

Washington County School District

Nov 1, 2021 thru Nov 30, 2021

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)
Mon - 11/01/2021															
INTERMEDIATE LUNCH 6-8	Total	1													
HOT DOG W/ BUN	1 EACH	1	220	55	450	2.00	2.16	120.0	8.4	2	13.0	21.0	10.5	2.50	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
DINNER SALAD	1 CUP	1	2	0	0	0.10	0.03	1.2	0.96	*0	0.08	0.33	0.02	0.01	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
FRUIT, CANNED OPTION	1/2 C SER VING	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	0.0	0.00	0.00
CREAMIES JR.	CREAMIE	1	93	16	39	0.00	0.00	260.0	3.45	*N/A*	2.0	14.0	3.5	2.00	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
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															
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
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
FRUIT, CANNED OPTION	1/2 C SER VING	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	0.0	0.00	0.00
COOKIE - CHOICE	SERVINGS	1	194	12	174	4.03	1.15	50.7	0.01	*13	3.31	29.02	8.14	3.25	*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			993	*231	1724	11.05	*4.50	*1148.6	*69.46	*68	43.20	144.12	27.77	8.97	*0.00
% of Calories										*27.3%	17.4%	58.1%	25.2%	8.1%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=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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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)
Tue - 11/02/2021															
INTERMEDIATE LUNCH 6-8	Total	1													
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	2.4	*4	16.0	32.0	26.42	13.04	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
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
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	155	10	234	2.69	*0.53	*6.8	*8.84	*5	2.3	9.97	11.04	1.50	0.00
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	187	10	184	5.97	1.30	56.4	0.01	*10	3.31	28.69	7.79	3.12	*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													
SPICY CHICKEN PATTY - A PIER	SERVINGS	1	340	25	610	5.00	3.24	80.0	3.6	3	21.0	37.0	11.5	2.50	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
BEANS, BAKED WITH TOMATO PASTE	1/2 C SERVING	1	180	0	550	5.00	1.80	40.0	*N/A*	17	7.0	36.0	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
FRUIT, CANNED OPTION	1/2 C SERVING	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	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
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
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			1133	*70	2257	15.40	*5.28	*939.3	*67.16	*67	44.36	149.73	39.32	12.57	*0.00
% of Calories										*23.7%	15.7%	52.9%	31.2%	10.0%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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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)
Wed - 11/03/2021															
INTERMEDIATE LUNCH 6-8	Total	1													
CORN DOG: FOSTER FARMS TU RKEY	1 EA	1	280	45	700	1.00	2.70	80.0	0.0	9	10.0	27.0	14.0	4.00	0.00
DINNER SALAD	1 CUP	1	2	0	0	0.10	0.03	1.2	0.96	*0	0.08	0.33	0.02	0.01	0.00
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	181	20	388	2.64	*0.52	*6.5	*8.58	*4	1.29	7.16	14.04	3.00	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
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
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													
HAMBURGER - OPTION LINE	SERVINGS	1	416	74	837	4.01	*1.44	*210.0	*3.6	4	23.06	29.0	22.56	9.82	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
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
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
FRUIT, CANNED OPTION	1/2 C SERVING	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	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			971	*104	2068	8.49	*3.02	*802.7	*50.25	*60	35.95	108.18	40.35	12.13	*0.40
% of Calories										*24.9%	14.8%	44.6%	37.4%	11.2%	*0.4%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=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)
Thu - 11/04/2021															
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	57	5	82	0.73	*0.33	*7.3	*5.39	*3	1.0	4.99	3.45	0.26	0.00
ERM															
BROWNIE CUP, WG	BROWNIE	1	149	2	74	2.00	0.60	0.1	0.5	15	1.6	26.5	4.0	0.70	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
FRUIT, CANNED OPTION	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
	1/2 C SER	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	0.0	0.00	0.00
	VING														
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	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			844	*214	1728	9.48	*3.62	*764.0	*57.20	*66	37.80	130.25	18.50	5.81	*0.00
% of Calories										*31.4%	17.9%	61.7%	19.7%	6.2%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Fri - 11/05/2021															
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
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.92	0.80	38.4	50.91	*2	3.0	9.73	6.29	0.60	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
CHAT SNAX VANILLA CRUNCH	SERVINGS	1	120	0	105	1.00	0.72	*N/A*	*N/A*	8	2.0	20.99	4.0	0.00	0.00
GRAHA															
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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Weighted Daily Average			836	*50	1118	9.84	3.62	*812.5	*104.37	*56	38.17	113.33	30.22	7.22	*0.00
% of Calories										*26.6%	18.3%	54.2%	32.5%	7.8%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Mon - 11/08/2021															
INTERMEDIATE LUNCH 6-8	Total	1													
CHEESEBURGER 100% BEEF :EL	PATTY	1	367	64	790	2.03	34.38	223.7	2.43	3	26.08	23.1	19.15	8.40	0.00
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 GEMS	SERVING	1	195	0	450	1.50	*N/A*	*N/A*	*N/A*	0	1.5	24.0	10.5	1.50	0.00
CHOCOLATE CHIP COOKIES	1 EACH	1	136	14	173	1.44	0.68	37.1	0.0	*8	2.19	18.48	6.34	2.65	*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
FRUIT, CANNED OPTION	1/2 C SER	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	0.0	0.00	0.00
	VING														
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
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
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
FRUIT, CANNED OPTION	1/2 C SER	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	0.0	0.00	0.00
	VING														
COOKIE - CHOICE	SERVINGS	1	194	12	174	4.03	1.15	50.7	0.01	*13	3.31	29.02	8.14	3.25	*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	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			1160	*237	2252	12.53	*20.97	*1097.5	*74.08	*76	50.21	154.15	38.37	12.52	*0.00
% of Calories										*26.1%	17.3%	53.2%	29.8%	9.7%	*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

