE CHEESE TWICE BA	SERVINGS	1	25.95
SUNSHINE CARROTS 1/2 CUP	1/2 C SERVING	1	9.34
ROLLS - NO EGGS	SERVINGS	1	23.19
MARGARINE REDDIES: (1)	1 Patty	1	0.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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
ALT INT WEEKLY 1st CHOI	Total	1	
HAMBURGER - OPTION LINE	SERVINGS	1	27.0
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
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PICKLE:, CHIPS	1 OZ.	1	1.0
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			127.23
% of Calories			51.1%
Nutrient Guideline			

Thu - 03/30/2023			
INTERMEDIATE LUNCH 6-8	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
JUICE, PARADISE PUNCH	CARTON	1	13.9
STRAWBERRIES, SLICED, FZ,	.5 CUP	1	23.0
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
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
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			143.79
% of Calories			56.2%
Nutrient Guideline			

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

Mar 1, 2023 thru Mar 31, 2023

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)
Fri - 03/31/2023			
INTERMEDIATE LUNCH 6-8	Total	1	
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	1	34.0
DINNER SALAD	1 CUP	1	7.49
FRUIT BAR : SECONDARY	1 CUP	1	22.62
JELL-O	GEL CUP	1	25.0
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
ALT INT WEEKLY 1st CHOI			
DELI SANDWICH	SANDWICH	1	23.65
APPLE OR ORANGE	1 EACH	1	18.21
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
CHIPS: DORITOS	BAG	1	19.62
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MUSTARD:, P/C	1 Each	1	0.33
LIGHT MAYONNAISE	POUCH	1	0.0
DESSERT FRIDAY - CHOOSE ONE	1 EACH	1	21.88
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			125.55
% of Calories			49.1%
Nutrient Guideline			

Weighted Average			127.60
			51.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	127.60	51.76%						

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