

Washington County School District

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 1

Generated on: 10/26/2022 3:24:43 PM

| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|----------------|-----------|----------|
| Tue - 11/01/2022 | | | |
| ELEMENTARY LUNCH | Total | 1 | |
| BEEF TACO STICK | 1 EACH | 1 | 31.87 |
| REFRIED BEANS, V V | 1/2 C SERVINGS | 1 | 24.0 |
| CARROT STICKS 1/2 CUP | 1/2 CUP | 1 | 8.42 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 14.48 |
| SALAD BAR: 2 TUESDAY (ELE) | .5 CUP | 1 | 8.94 |
| SALSA PICANTE | 1 OZ | 1 | 1.4 |
| APPLE FILLED DONUT | SERVINGS | 1 | 33.0 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 20.0 |
| MILK 1% WHITE | CARTON | 1 | 13.0 |
| Weighted Daily Average | | | 155.11 |
| % of Calories | | | 45.0% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|----------|---|--------|
| Wed - 11/02/2022 | | | |
| ELEMENTARY LUNCH | Total | 1 | |
| TERIYAKI BEEF NUGGETS | 4 Nugget | 1 | 6.0 |
| MASHED POTATOES,from Dry mix,P | 1/2 CUP | 1 | 17.03 |
| GRAVY, BROWN LOW SODIUM | 1/4 CUP | 1 | 0.37 |
| CORN 1/2 CUP | 1/2 CUP | 1 | 15.0 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 14.48 |
| WHOLE GRAIN BISCUIT: RICH'S | BISCUIT | 1 | 23.0 |
| MARGARINE REDDIES: (1) | 1 Patty | 1 | 0.0 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 20.0 |
| MILK 1% WHITE | CARTON | 1 | 13.0 |
| Weighted Daily Average | | | 108.87 |
| % of Calories | | | 53.1% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|----------------|---|--------|
| Thu - 11/03/2022 | | | |
| ELEMENTARY LUNCH | Total | 1 | |
| TANGERINE CHICKEN | 3.9oz SERVINGS | 1 | 25.0 |
| VEGETABLE BROWN RICE:ELE | 4.75 OZ | 1 | 24.01 |
| NORMANDY VEGETABLES 1/2 C | 1/2 C SERVING | 1 | 2.5 |
| SALAD BAR: 3 THURSDAY'S:ELE | .5 CUP | 1 | 8.2 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 14.48 |
| COOKIE: PUMPKIN CHOCOLATE CHIP | COOKIE | 1 | 22.59 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 20.0 |
| MILK 1% WHITE | CARTON | 1 | 13.0 |
| Weighted Daily Average | | | 129.78 |
| % of Calories | | | 57.0% |
| Nutrient Guideline | | | |

