

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 8:41:57 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/01/2023															
INTERMEDIATE LUNCH 6-8	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
POTATO, TRIPLE CHEESE TWICE BA	SERVINGS	1	230	25	309	2.00	*N/A*	*N/A*	*N/A*	4	5.99	25.95	11.98	4.99	0.00
SUNSHINE CARROTS 1/2 CUP	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
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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*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 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
ALT INT WEEKLY 1st CHOICE	Total	1													
HAMBURGER - OPTION LINE	SERVINGS	1	306	49	437	4.01	*1.44	*60.0	*3.6	3	18.06	27.0	13.56	4.82	0.80
SHREDDED LETTUCE & TOMATO-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
CARROT STICKS 3/4 CUP	3/4 CUP	1	115	20	275	1.03	0.11	12.2	2.17	2	0.34	3.53	9.09	2.01	0.00
CHIPS: DORITOS	bag	1	131	0	181	2.01	0.36	20.0	0.0	0	2.01	19.62	5.03	0.75	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
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
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 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			996	*77	1932	12.93	*2.55	*699.1	*54.63	*51	39.49	127.23	35.27	10.26	*0.40
% of Calories										*20.7%	15.9%	51.1%	31.9%	9.3%	*0.4%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

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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

	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															
INTERMEDIATE LUNCH 6-8	Total	1													
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
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
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
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
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
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
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	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
ALT INT WEEKLY 1st CHOI															
CALZONE, MINI, WG	Total	1													
MARINARA SAUCE	SERVINGS	1	325	23	490	4.00	1.80	225.0	*N/A*	6	16.5	40.01	11.5	5.00	0.00
FRENCH FRIES- S.S. 1/2 CUP	1/2 CUP	1	70	298	616	1.99	1.43	39.7	8.94	3	1.99	11.93	1.49	0.00	0.00
FRUIT BAR :ELEMENTARY	3 OZ	1	140	0	300	2.00	0.36	0.0	4.8	0	2.0	22.0	5.0	1.50	0.00
KETCHUP : P/C	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	PC	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
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			882	*300	2178	7.90	3.59	789.9	*46.42	*52	35.01	126.03	25.75	9.39	*0.00
% of Calories										*23.7%	15.9%	57.2%	26.3%	9.6%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Fri - 03/03/2023															
INTERMEDIATE LUNCH 6-8	Total	1													
WILD MIKE'S PEPPERONI CHEE	SERVINGS	1	340	35	580	3.00	1.80	400.0	9.0	4	20.0	34.0	18.0	9.00	0.00
SY B															
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 : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	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	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	0.0	1	1.0	2.0	6.0	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

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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)
ALT INT WEEKLY 1st CHOI	Total	1													
DELI SANDWICH	SANDWIC	1	365	94	1130	2.00	1.79	210.0	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	29.72	14	0.69	18.21	0.21	0.03	0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	34.31	*2	2.42	8.31	6.21	0.57	0.00
CHIPS: DORITOS	BAG	1	131	0	181	2.01	0.36	20.0	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	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	0.22	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
DESSERT FRIDAY - CHOOSE ON	1 EACH	1	114	0	102	0.88	*0.13	*56.3	*0.0	13	1.25	21.88	2.75	0.94	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			1022	*104	1649	9.10	*2.87	*1012.0	*71.53	*67	46.86	125.55	38.32	11.95	*0.00
% of Calories										*26.3%	18.3%	49.1%	33.7%	10.5%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Mon - 03/06/2023															
INTERMEDIATE LUNCH 6-8	Total	1													
CHICKEN BITES-SEC	5 PIECES	1	270	65	710	3.00	1.00	19.0	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	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	49.87	*12	1.18	22.62	0.43	0.12	*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
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
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
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
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
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	0.0	1	1.0	2.0	6.0	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

