

Washington County School District

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 11/1/2021 8:42:28 AM

| | 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 | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | 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. 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| ALT SEC WEEKLY 1st CHO | 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 : 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 |
| 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 | | | 1095 | *236 | 1847 | 12.60 | *4.70 | *1157.3 | *88.61 | *73 | 44.62 | 158.76 | 32.17 | 9.63 | *0.00 |
| % of Calories | | | | | | | | | | *26.5% | 16.3% | 58.0% | 26.4% | 7.9% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=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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Washington County School District

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|---------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/02/2021 | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | 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 |
| 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 |
| SALAD BAR: 2 TUESDAY (SEC) | 1 CUP | 1 | 179 | 10 | 242 | 3.38 | *0.70 | *13.6 | *15.28 | *10 | 2.61 | 15.94 | 11.08 | 1.51 | 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 SEC WEEKLY 1st CHO | Total | 1 | | | | | | | | | | | | | |
| SPICY CHICKEN SANDWICH | 1 EACH | 1 | 311 | 25 | 623 | 4.01 | 4.16 | 100.3 | 3.6 | 4 | 20.1 | 41.1 | 7.54 | 1.01 | 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 |
| 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 : 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 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 | | | 1235 | *80 | 2428 | 17.81 | *6.14 | *980.2 | *99.22 | *76 | 45.18 | 167.82 | 42.16 | 12.90 | *0.00 |
| % of Calories | | | | | | | | | | *24.8% | 14.6% | 54.4% | 30.7% | 9.4% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=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 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 - 11/03/2021 | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | | | | | | |
| CORN DOG: FOSTER FARMS TURKEY | 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 : 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 SERVING | 1 | 65 | 0 | 5 | 1.00 | *0.18 | *5.0 | *5.25 | 14 | 0.25 | 16.25 | 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 |
| 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 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 SEC WEEKLY 1st CHOICE | 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 & TOMATO | 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 |
| CARROTS 1 CUP | 1 CUP | 1 | 130 | 10 | 227 | 4.92 | 1.53 | 54.0 | 4.51 | *1 | 2.07 | 15.86 | 6.2 | 0.53 | 0.00 |
| CHIPS: DORITOS | bag | 1 | 131 | 0 | 181 | 2.01 | 0.36 | 20.0 | 0.0 | 0 | 2.01 | 19.62 | 5.03 | 0.75 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *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 |
| 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 | | | 1043 | *99 | 2047 | 11.98 | *3.92 | *834.8 | *72.00 | *71 | 37.37 | 130.62 | 39.07 | 11.44 | *0.40 |
| % of Calories | | | | | | | | | | *27.4% | 14.3% | 50.1% | 33.7% | 9.9% | *0.3% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=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 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 | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | 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 : SEC | 8 OZ | 1 | 219 | 0 | 977 | 3.37 | 2.42 | 33.7 | 8.09 | *N/A* | 5.05 | 40.42 | 4.21 | 0.00 | 0.00 |
| NORMANDY VEGETABLES 1 CUP | 1 CUP | 1 | 30 | 0 | 30 | 2.00 | 0.00 | 0.0 | 15.0 | 3 | 1.0 | 5.0 | 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:SEC | 1 CUP | 1 | 88 | 0 | 139 | 2.90 | *1.32 | *29.1 | *21.54 | *9 | 2.02 | 15.97 | 1.84 | 0.05 | 0.00 |
| 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 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 SEC WEEKLY 1st CHO | | | | | | | | | | | | | | | |
| 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. 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 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 | | | 975 | *211 | 2034 | 13.05 | *4.81 | *790.4 | *87.94 | *74 | 40.38 | 158.22 | 19.96 | 6.12 | *0.00 |
| % of Calories | | | | | | | | | | *30.3% | 16.6% | 64.9% | 18.4% | 5.7% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | |
|---------------------------------|----------|---|-----|----|-----|------|------|-------|-------|-----|------|-------|------|------|-------|
| Fri - 11/05/2021 | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | 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 GRAHA | SERVINGS | 1 | 120 | 0 | 105 | 1.00 | 0.72 | *N/A* | *N/A* | 8 | 2.0 | 20.99 | 4.0 | 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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|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| 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 | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