Nov 1, 2021 thru Nov 30, 2021

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)	
Tue - 11/09/2021																
INTERMEDIATE LUNCH 6-8	Total	1														
TACO SOUP	1 CUP	1	257	50	1050	6.33	3.47	75.5	13.97	*5	19.5	21.74	9.97	3.40	*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	
SALAD BAR: 2 TUESDAY- INTER	1 CUP	1	155	10	234	2.69	*0.53	*6.8	*8.84	*5	2.3	9.97	11.04	1.50	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														
SPICY CHICKEN PATTY - A PIER	SERVINGS	1	340	25	610	5.00	3.24	80.0	3.6	3	21.0	37.0	11.5	2.50	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	
BEANS, BAKED WITH TOMATO PASTE	1/2 C SERVING	1	180	0	550	5.00	1.80	40.0	*N/A*	17	7.0	36.0	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	
FRUIT, CANNED OPTION	1/2 C SERVING	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	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	
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	
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			974	*63	2113	14.92	*5.91	*773.5	*65.36	*68	46.20	137.99	25.29	6.81	*0.00	
% of Calories										*27.8%	19.0%	56.7%	23.4%	6.3%	*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

Nov 1, 2021 thru Nov 30, 2021

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)
Wed - 11/10/2021															
INTERMEDIATE LUNCH 6-8	Total	1													
CHICKEN BREAST CHUNKS	4 CHUNKS	1	160	40	431	1.00	1.44	20.0	1.2	0	17.04	15.03	4.01	1.00	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, 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
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
ROLL: 2 OZ SCHOOL MADE	ROLL	1	141	11	309	4.65	1.35	14.1	0.0	*1	3.87	27.1	2.79	0.98	*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
FRUIT, CANNED OPTION	1/2 C SER VING	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	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
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
ALT INT WEEKLY 1st CHOI															
HAMBURGER - OPTION LINE	Total	1													
SHREDDED LETTUCE & TOMAT O-DELI	SERVINGS	1	416	74	837	4.01	*1.44	*210.0	*3.6	4	23.06	29.0	22.56	9.82	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
PICKLE:, CHIPS	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 OZ.	1	5	0	340	0.00	0.00	0.0	0.0	1	0.0	1.0	0.0	0.00	0.00
FRUIT, CANNED OPTION	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	1/2 C SER VING	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	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			1050	*93	2267	15.87	*3.30	*788.3	*58.88	*65	43.41	146.43	31.98	10.89	*0.40
Nutrient Guideline			783				4.50	400.00	16.70	*24.8%	16.5%	55.8%	27.4%	9.3%	*0.3%
											15.00		<=30.0	<10.00	

