

Washington County School District

Mar 1, 2023 thru Mar 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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/01/2023															
ELEMENTARY LUNCH	Total	1													
CHICKEN TENDER - TYSON	3 PIECES	1	254	24	380	2.93	*N/A*	*N/A*	*N/A*	1	14.63	15.6	14.63	2.44	0.00
MASHED POTATOES,from Dry mix	1/2 CUP	1	80	0	314	1.00	0.37	22.4	30.04	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	19	0	135	0.00	0.01	1.1	0.0	*1	0.95	2.86	0.48	0.00	0.00
SUNSHINE CARROTS	1/2 C SERVING	1	47	0	80	4.00	0.96	26.7	3.2	*N/A*	0.0	9.34	0.0	0.00	0.00
ROLLS - NO EGGS	SERVINGS	1	118	0	280	3.83	1.06	10.3	0.0	*2	2.91	23.19	2.26	0.81	*0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			855	*39	1931	13.63	*2.96	*696.0	*71.16	*43	37.24	128.49	21.14	4.82	*0.00
% of Calories										*20.0%	17.4%	60.1%	22.3%	5.1%	*0.0%
Nutrient Guideline			645				3.30	267.00	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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/02/2023															
ELEMENTARY LUNCH	Total	1													
SCRAMBLED EGGS W/HAM:ELE	1/2 CUP SERVING	1	120	249	382	0.00	1.20	45.9	0.58	*0	9.77	2.13	7.84	2.61	0.00
WHOLE GRAIN BISCUIT: RICH'S	BISCUIT	1	190	0	670	1.89	1.28	38.2	0.23	2	4.0	23.0	9.0	5.00	0.00
HASHBROWN PATTY:1/2 CUP	2 EACH	1	220	0	450	2.00	0.72	0.0	2.4	1	2.0	27.0	11.0	1.50	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	0.0	1	0.25	1.4	0.12	0.01	0.00
JELLY: VARIETY PACK	PC	1	37	0	0	0.00	0.00	0.0	0.0	*N/A*	0.0	9.4	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			901	*264	2305	5.95	3.39	699.5	41.15	*50	32.77	120.53	30.74	10.70	*0.00
% of Calories										*22.0%	14.5%	53.5%	30.7%	10.7%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

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
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Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 2

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/03/2023															
ELEMENTARY LUNCH	Total	1													
WILD MIKE'S DEEP DISH PIZZA	SERVING	1	360	35	570	3.00	1.80	400.0	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	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	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	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	0.0	1	0.0	3.0	6.0	1.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	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	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	15.00		8.87		<=30.0	<10.00	

Mon - 03/06/2023															
ELEMENTARY LUNCH	Total	1													
POPCORN CHICKEN: FR100	10 PIECES	1	279	72	630	3.10	2.07	17.6	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	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	31.91	*8	0.75	14.48	0.28	0.08	*0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	129	20	299	2.36	0.66	30.1	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*	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	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	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1255	*121	2464	14.03	*3.28	*683.1	*75.69	*74	42.41	178.48	38.72	8.55	*0.00
% of Calories										*23.5%	13.5%	56.9%	27.8%	6.1%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

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

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ELEMENTARY LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/07/2023															
ELEMENTARY LUNCH	Total	1													
SOFT FLOUR TACO: ELE	servings	1	224	49	412	3.00	1.44	120.1	0.6	0	17.01	19.0	9.5	2.70	0.00
SHREDDED LETTUCE & TOMAT O-DELI	1/2 CUP	1	13	0	6	1.04	0.31	9.6	6.48	2	0.91	2.67	0.08	0.01	0.00
CHEDDAR/ JACK FANCY SHRED .25OZ	.25 OZ	1	28	6	43	0.00	0.00	50.6	0.0	0	1.52	0.25	2.28	1.52	0.00
REFRIED BEANS, V V	1/2 C SERVINGS	1	140	0	320	7.00	*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	*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	31.91	*8	0.75	14.48	0.28	0.08	*0.00
GRAHAM, TIGER BITES ORIGINA	SERVINGS	1	120	0	105	1.00	*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	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1014	*93	1790	17.52	*2.52	*808.3	*51.27	*53	47.85	124.74	35.53	9.90	*0.00
% of Calories										*21.0%	18.9%	49.2%	31.6%	8.8%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