| Mon - 11/08/2021 | | | | | | | | | | | | | | | |
|--------------------------------|---------------|---|-----|-----|-----|------|-------|-------|-------|-----|-------|-------|-------|------|-------|
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | | | | | | |
| CHEESEBURGER 100 % BEEF: S EC | PATTY | 1 | 397 | 64 | 840 | 3.03 | 34.74 | 223.7 | 3.63 | 4 | 27.08 | 28.1 | 19.15 | 8.40 | 0.00 |
| 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 |
| TATER GEMS | 3/4 C 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 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 |
| 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 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 SEC WEEKLY 1st CHO | 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 : 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 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 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 |

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

Portion Values - Detailed

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Generated on: 11/1/2021 8:42:29 AM

| | 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 | | | 1191 | *237 | 2277 | 13.55 | *21.20 | *1101.8 | *83.66 | *78 | 50.92 | 160.72 | 38.45 | 12.54 | *0.00 |
| % of Calories | | | | | | | | | | *26.3% | 17.1% | 54.0% | 29.1% | 9.5% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

| Tue - 11/09/2021 | | | | | | | | | | | | | | | | |
|-----------------------------|-----------|---|------|-----|------|-------|-------|--------|--------|--------|-------|--------|--------|--------|-------|--|
| SECONDARY LUNCH 9-12 | 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 | .5 OZ | 1 | 56 | 13 | 86 | 0.00 | 0.00 | 101.2 | 0.0 | 0 | 3.04 | 0.51 | 4.56 | 3.04 | 0.00 | |
| -5OZ | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | |
| 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 (SEC) | 1 CUP | 1 | 179 | 10 | 242 | 3.38 | *0.70 | *13.6 | *15.28 | *10 | 2.61 | 15.94 | 11.08 | 1.51 | 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 SEC WEEKLY 1st CHO | Total | 1 | | | | | | | | | | | | | | |
| SPICY CHICKEN SANDWICH | 1 EACH | 1 | 311 | 25 | 623 | 4.01 | 4.16 | 100.3 | 3.6 | 4 | 20.1 | 41.1 | 7.54 | 1.01 | 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 | | | | | | | | | | | | | | | |
| 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 : 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 | |
| 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 | | | 1070 | *77 | 2301 | 16.53 | *6.64 | *831.2 | *80.15 | *75 | 47.28 | 151.43 | 29.15 | 7.87 | *0.00 | |
| % of Calories | | | | | | | | | | *27.9% | 17.7% | 56.6% | 24.5% | 6.6% | *0.0% | |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | | |

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Washington County School District

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 11/1/2021 8:42:29 AM

| | 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 | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | 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 |
| 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 |
| 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 |
| 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 SEC WEEKLY 1st CHO | | | | | | | | | | | | | | | |
| 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 |
| CARROTS 1 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 | 1 CUP | 1 | 130 | 10 | 227 | 4.92 | 1.53 | 54.0 | 4.51 | *1 | 2.07 | 15.86 | 6.2 | 0.53 | 0.00 |
| FRUIT BAR : SECONDARY | 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, CANNED OPTION | 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 |
| PICKLE:, CHIPS | 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 | 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 | | | 1074 | *88 | 2244 | 18.34 | *4.06 | *813.5 | *69.03 | *67 | 44.49 | 156.67 | 30.61 | 10.17 | *0.40 |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | *24.9% | 16.6% | 58.4% | 25.7% | 8.5% | *0.3% |
| | | | | | | | | | | | 16.70 | | <=30.0 | <10.00 | |

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Nov 1, 2021 thru Nov 30, 2021