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Washington County School District

Nov 1, 2021 thru Nov 30, 2021

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)
Thu - 11/11/2021															
INTERMEDIATE LUNCH 6-8	Total	1													
TANGERINE CHICKEN	3.9oz SER VINGS	1	190	45	380	2.00	*N/A*	*N/A*	*N/A*	13	14.0	25.0	4.0	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 : 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	57	5	82	0.73	*0.33	*7.3	*5.39	*3	1.0	4.99	3.45	0.26	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
ALT INT WEEKLY 1st CHOI															
CALZONE, MINI, WG	Total	1													
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
FRUIT, CANNED OPTION	1/2 C SER VING	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	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			958	*200	1877	11.50	*3.74	*778.3	*65.92	*68	39.71	147.08	23.33	7.98	*0.00
% of Calories										*28.6%	16.6%	61.4%	21.9%	7.5%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Fri - 11/12/2021															
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
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 : 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
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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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			889	*70	1236	8.28	2.76	1054.2	96.78	*69	38.60	120.92	30.14	12.69	*0.00
% of Calories										*31.1%	17.4%	54.4%	30.5%	12.8%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Mon - 11/15/2021															
INTERMEDIATE LUNCH 6-8	Total	1													
CHICKEN BREAST CHUNKS	4 CHUNKS	1	160	40	431	1.00	1.44	20.0	1.2	0	17.04	15.03	4.01	1.00	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
FRUIT, CANNED OPTION	1/2 C SER	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	0.0	0.00	0.00
	VING														
DINNER SALAD	1 CUP	1	2	0	0	0.10	0.03	1.2	0.96	*0	0.08	0.33	0.02	0.01	0.00
CRUMB SQUARE-DAVE'S BAKE	1 EACH	1	174	20	132	2.18	*N/A*	*N/A*	*N/A*	16	2.08	28.67	5.54	0.74	0.00
RY 2.2															
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 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	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	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
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
FRUIT, CANNED OPTION	1/2 C SER	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	0.0	0.00	0.00
	VING														
COOKIE - CHOICE	SERVINGS	1	194	12	174	4.03	1.15	50.7	0.01	*13	3.31	29.02	8.14	3.25	*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	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			1113	*232	2091	12.55	*4.46	*998.0	*75.51	*78	45.86	165.88	29.76	8.49	*0.00
% of Calories										*27.9%	16.5%	59.6%	24.1%	6.9%	*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

Nov 1, 2021 thru Nov 30, 2021

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)
Tue - 11/16/2021															
INTERMEDIATE LUNCH 6-8	Total	1													
SOFT FLOUR TACO:SEC	1 serving	1	268	55	470	3.00	1.44	120.1	0.6	1	18.01	23.0	11.01	3.60	0.00
LETTUCE & TOMATO:3/4 CUP-T	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
ACOS															
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															
REFRIED BEANS	1/2 CUP	1	200	5	701	10.00	2.40	50.4	25.2	0	8.0	28.0	6.0	2.00	*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	155	10	234	2.69	*0.53	*6.8	*8.84	*5	2.3	9.97	11.04	1.50	0.00
BUG BITES	BAG	1	120	0	1151	1.00	0.72	100.0	0.0	8	2.0	21.0	3.5	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	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	Total	1													
SPICY CHICKEN PATTY - A PIER	SERVINGS	1	340	25	610	5.00	3.24	80.0	3.6	3	21.0	37.0	11.5	2.50	0.00
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															
BEANS, BAKED WITH TOMATO	1/2 C SER	1	180	0	550	5.00	1.80	40.0	*N/A*	17	7.0	36.0	1.0	0.00	0.00
PASTE	VING														
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
FRUIT, CANNED OPTION	1/2 C SER	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	0.0	0.00	0.00
	VING														
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
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
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	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			1045	*68	2706	17.40	*5.90	*866.0	*74.26	*67	48.06	147.75	28.16	7.93	*0.00
% of Calories										*25.5%	18.4%	56.6%	24.3%	6.8%	*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