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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)
ALT INT WEEKLY 1st CHOI	Total	1													
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	1.80	450.0	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	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	19.4	*2	1.8	6.07	0.11	0.03	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
MARINARA SAUCE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	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	0.0	1	1.0	2.0	6.0	0.50	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			1119	*241	2242	12.49	*3.73	*981.0	*73.66	*63	47.89	157.36	32.57	7.64	*0.00
% of Calories										*22.7%	17.1%	56.3%	26.2%	6.1%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Tue - 03/07/2023															
INTERMEDIATE LUNCH 6-8	Total	1													
SOFT FLOUR TACO:SEC	serving	1	254	49	437	3.00	1.44	120.1	0.6	1	17.01	23.0	10.0	3.20	0.00
LETTUCE & TOMATO:3/4 CUP-T ACOS	3/4 CUP	1	14	0	6	1.10	0.32	10.1	7.16	2	0.95	2.86	0.09	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 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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALAD BAR: 2 TUESDAY- INTER	1 CUP	1	167	12	261	3.26	*0.59	*8.4	*8.94	*6	3.43	11.53	11.28	1.58	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

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ALT INT WEEKLY 1st CHOI NACHOS	Total SERVINGS	1													
CHILI, THREE BEAN JTM	1/4 CUP	1	591	78	1009	7.75	*0.36	*520.0	*0.6	2	28.0	48.5	32.75	10.57	0.00
LETTUCE & TOMATO:3/4 CUP-T ACOS	3/4 CUP	1	65	0	134	2.75	*N/A*	*N/A*	*N/A*	2	3.0	9.5	1.75	0.27	0.00
FRUIT BAR : SECONDARY	1 CUP	1	14	0	6	1.10	0.32	10.1	7.16	2	0.95	2.86	0.09	0.01	0.00
SALSA PICANTE	1 OZ	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	6	0	158	0.19	0.00	0.0	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	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			1022	*88	1631	16.58	*1.82	*983.7	*65.70	*54	49.35	128.77	35.42	10.72	*0.00
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Wed - 03/08/2023															
INTERMEDIATE LUNCH 6-8	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
BUTTER MASHED POTATOES-se	2/3 cup	1	130	5	420	9.00	0.36	20.0	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	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
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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*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

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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

	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)
ALT INT WEEKLY 1st CHOI HAMBURGER - OPTION LINE	Total	1													
SHREDDED LETTUCE & TOMAT O-DELI	SERVINGS	1	306	49	437	4.01	*1.44	*60.0	*3.6	3	18.06	27.0	13.56	4.82	0.80
CARROT STICKS 3/4 CUP	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
CHIPS: DORITOS	3/4 CUP	1	115	20	275	1.03	0.11	12.2	2.17	2	0.34	3.53	9.09	2.01	0.00
FRUIT BAR :ELEMENTARY	bag	1	131	0	181	2.01	0.36	20.0	0.0	0	2.01	19.62	5.03	0.75	0.00
PICKLE:, CHIPS	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	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
MUSTARD:, 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
LIGHT MAYONNAISE	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
MILK : CHOCOLATE MILK FAT F REE	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 1% WHITE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average	CARTON	1	110	10	130	0.00	0.00	300.0	2.4	12	8.0	13.0	2.5	1.50	0.00
% of Calories			840	*78	2126	13.96	*2.31	*685.8	*51.83	*49	42.71	107.95	25.14	7.80	*0.40
Nutrient Guideline			783				4.50	400.00	16.70	*23.5%	20.3%	51.4%	26.9%	8.4%	*0.4%

Thu - 03/09/2023															
INTERMEDIATE LUNCH 6-8	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 (E LE)	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 : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*0.00
SALAD BAR: 3 THURSDAY'S:INT ERM	1/2 CUP	1	55	6	68	0.76	*0.14	*6.5	*5.38	*3	1.32	5.1	3.16	0.30	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

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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