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Portion Values - Detailed

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Fri - 11/04/2022 | | | |
| ELEMENTARY LUNCH | Total | 1 | |
| PEPPERONI PIZZA RIPPERS | SERVING | 1 | 27.0 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 14.48 |
| DINNER SALAD | 1 CUP | 1 | 7.49 |
| GRAHAM, TIGER BITES, CHOCOLATE | SERVINGS | 1 | 21.0 |
| RANCH LITE-BASIC-Summer | 1 EACH | 1 | 3.0 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 20.0 |
| MILK 1% WHITE | CARTON | 1 | 13.0 |
| Weighted Daily Average | | | 105.96 |
| % of Calories | | | 49.3% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|----------|---|--------|
| Mon - 11/07/2022 | | | |
| ELEMENTARY LUNCH | Total | 1 | |
| HAMBURGER 100% BEEF :ELE | PATTY | 1 | 21.1 |
| CHEESE: PROCESS SLICE | 1 oz. | 1 | 1.98 |
| SHREDDED LETTUCE & TOMATO-DELI | 1/2 CUP | 1 | 2.67 |
| PICKLE:, CHIPS | 1 OZ. | 1 | 1.0 |
| TATER TOTS - MCCAIN | 9 PIECES | 1 | 17.04 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 14.48 |
| CHOCOLATE CHIP COOKIES | 1 EACH | 1 | 13.49 |
| KETCHUP : P/C | PC | 1 | 10.12 |
| MUSTARD:, P/C | 1 Each | 1 | 0.33 |
| LIGHT MAYONNAISE | POUCH | 1 | 0.0 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 20.0 |
| MILK 1% WHITE | CARTON | 1 | 13.0 |
| Weighted Daily Average | | | 115.20 |
| % of Calories | | | 47.8% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|---------|---|--------|
| Tue - 11/08/2022 | | | |
| ELEMENTARY LUNCH | Total | 1 | |
| TACO SOUP | 1 CUP | 1 | 21.65 |
| CHEDDAR/ JACK FANCY SHRED.25OZ | .25 OZ | 1 | 0.25 |
| SALAD BAR: 2 TUESDAY (ELE) | .5 CUP | 1 | 8.94 |
| CINNAMON ROLL W. W.W. BRIDGFOR | ROLL | 1 | 35.0 |
| MIXED FRESH VEGETABLES:ELE | 3/4 CUP | 1 | 6.31 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 14.48 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 20.0 |
| MILK 1% WHITE | CARTON | 1 | 13.0 |
| Weighted Daily Average | | | 119.63 |
| % of Calories | | | 43.3% |
| Nutrient Guideline | | | |

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Wed - 11/09/2022 | | | |
| ELEMENTARY LUNCH | Total | 1 | |
| ROASTED TURKEY: VIP | 2.9 OZ | 1 | 1.34 |
| MASHED POTATOES,from Dry mix,P | 1/2 CUP | 1 | 17.03 |
| GRAVY, TURKEY | 1/4 Cup | 1 | 3.0 |
| GREEN BEANS: 1/2 C. | 1/2 CUP | 1 | 3.0 |
| DELUXE FRUIT SALAD | 1/2 CUP | 1 | 18.41 |
| PUMPKIN PIE :(Sara Lee) | Slice | 1 | 50.0 |
| ROLLS - NO EGGS | SERVINGS | 1 | 23.19 |
| MARGARINE REDDIES: (1) | 1 Patty | 1 | 0.0 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 20.0 |
| MILK 1% WHITE | CARTON | 1 | 13.0 |
| Weighted Daily Average | | | 148.96 |
| % of Calories | | | 58.0% |
| Nutrient Guideline | | | |

| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Thu - 11/10/2022 | | | |
| ELEMENTARY LUNCH | Total | 1 | |
| CHERRY BLOSSOM CHICKEN FRO30:S | 3.92 OZ | 1 | 24.06 |
| VEGETABLE BROWN RICE:ELE | 4.75 OZ | 1 | 24.01 |
| NORMANDY VEGETABLES 3/4 C | 3/4 CUP | 1 | 3.75 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 14.48 |
| SALAD BAR: 3 THURSDAY'S:ELE | .5 CUP | 1 | 8.2 |
| MUFFIN TOP, CHOC CHIP | MUFFINS | 1 | 29.0 |
| SOY SAUCE: PC | PC | 1 | 0.0 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 20.0 |
| MILK 1% WHITE | CARTON | 1 | 13.0 |
| Weighted Daily Average | | | 136.50 |
| % of Calories | | | 58.1% |
| Nutrient Guideline | | | |

| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Fri - 11/11/2022 | | | |
| ELEMENTARY LUNCH | Total | 1 | |
| WILD MIKE'S DEEP DISH PIZZA | SERVING | 1 | 34.0 |
| DINNER SALAD | 1 CUP | 1 | 7.49 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 14.48 |
| JELL-O | GEL CUP | 1 | 25.0 |
| RANCH LITE-BASIC-Summer | 1 EACH | 1 | 3.0 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 20.0 |
| MILK 1% WHITE | CARTON | 1 | 13.0 |
| Weighted Daily Average | | | 116.96 |
| % of Calories | | | 51.4% |
| Nutrient Guideline | | | |