Nov 1, 2021 thru Nov 30, 2021

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)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 11/17/2021															
INTERMEDIATE LUNCH 6-8	Total	420													
ROASTED TURKEY: VIP	2.9 OZ	420	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	400	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	400	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	250	16	0	140	2.00	*N/A*	*N/A*	*N/A*	1	1.0	3.0	0.0	0.00	0.00
DELUXE FRUIT SALAD	1/2 CUP	1	91	0	7	0.90	0.29	2.4	10.84	*13	0.41	18.41	2.07	2.02	0.00
WG DINNER ROLL - PREMADE	ROLL	1	90	0	160	2.00	1.08	40.0	2.4	2	4.0	17.0	1.0	0.00	0.00
PUMPKIN PIE :(Sara Lee)	Slice	400	325	45	380	1.00	1.44	80.0	0.0	*20	5.0	48.0	13.0	8.00	0.00
MARGARINE REDDIES: (1)	1 Patty	0	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	400	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	10	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	416	74	837	4.01	*1.44	*210.0	*3.6	4	23.06	29.0	22.56	9.82	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
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
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
FRUIT, CANNED OPTION	1/2 C SER	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	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			682	*99	2036	10.72	*2.20	*389.3	*1.36	*37	39.13	88.38	18.60	10.05	*0.00
% of Calories										*21.8%	22.9%	51.8%	24.5%	13.3%	*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

Nov 1, 2021 thru Nov 30, 2021

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)
Thu - 11/18/2021															
INTERMEDIATE LUNCH 6-8	Total	1													
ORANGE CHICKEN	3.6 OZ SE RVING	1	150	40	280	0.00	0.72	0.0	1.2	10	11.0	19.0	3.0	0.50	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	57	5	82	0.73	*0.33	*7.3	*5.39	*3	1.0	4.99	3.45	0.26	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
ALT INT WEEKLY 1st CHOI															
CALZONE, MINI, WG	Total 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
FRUIT, CANNED OPTION	1/2 C SERVING	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	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			884	*205	1744	9.54	*3.34	*781.4	*64.12	*71	36.36	138.48	19.69	6.92	*0.00
% of Calories										*31.9%	16.5%	62.7%	20.0%	7.0%	*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

Nov 1, 2021 thru Nov 30, 2021

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)
Fri - 11/19/2021															
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
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
SCOOBY-DOO GRAHAM CRACK	BAG	1	120	0	115	1.00	0.72	100.0	0.0	*N/A*	2.0	21.0	3.5	1.00	0.00
ER STIC															
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	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			859	*60	1276	9.28	3.48	904.2	87.78	*46	36.60	109.92	32.64	9.69	*0.00
% of Calories										*21.5%	17.0%	51.2%	34.2%	10.2%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Mon - 11/22/2021															
INTERMEDIATE LUNCH 6-8	Total	1													
MINI CORN DOG NUGGETS (SE	6 EACH	1	250	60	420	3.00	1.80	100.0	1.2	1	10.0	30.0	10.0	2.50	0.00
TATER GEMS	SERVING	1	195	0	450	1.50	*N/A*	*N/A*	*N/A*	0	1.5	24.0	10.5	1.50	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
FRUIT, CANNED OPTION	1/2 C SER	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	0.0	0.00	0.00
VING															
SWEET CAKE	SERVING	1	284	22	243	1.93	0.60	21.9	0.33	*32	2.16	44.83	11.43	4.94	*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
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 Values - Detailed