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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)
ALT INT WEEKLY 1st CHOI	Total	1													
CALZONE, MINI, WG	SERVINGS	1	325	23	490	4.00	1.80	225.0	*N/A*	6	16.5	40.01	11.5	5.00	0.00
MARINARA SAUCE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	8.94	3	1.99	11.93	1.49	0.00	0.00
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	2.00	0.36	0.0	4.8	0	2.0	22.0	5.0	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
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			851	*213	1698	9.56	*2.80	*778.5	*60.89	*63	38.42	129.43	19.55	8.19	*0.00
% of Calories										*29.7%	18.1%	60.8%	20.7%	8.7%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Fri - 03/10/2023															
INTERMEDIATE LUNCH 6-8	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
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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	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	8.94	3	1.99	11.93	1.49	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
ALT INT WEEKLY 1st CHOI	Total	1													
DELI SANDWICH	SANDWIC	1	365	94	1130	2.00	1.79	210.0	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	29.72	14	0.69	18.21	0.21	0.03	0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	34.31	*2	2.42	8.31	6.21	0.57	0.00
CHIPS: DORITOS	BAG	1	131	0	181	2.01	0.36	20.0	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	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	0.22	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
DESSERT FRIDAY - CHOOSE ON	1 EACH	1	114	0	102	0.88	*0.13	*56.3	*0.0	13	1.25	21.88	2.75	0.94	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

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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

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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)
Weighted Daily Average			1042	*248	1972	10.60	*3.58	*906.9	*71.50	*61	46.85	126.01	40.57	10.45	*0.00
% of Calories										*23.5%	18.0%	48.4%	35.0%	9.0%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Tue - 03/21/2023																
INTERMEDIATE LUNCH 6-8	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- INTER	1 CUP	1	167	12	261	3.26	*0.59	*8.4	*8.94	*6	3.43	11.53	11.28	1.58	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	
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	
ALT INT WEEKLY 1st CHOI	Total	1														
NACHOS	SERVINGS	1	591	78	1009	7.75	*0.36	*520.0	*0.6	2	28.0	48.5	32.75	10.57	0.00	
CHILI, THREE BEAN JTM	1/4 CUP	1	65	0	134	2.75	*N/A*	*N/A*	*N/A*	2	3.0	9.5	1.75	0.27	0.00	
LETTUCE & TOMATO:3/4 CUP-T ACOS	3/4 CUP	1	14	0	6	1.10	0.32	10.1	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	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	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			1174	*96	1965	18.16	*3.12	*1077.9	*58.62	*53	51.84	137.79	44.67	15.52	*0.00	
% of Calories										*18.0%	17.7%	46.9%	34.2%	11.9%	*0.0%	
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00		

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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

	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															
INTERMEDIATE LUNCH 6-8	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
BUTTER MASHED POTATOES-se	2/3 cup	1	130	5	420	9.00	0.36	20.0	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	0.37	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
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
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 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
ALT INT WEEKLY 1st CHOI	Total	1													
HAMBURGER - OPTION LINE	SERVINGS	1	306	49	437	4.01	*1.44	*60.0	*3.6	3	18.06	27.0	13.56	4.82	0.80
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
CARROT STICKS 3/4 CUP	3/4 CUP	1	115	20	275	1.03	0.11	12.2	2.17	2	0.34	3.53	9.09	2.01	0.00
CHIPS: DORITOS	bag	1	131	0	181	2.01	0.36	20.0	0.0	0	2.01	19.62	5.03	0.75	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
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
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 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			905	*75	1974	12.97	*2.85	*706.0	*42.97	*50	38.52	110.80	32.27	11.62	*0.65
% of Calories										*22.2%	17.0%	49.0%	32.1%	11.6%	*0.6%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