Wed - 03/08/2023															
ELEMENTARY LUNCH	Total	1													
ROASTED TURKEY: VIP	2.9 OZ	1	107	47	748	0.00	0.48	0.0	0.0	*N/A*	24.04	1.34	1.34	0.00	0.00
MASHED POTATOES,from Dry mix	1/2 CUP	1	80	0	314	1.00	0.37	22.4	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	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*	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	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	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	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	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	*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	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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/09/2023															
ELEMENTARY LUNCH	Total	1													
ORANGE CHICKEN	3.92 OZ	1	150	55	208	1.00	0.00	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	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	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	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	*10.76	*5	1.65	8.2	9.32	2.09	0.00
COOKIE, COWBOY	1 oz.	1	202	15	164	2.08	1.01	45.0	0.0	*15	3.31	29.34	8.48	3.38	*0.00
SOY SAUCE: PC	PC	1	10	0	500	0.00	0.00	0.0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			893	*107	1567	8.98	*1.84	*674.5	*57.52	*69	39.49	122.29	24.33	10.05	*0.00
% of Calories										*30.9%	17.7%	54.8%	24.5%	10.1%	*0.0%
Nutrient Guideline			645				3.30	267.00	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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/10/2023															
ELEMENTARY LUNCH	Total	1													
PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	1.80	150.0	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	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	8.97	*2	1.47	7.49	6.02	1.01	0.00
GRAHAMS, TIGER BITES CINNA MON	SERVINGS	1	120	0	105	1.00	*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	0.0	1	0.0	3.0	6.0	1.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	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	*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	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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/21/2023															
ELEMENTARY LUNCH	Total	1													
BEEF TACO STICK	1 EACH	1	345	52	631	3.85	2.77	328.8	6.37	1	20.07	31.87	12.82	8.35	0.00
REFRIED BEANS, V V	1/2 C SER VINGS	1	140	0	320	7.00	*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	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	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	*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	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*	8	6.0	33.0	13.0	5.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	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	*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	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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/22/2023															
ELEMENTARY LUNCH	Total	1													
TERIYAKI BEEF NUGGETS	4 Nugget	1	160	40	440	1.00	1.44	20.0	0.0	4	14.0	6.0	8.0	3.50	0.50
MASHED POTATOES,from Dry mix	1/2 CUP	1	80	0	314	1.00	0.37	22.4	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	0.37	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*	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	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	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	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	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	*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	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Mar 1, 2023 thru Mar 31, 2023

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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/23/2023															
ELEMENTARY LUNCH	Total	1													
TERIYAKI CHICKEN	2.4 OZ	1	115	70	330	0.00	0.72	0.0	0.0	6	15.0	6.0	3.5	1.00	0.00
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	0	580	2.00	1.44	20.0	4.8	*N/A*	3.0	24.01	2.5	0.00	0.00
NORMANDY VEGETABLES 1/2 C	1/2 C SERVING	1	15	0	15	1.00	0.00	0.0	7.5	2	0.5	2.5	0.0	0.00	0.00
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	141	22	292	1.53	*0.28	*13.0	*10.76	*5	1.65	8.2	9.32	2.09	0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*0.00
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	147	8	145	4.70	1.02	44.4	0.01	*8	2.61	22.59	6.14	2.45	*0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			835	*115	1673	11.10	*3.66	*692.9	*58.58	*58	39.51	110.78	24.23	7.12	*0.00
% of Calories										*27.9%	18.9%	53.0%	26.1%	7.7%	*0.0%
Nutrient Guideline			645				3.30	267.00	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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/24/2023															
ELEMENTARY LUNCH	Total	1													
PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	1.80	150.0	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	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	8.97	*2	1.47	7.49	6.02	1.01	0.00
GRAHAM, TIGER BITES, CHOCOLATE LATE	SERVINGS	1	120	0	125	2.00	*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	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	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	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			859	*68	1283	8.36	*2.52	*854.4	*44.48	*51	36.22	105.96	35.80	9.58	*0.00
% of Calories										*23.6%	16.9%	49.3%	37.5%	10.0%	*0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Mar 1, 2023 thru Mar 31, 2023