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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
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
FRUIT, CANNED OPTION	1/2 C SERVING	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	0.0	0.00	0.00
COOKIE - CHOICE	SERVINGS	1	194	12	174	4.03	1.15	50.7	0.01	*13	3.31	29.02	8.14	3.25	*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			1146	*236	1886	12.74	*4.48	*1023.3	*70.40	*85	41.70	168.95	34.30	10.46	*0.00
% of Calories										*29.7%	14.6%	59.0%	26.9%	8.2%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Tue - 11/23/2021															
INTERMEDIATE LUNCH 6-8	Total	1													
CHICKEN LIME BURRITO	SERVINGS	1	433	66	696	6.82	5.22	84.1	1.59	*2	29.6	51.81	10.79	3.14	*0.00
REFRIED BEANS	1/2 CUP	1	200	5	701	10.00	2.40	50.4	25.2	0	8.0	28.0	6.0	2.00	*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	155	10	234	2.69	*0.53	*6.8	*8.84	*5	2.3	9.97	11.04	1.50	0.00
MAPLE BITES, WG (2)	2 MAPLE BITES	1	140	0	150	2.00	0.72	40.0	0.0	10	2.0	26.0	3.0	0.60	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

Nov 1, 2021 thru Nov 30, 2021

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													
SPICY CHICKEN PATTY - A PIER	SERVINGS	1	340	25	610	5.00	3.24	80.0	3.6	3	21.0	37.0	11.5	2.50	0.00
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															
BEANS, BAKED WITH TOMATO	1/2 C SER	1	180	0	550	5.00	1.80	40.0	*N/A*	17	7.0	36.0	1.0	0.00	0.00
PASTE	VING														
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
FRUIT, CANNED OPTION	1/2 C SER	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	0.0	0.00	0.00
	VING														
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
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
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	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			1116	*70	2293	19.26	*7.63	*787.7	*71.17	*67	52.62	163.09	26.62	6.73	*0.00
% of Calories										*24.1%	18.9%	58.4%	21.5%	5.4%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Tue - 11/30/2021															
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	1/2 CUP	1	200	5	701	10.00	2.40	50.4	25.2	0	8.0	28.0	6.0	2.00	*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: 2 TUESDAY- INTER	1 CUP	1	155	10	234	2.69	*0.53	*6.8	*8.84	*5	2.3	9.97	11.04	1.50	0.00
COOKIE: PUMPKIN CHOCOLATE	COOKIE	1	187	10	184	5.97	1.30	56.4	0.01	*10	3.31	28.69	7.79	3.12	*0.00
CHIP															
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

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

Nov 1, 2021 thru Nov 30, 2021

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													
SPICY CHICKEN PATTY - A PIER	SERVINGS	1	340	25	610	5.00	3.24	80.0	3.6	3	21.0	37.0	11.5	2.50	0.00
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															
BEANS, BAKED WITH TOMATO	1/2 C SER	1	180	0	550	5.00	1.80	40.0	*N/A*	17	7.0	36.0	1.0	0.00	0.00
PASTE	VING														
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
FRUIT, CANNED OPTION	1/2 C SER	1	65	0	5	1.00	*0.18	*5.0	*5.25	14	0.25	16.25	0.0	0.00	0.00
	VING														
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
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
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	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			1080	*69	2277	19.24	*6.64	*913.9	*64.59	*65	48.30	150.40	29.95	10.57	*0.00
% of Calories										*23.9%	17.9%	55.7%	25.0%	8.8%	*0.0%
Nutrient Guideline			783				4.50	400.00	16.70		15.00		<=30.0	<10.00	

Weighted Average			985	*132	1942	12.67	*5.27	*867.9	*67.70	*65	42.57	138.06	29.17	9.36	*0.04
										*59.8%	17.3%	56.1%	26.6%	8.5%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	985		783	126%				
Cholesterol (mg)	132				Missing			
Sodium 1 (mg)	1942					1942		
Sodium 2 (mg)	1942					1942		
Fiber (g)	12.67							
Iron (mg)	5.27		4.50	117%	Missing			
Calcium (mg)	867.9		400.00	217%	Missing			
Sugars (g)	65	26.57%			Missing			
Vitamin C (mg)	67.70		16.70	405%	Missing			
Protein (g)	42.57	17.28%	15.00	284%				
Carbohydrate (g)	138.06	56.05%						
Total Fat (g)	29.17	26.64%	<=30.00%					
Saturated Fat (g)	9.36	8.55%	<10.00%					
Trans Fat ¹ (g)	0.04	0.04%			Missing			

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