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

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 11/11/2021 | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | 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 : SEC | 8 OZ | 1 | 219 | 0 | 977 | 3.37 | 2.42 | 33.7 | 8.09 | *N/A* | 5.05 | 40.42 | 4.21 | 0.00 | 0.00 |
| NORMANDY VEGETABLES 1 CUP | 1 CUP | 1 | 30 | 0 | 30 | 2.00 | 0.00 | 0.0 | 15.0 | 3 | 1.0 | 5.0 | 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:SEC | 1 CUP | 1 | 88 | 0 | 139 | 2.90 | *1.32 | *29.1 | *21.54 | *9 | 2.02 | 15.97 | 1.84 | 0.05 | 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 SEC WEEKLY 1st CHO | 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. 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 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 | | | 1073 | *198 | 2182 | 14.55 | *4.87 | *800.4 | *87.69 | *74 | 42.08 | 170.97 | 24.71 | 8.27 | *0.00 |
| % of Calories | | | | | | | | | | *27.6% | 15.7% | 63.8% | 20.7% | 6.9% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | |
|---------------------------------|----------|---|-----|----|-----|------|------|-------|-------|-----|------|-------|------|------|-------|
| Fri - 11/12/2021 | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | 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: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 |
| 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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Nov 1, 2021 thru Nov 30, 2021

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

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 866 | *60 | 1088 | 8.84 | 2.90 | 1062.5 | 113.37 | *71 | 40.18 | 124.34 | 27.22 | 11.22 | *0.00 |
| % of Calories | | | | | | | | | | *32.6% | 18.6% | 57.4% | 28.3% | 11.7% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

| Mon - 11/15/2021 | | | | | | | | | | | | | | | |
|-----------------------------|----------------|---|------|------|------|-------|-------|--------|--------|--------|-------|--------|--------|--------|-------|
| SECONDARY LUNCH 9-12 | 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 VING | 1 | 65 | 0 | 5 | 1.00 | *0.18 | *5.0 | *5.25 | 14 | 0.25 | 16.25 | 0.0 | 0.00 | 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 |
| 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 | | | | | | | | | | | | | | | |
| 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 |
| 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 | 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 SEC WEEKLY 1st CHO | 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 : 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 |
| 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 | | | 1129 | *230 | 2068 | 13.08 | *4.52 | *987.3 | *84.49 | *80 | 46.57 | 169.45 | 29.83 | 8.26 | *0.00 |
| % of Calories | | | | | | | | | | *28.3% | 16.5% | 60.0% | 23.8% | 6.6% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

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

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/16/2021 | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total serving | 1 | | | | | | | | | | | | | |
| SOFT FLOUR TACO:SEC | 1 | 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 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 -.5OZ | .5 OZ | 1 | 56 | 13 | 86 | 0.00 | 0.00 | 101.2 | 0.0 | 0 | 3.04 | 0.51 | 4.56 | 3.04 | 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 (SEC) | 1 CUP | 1 | 179 | 10 | 242 | 3.38 | *0.70 | *13.6 | *15.28 | *10 | 2.61 | 15.94 | 11.08 | 1.51 | 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 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 SEC WEEKLY 1st CHO | | | | | | | | | | | | | | | |
| SPICY CHICKEN SANDWICH | 1 EACH | 1 | 311 | 25 | 623 | 4.01 | 4.16 | 100.3 | 3.6 | 4 | 20.1 | 41.1 | 7.54 | 1.01 | 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 SER VING | 1 | 180 | 0 | 550 | 5.00 | 1.80 | 40.0 | *N/A* | 17 | 7.0 | 36.0 | 1.0 | 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 : 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 |
| 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 | | | 1141 | *81 | 2893 | 19.00 | *6.63 | *923.7 | *89.05 | *74 | 49.14 | 161.19 | 32.02 | 8.98 | *0.00 |
| % of Calories | | | | | | | | | | *25.8% | 17.2% | 56.5% | 25.3% | 7.1% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