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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/27/2023															
ELEMENTARY LUNCH	Total	1													
HAMBURGER 100% BEEF :ELE	PATTY	1	257	39	390	2.03	34.38	73.7	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	0.0	1	4.94	1.98	8.89	4.94	*N/A*
SHREDDED LETTUCE & TOMAT	1/2 CUP	1	13	0	6	1.04	0.31	9.6	6.48	2	0.91	2.67	0.08	0.01	0.00
O-DELI															
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	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*	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	31.91	*8	0.75	14.48	0.28	0.08	*0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	12	0.0	16.0	0.0	0.00	0.00
CHOCOLATE CHIP COOKIES	1 EACH	1	99	10	126	1.05	0.50	27.0	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	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	0.22	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	4.0	0.50	0.00
MILK : CHOCOLATE MILK FAT F	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
REE															
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1024	*94	2256	10.21	*35.56	*873.8	*46.85	*70	46.50	131.20	34.75	12.86	*0.00
% of Calories										*27.5%	18.2%	51.3%	30.5%	11.3%	*0.0%
Nutrient Guideline			645				3.30	267.00	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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/28/2023															
ELEMENTARY LUNCH	Total	1													
TACO SOUP	1 CUP	1	256	45	1006	6.30	*1.99	*64.9	*13.95	*5	18.89	21.65	10.25	3.59	*0.00
CHEDDAR/ JACK FANCY SHRED	.25 OZ	1	28	6	43	0.00	0.00	50.6	0.0	0	1.52	0.25	2.28	1.52	0.00
.25OZ															
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	195	22	435	3.43	*0.58	*12.7	*8.67	*4	2.41	8.94	14.28	3.08	0.00
CINNAMON ROLL W. W.W. BRID	ROLL	1	210	0	250	4.00	1.44	20.0	1.2	8	6.0	35.0	5.0	1.00	0.00
GFOR															
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	129	20	299	2.36	0.66	30.1	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	31.91	*8	0.75	14.48	0.28	0.08	*0.00
MILK : CHOCOLATE MILK FAT F	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
REE															
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	300.0	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	*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	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Mar 1, 2023 thru Mar 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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/29/2023															
ELEMENTARY LUNCH	Total	1													
CHICKEN TENDER - TYSON	3 PIECES	1	254	24	380	2.93	*N/A*	*N/A*	*N/A*	1	14.63	15.6	14.63	2.44	0.00
MASHED POTATOES,from Dry mix	1/2 CUP	1	80	0	314	1.00	0.37	22.4	30.04	1	2.0	17.03	1.0	0.00	*0.00
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	19	0	135	0.00	0.01	1.1	0.0	*1	0.95	2.86	0.48	0.00	0.00
SUNSHINE CARROTS	1/2 C SER	1	47	0	80	4.00	0.96	26.7	3.2	*N/A*	0.0	9.34	0.0	0.00	0.00
ROLLS - NO EGGS	SERVINGS	1	118	0	280	3.83	1.06	10.3	0.0	*2	2.91	23.19	2.26	0.81	*0.00
FRUIT BAR :ELEMENTARY	1/2 CUP	1	57	*0	1	1.87	0.19	15.4	31.91	*8	0.75	14.48	0.28	0.08	*0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			855	*39	1931	13.63	*2.96	*696.0	*71.16	*43	37.24	128.49	21.14	4.82	*0.00
% of Calories										*20.0%	17.4%	60.1%	22.3%	5.1%	*0.0%
Nutrient Guideline			645				3.30	267.00	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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/30/2023															
ELEMENTARY LUNCH	Total	1													
DUTCH WAFFLE	1 EACH	1	300	20	350	3.00	1.80	40.0	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*	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	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*	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*	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	*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	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	2.4	12	8.0	13.0	2.5	1.50	0.00
Weighted Daily Average			1183	75	1873	8.00	*3.25	*640.0	*8.43	*81	30.10	156.05	47.76	13.09	0.00
% of Calories										*27.4%	10.2%	52.8%	36.3%	10.0%	0.0%
Nutrient Guideline			645				3.30	267.00	15.00		8.87		<=30.0	<10.00	

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Washington County School District

Mar 1, 2023 thru Mar 31, 2023

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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/31/2023															
ELEMENTARY LUNCH	Total	1													
WILD MIKE'S DEEP DISH PIZZA	SERVING	1	360	35	570	3.00	1.80	400.0	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	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	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	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	0.0	1	0.0	3.0	6.0	1.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	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	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	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	15.00		8.87		<=30.0	<10.00	

Weighted Average			960	*93	1855	11.04	*5.00	*795.7	*56.38	*58	40.45	125.03	32.19	9.97	*0.03
										*54.0%	16.9%	52.1%	30.2%	9.4%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	960		645	149%				
Cholesterol (mg)	93				Missing			
Sodium 1 (mg)	1855					1855		
Sodium 2 (mg)	1855					1855		
Fiber (g)	11.04							
Iron (mg)	5.00		3.30	151%	Missing			
Calcium (mg)	795.7		267.00	298%	Missing			
Sugars (g)	58	24.00%			Missing			
Vitamin C (mg)	56.38		15.00	376%	Missing			
Protein (g)	40.45	16.86%	8.87	456%				
Carbohydrate (g)	125.03	52.11%						
Total Fat (g)	32.19	30.18%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	9.97	9.35%	<10.00%					
Trans Fat ¹ (g)	0.03	0.03%			Missing			

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