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Portion Values - Detailed

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Thu - 03/23/2023															
INTERMEDIATE LUNCH 6-8	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 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:INT	1/2 CUP	1	55	6	68	0.76	*0.14	*6.5	*5.38	*3	1.32	5.1	3.16	0.30	0.00
ERM															
COOKIE: PUMPKIN CHOCOLATE	COOKIE	1	147	8	145	4.70	1.02	44.4	0.01	*8	2.61	22.59	6.14	2.45	*0.00
CHIP															
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
ALT INT WEEKLY 1st CHOI															
CALZONE, MINI, WG	Total	1													
MARINARA SAUCE	SERVINGS	1	325	23	490	4.00	1.80	225.0	*N/A*	6	16.5	40.01	11.5	5.00	0.00
FRENCH FRIES- S.S. 1/2 CUP	1/2 CUP	1	70	298	616	1.99	1.43	39.7	8.94	3	1.99	11.93	1.49	0.00	0.00
FRUIT BAR :ELEMENTARY	3 OZ	1	140	0	300	2.00	0.36	0.0	4.8	0	2.0	22.0	5.0	1.50	0.00
KETCHUP : P/C	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	PC	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
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			810	*217	1754	10.35	*3.65	*783.3	*54.32	*56	38.34	120.23	19.42	6.70	*0.00
% of Calories										*27.7%	18.9%	59.4%	21.6%	7.4%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Fri - 03/24/2023															
INTERMEDIATE LUNCH 6-8	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
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 : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*0.00
GRAHAM, TIGER BITES, CHOCO	SERVINGS	1	120	0	125	2.00	*N/A*	*N/A*	*N/A*	7	2.0	21.0	4.0	1.00	0.00
LATE															
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	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	8.94	3	1.99	11.93	1.49	0.00	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

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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

	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)
ALT INT WEEKLY 1st CHOI	Total	1													
DELI SANDWICH	SANDWIC	1	365	94	1130	2.00	1.79	210.0	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	29.72	14	0.69	18.21	0.21	0.03	0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	34.31	*2	2.42	8.31	6.21	0.57	0.00
CHIPS: DORITOS	BAG	1	131	0	181	2.01	0.36	20.0	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	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	0.22	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
DESSERT FRIDAY - CHOOSE ON	1 EACH	1	114	0	102	0.88	*0.13	*56.3	*0.0	13	1.25	21.88	2.75	0.94	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			1042	*248	1982	11.10	*3.58	*906.9	*71.50	*61	46.85	126.01	40.57	10.45	*0.00
% of Calories										*23.3%	18.0%	48.4%	35.0%	9.0%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Mon - 03/27/2023															
INTERMEDIATE LUNCH 6-8	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															
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
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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*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
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
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
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
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

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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

	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)
ALT INT WEEKLY 1st CHOI	Total	1													
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	1.80	450.0	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	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	19.4	*2	1.8	6.07	0.11	0.03	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
MARINARA SAUCE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	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	0.0	1	1.0	2.0	6.0	0.50	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			966	*229	2012	10.57	*20.21	*1061.2	*68.83	*61	47.73	125.41	30.14	10.01	*0.00
% of Calories										*25.1%	19.8%	51.9%	28.1%	9.3%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Tue - 03/28/2023															
INTERMEDIATE LUNCH 6-8	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 .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
CINNAMON ROLL W. W.W. BRID GFOR	ROLL	1	210	0	250	4.00	1.44	20.0	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	34.31	*1	1.42	6.31	9.21	2.07	0.00
SALAD BAR: 2 TUESDAY- INTER	1 CUP	1	167	12	261	3.26	*0.59	*8.4	*8.94	*6	3.43	11.53	11.28	1.58	0.00
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*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
ALT INT WEEKLY 1st CHOI	Total	1													
NACHOS	SERVINGS	1	591	78	1009	7.75	*0.36	*520.0	*0.6	2	28.0	48.5	32.75	10.57	0.00
CHILI, THREE BEAN JTM	1/4 CUP	1	65	0	134	2.75	*N/A*	*N/A*	*N/A*	2	3.0	9.5	1.75	0.27	0.00
LETTUCE & TOMATO:3/4 CUP-T ACOS	3/4 CUP	1	14	0	6	1.10	0.32	10.1	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	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	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

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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