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

Portion Values - Detailed

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Generated on: 11/1/2021 8:42:29 AM

| | 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 - 11/17/2021 | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 8240 | | | | | | | | | | | | | |
| ROASTED TURKEY: VIP | 2.9 OZ | 8240 | 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 | 8240 | 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 | 5000 | 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 | 4500 | 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 |
| ORANGES 1/2 CUP SERVING | 1/2 cup | 1 | 45 | 0 | 0 | 2.30 | 0.10 | 38.4 | 51.07 | 9 | 0.9 | 11.28 | 0.12 | 0.01 | 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 |
| PUMPKIN PIE :(Sara Lee) | Slice | 8000 | 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 | 2500 | 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 | 6592 | 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 | 1638 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT SEC WEEKLY 1st CHO | 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 |
| CARROTS 1 CUP | 1 CUP | 1 | 130 | 10 | 227 | 4.92 | 1.53 | 54.0 | 4.51 | *1 | 2.07 | 15.86 | 6.2 | 0.53 | 0.00 |
| CHIPS: DORITOS | bag | 1 | 131 | 0 | 181 | 2.01 | 0.36 | 20.0 | 0.0 | 0 | 2.01 | 19.62 | 5.03 | 0.75 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 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 |
| 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 | | | 699 | *101 | 1965 | 11.07 | *2.24 | *397.4 | *1.45 | *37 | 39.43 | 87.99 | 20.67 | 10.87 | *0.00 |
| % of Calories | | | | | | | | | | *21.0% | 22.6% | 50.4% | 26.6% | 14.0% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

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Washington County School District

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|------------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 11/18/2021 | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | | | | | | |
| ORANGE CHICKEN | 3.6 OZ SE RIVING | 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 (SEC) | 1 CUP | 1 | 160 | 0 | 139 | 2.00 | 0.72 | 2.2 | 0.0 | *0 | 4.0 | 32.96 | 1.5 | 0.00 | *0.00 |
| NORMANDY VEGETABLES 1 CUP | 1 CUP | 1 | 30 | 0 | 30 | 2.00 | 0.00 | 0.0 | 15.0 | 3 | 1.0 | 5.0 | 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:SEC | 1 CUP | 1 | 88 | 0 | 139 | 2.90 | *1.32 | *29.1 | *21.54 | *9 | 2.02 | 15.97 | 1.84 | 0.05 | 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 SEC WEEKLY 1st CHO | | | | | | | | | | | | | | | |
| 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. 3/4 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 : SECONDARY | 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, CANNED OPTION | 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 |
| | 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 | | | 994 | *203 | 1886 | 12.40 | *4.16 | *797.1 | *84.25 | *76 | 38.71 | 162.41 | 20.59 | 7.21 | *0.00 |
| % of Calories | | | | | | | | | | *30.6% | 15.6% | 65.4% | 18.6% | 6.5% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | |
|---------------------------------|---------|---|-----|----|-----|------|------|-------|-------|-------|------|-------|------|------|-------|
| Fri - 11/19/2021 | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | 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 |
| SCOOBY-DOO GRAHAM CRACK ER STIC | 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 |
| 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 |
| 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
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Washington County School District

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 906 | *60 | 1223 | 9.84 | 3.62 | 912.5 | 104.37 | *49 | 39.18 | 115.34 | 35.72 | 8.72 | *0.00 |
| % of Calories | | | | | | | | | | *21.4% | 17.3% | 50.9% | 35.5% | 8.7% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

| Mon - 11/22/2021 | | | | | | | | | | | | | | | |
|-----------------------------|---------------|---|------|------|------|-------|-------|---------|--------|--------|-------|--------|--------|--------|-------|
| SECONDARY LUNCH 9-12 | 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 | 3/4 C 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 SERVING | 1 | 65 | 0 | 5 | 1.00 | *0.18 | *5.0 | *5.25 | 14 | 0.25 | 16.25 | 0.0 | 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 |
| 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 |
| ALT SEC WEEKLY 1st CHO | 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 : 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 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 | 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 | | | 1230 | *246 | 2042 | 14.49 | *4.66 | *1042.1 | *81.96 | *89 | 42.32 | 177.23 | 38.98 | 11.49 | *0.00 |
| % of Calories | | | | | | | | | | *29.1% | 13.8% | 57.6% | 28.5% | 8.4% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