	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)
Weighted Daily Average			1053	*96	1895	16.77	*2.98	*976.1	*86.55	*55	48.90	124.12	39.29	11.93	*0.00
% of Calories										*20.9%	18.6%	47.2%	33.6%	10.2%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Wed - 03/29/2023															
INTERMEDIATE LUNCH 6-8	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
POTATO, TRIPLE CHEESE TWICE BA	SERVINGS	1	230	25	309	2.00	*N/A*	*N/A*	*N/A*	4	5.99	25.95	11.98	4.99	0.00
SUNSHINE CARROTS 1/2 CUP	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
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
FRUIT BAR : SECONDARY	1 CUP	1	89	*0	2	2.92	0.30	24.1	49.87	*12	1.18	22.62	0.43	0.12	*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 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
ALT INT WEEKLY 1st CHOICE	Total	1													
HAMBURGER - OPTION LINE	SERVINGS	1	306	49	437	4.01	*1.44	*60.0	*3.6	3	18.06	27.0	13.56	4.82	0.80
SHREDDED LETTUCE & TOMATO-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
CARROT STICKS 3/4 CUP	3/4 CUP	1	115	20	275	1.03	0.11	12.2	2.17	2	0.34	3.53	9.09	2.01	0.00
CHIPS: DORITOS	bag	1	131	0	181	2.01	0.36	20.0	0.0	0	2.01	19.62	5.03	0.75	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
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
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 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			996	*77	1932	12.93	*2.55	*699.1	*54.63	*51	39.49	127.23	35.27	10.26	*0.40
% of Calories										*20.7%	15.9%	51.1%	31.9%	9.3%	*0.4%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

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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

	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															
INTERMEDIATE LUNCH 6-8	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
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
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
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
ALT INT WEEKLY 1st CHOI															
CALZONE, MINI, WG	Total	1													
MARINARA SAUCE	SERVINGS	1	325	23	490	4.00	1.80	225.0	*N/A*	6	16.5	40.01	11.5	5.00	0.00
FRENCH FRIES- S.S. 1/2 CUP	1/2 CUP	1	70	298	616	1.99	1.43	39.7	8.94	3	1.99	11.93	1.49	0.00	0.00
FRUIT BAR :ELEMENTARY	3 OZ	1	140	0	300	2.00	0.36	0.0	4.8	0	2.0	22.0	5.0	1.50	0.00
KETCHUP : P/C	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 REE	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 1% WHITE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average			1023	*206	1962	8.93	*3.52	*760.1	*30.06	*68	33.67	143.79	34.27	10.58	*0.00
% of Calories										*26.6%	13.2%	56.2%	30.2%	9.3%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Fri - 03/31/2023															
INTERMEDIATE LUNCH 6-8	Total	1													
WILD MIKE'S PEPPERONI CHEE SY B	SERVINGS	1	340	35	580	3.00	1.80	400.0	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	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	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	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	0.0	1	1.0	2.0	6.0	0.50	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

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

	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)	
ALT INT WEEKLY 1st CHOI	Total	1														
DELI SANDWICH	SANDWIC	1	365	94	1130	2.00	1.79	210.0	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	29.72	14	0.69	18.21	0.21	0.03	0.00	
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	34.31	*2	2.42	8.31	6.21	0.57	0.00	
CHIPS: DORITOS	BAG	1	131	0	181	2.01	0.36	20.0	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	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	0.22	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	
DESSERT FRIDAY - CHOOSE ON	1 EACH	1	114	0	102	0.88	*0.13	*56.3	*0.0	13	1.25	21.88	2.75	0.94	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			1022	*104	1649	9.10	*2.87	*1012.0	*71.53	*67	46.86	125.55	38.32	11.95	*0.00	
% of Calories										*26.3%	18.3%	49.1%	33.7%	10.5%	*0.0%	
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00		

Weighted Average			986	*159	1915	12.00	*4.03	*871.7	*60.89	*58	43.46	127.60	33.34	10.32	*0.11
										*52.8%	17.6%	51.8%	30.4%	9.4%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	986		783	126%				
Cholesterol (mg)	159				Missing			
Sodium 1 (mg)	1915						1915	
Sodium 2 (mg)	1915						1915	
Fiber (g)	12.00							
Iron (mg)	4.03		4.50	90%	Missing	0.47		Correction Required - Iron is Low
Calcium (mg)	871.7		400.00	218%	Missing			
Sugars (g)	58	23.48%			Missing			
Vitamin C (mg)	60.89		16.70	365%	Missing			
Protein (g)	43.46	17.63%	15.00	290%				
Carbohydrate (g)	127.60	51.76%						
Total Fat (g)	33.34	30.43%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	10.32	9.42%	<10.00%					
Trans Fat ¹ (g)	0.11	0.10%			Missing			

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