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Washington County School District

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|---------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/23/2021 | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | 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 (SEC) | 1 CUP | 1 | 179 | 10 | 242 | 3.38 | *0.70 | *13.6 | *15.28 | *10 | 2.61 | 15.94 | 11.08 | 1.51 | 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 |
| ALT SEC WEEKLY 1st CHO | Total | 1 | | | | | | | | | | | | | |
| SPICY CHICKEN SANDWICH | 1 EACH | 1 | 311 | 25 | 623 | 4.01 | 4.16 | 100.3 | 3.6 | 4 | 20.1 | 41.1 | 7.54 | 1.01 | 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 |
| 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 : 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 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 | | | 1198 | *81 | 2460 | 20.86 | *8.36 | *820.0 | *85.96 | *74 | 52.94 | 176.41 | 29.34 | 7.02 | *0.00 |
| % of Calories | | | | | | | | | | *24.8% | 17.7% | 58.9% | 22.0% | 5.3% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

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Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|---------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/30/2021 | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | 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 : 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 (SEC) | 1 CUP | 1 | 179 | 10 | 242 | 3.38 | *0.70 | *13.6 | *15.28 | *10 | 2.61 | 15.94 | 11.08 | 1.51 | 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 |
| 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 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 SEC WEEKLY 1st CHO | Total | 1 | | | | | | | | | | | | | |
| SPICY CHICKEN SANDWICH | 1 EACH | 1 | 311 | 25 | 623 | 4.01 | 4.16 | 100.3 | 3.6 | 4 | 20.1 | 41.1 | 7.54 | 1.01 | 0.00 |
| 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 |
| 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 |
| 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 : 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 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 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 | | | 1178 | *79 | 2444 | 21.36 | *7.42 | *950.6 | *88.36 | *74 | 48.83 | 167.78 | 32.75 | 10.88 | *0.00 |
| % of Calories | | | | | | | | | | *25.0% | 16.6% | 57.0% | 25.0% | 8.3% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |
| Weighted Average | | | 1052 | *134 | 2030 | 14.40 | *5.80 | *889.7 | *83.66 | *70 | 43.77 | 150.59 | 30.76 | 9.49 | *0.04 |
| | | | | | | | | | | *60.2% | 16.6% | 57.3% | 26.3% | 8.1% | *0.0% |

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Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

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

Portion Values - Detailed

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| Nutrient | Menu AVG | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|----------------------------|----------|--------------|---------------|-------------|-------------|-----------|-----------|-------------------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| | | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) | | | | | | | | |
| Calories | 1052 | | 846 | 124% | | | | | | | | | | | | |
| Cholesterol (mg) | 134 | | | | Missing | | | | | | | | | | | |
| Sodium 1 (mg) | 2030 | | | | | | | | 2030 | | | | | | | |
| Sodium 2 (mg) | 2030 | | | | | | | | 2030 | | | | | | | |
| Fiber (g) | 14.40 | | | | | | | | | | | | | | | |
| Iron (mg) | 5.80 | | 4.50 | 129% | Missing | | | | | | | | | | | |
| Calcium (mg) | 889.7 | | 400.00 | 222% | Missing | | | | | | | | | | | |
| Sugars (g) | 70 | 26.76% | | | Missing | | | | | | | | | | | |
| Vitamin C (mg) | 83.66 | | 19.20 | 436% | Missing | | | | | | | | | | | |
| Protein (g) | 43.77 | 16.64% | 16.70 | 262% | | | | | | | | | | | | |
| Carbohydrate (g) | 150.59 | 57.27% | | | | | | | | | | | | | | |
| Total Fat (g) | 30.76 | 26.32% | <=30.00% | | | | | | | | | | | | | |
| Saturated Fat (g) | 9.49 | 8.12% | <10.00% | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.04 | 0.04% | | | Missing | | | | | | | | | | | |

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