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Mon - 11/14/2022 | | | |
| ELEMENTARY LUNCH | Total | 1 | |
| POPCORN CHICKEN: FR100 | 10 PIECES | 1 | 17.57 |
| SMILE FRIES | SERVINGS | 1 | 25.0 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 14.48 |
| MIXED FRESH VEGETABLES:ELE | 3/4 CUP | 1 | 6.31 |
| TWIN BAR, WG | SERVINGS | 1 | 43.0 |
| BARBAQUE SAUCE: P/C | 1 Each | 1 | 13.0 |
| KETCHUP : P/C | PC | 1 | 10.12 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 20.0 |
| MILK 1% WHITE | CARTON | 1 | 13.0 |
| Weighted Daily Average | | | 162.48 |
| % of Calories | | | 54.4% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|----------------|---|--------|
| Tue - 11/15/2022 | | | |
| ELEMENTARY LUNCH | Total | 1 | |
| SOFT FLOUR TACO: ELE | servings | 1 | 19.0 |
| SHREDDED LETTUCE & TOMATO-DELI | 1/2 CUP | 1 | 2.67 |
| CHEDDAR/ JACK FANCY SHRED.25OZ | .25 OZ | 1 | 0.25 |
| REFRIED BEANS, V V | 1/2 C SERVINGS | 1 | 24.0 |
| SALAD BAR: 2 TUESDAY (ELE) | .5 CUP | 1 | 8.94 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 14.48 |
| GRAHAM, TIGER BITES ORIGINAL | SERVINGS | 1 | 21.0 |
| SALSA PICANTE | 1 OZ | 1 | 1.4 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 20.0 |
| MILK 1% WHITE | CARTON | 1 | 13.0 |
| Weighted Daily Average | | | 124.74 |
| % of Calories | | | 49.2% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|---------------|---|--------|
| Wed - 11/16/2022 | | | |
| ELEMENTARY LUNCH | Total | 1 | |
| CHICKEN TENDER - TYSON | 3 PIECES | 1 | 15.6 |
| MASHED POTATOES,from Dry mix,P | 1/2 CUP | 1 | 17.03 |
| GRAVY, CHICKEN: LOW SODIUM | 1/4 CUP | 1 | 2.86 |
| SUNSHINE CARROTS 1/2 CUP | 1/2 C SERVING | 1 | 9.34 |
| ROLLS - NO EGGS | SERVINGS | 1 | 23.19 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 14.48 |
| BARBAQUE SAUCE: P/C | 1 Each | 1 | 13.0 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 20.0 |
| MILK 1% WHITE | CARTON | 1 | 13.0 |
| Weighted Daily Average | | | 128.49 |
| % of Calories | | | 60.1% |
| Nutrient Guideline | | | |

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Portion Values - Detailed

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|--------------|-----------|----------|
| Thu - 11/17/2022 | | | |
| ELEMENTARY LUNCH | Total | 1 | |
| ORANGE CHICKEN | 3.92 OZ | 1 | 17.04 |
| RICE: COOKED BROWN RICE (ELE) | 1/2 CUP | 1 | 16.48 |
| NORMANDY VEGETABLES 3/4 C | 3/4 CUP | 1 | 3.75 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 14.48 |
| SALAD BAR: 3 THURSDAY'S:ELE | .5 CUP | 1 | 8.2 |
| COOKIE, COWBOY | 1 oz. | 1 | 29.34 |
| SOY SAUCE: PC | PC | 1 | 0.0 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 20.0 |
| MILK 1% WHITE | CARTON | 1 | 13.0 |
| Weighted Daily Average | | | 122.29 |
| % of Calories | | | 54.8% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|----------|---|--------|
| Fri - 11/18/2022 | | | |
| ELEMENTARY LUNCH | Total | 1 | |
| PEPPERONI PIZZA RIPPERS | SERVING | 1 | 27.0 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 14.48 |
| DINNER SALAD | 1 CUP | 1 | 7.49 |
| GRAHAMS, TIGER BITES CINNAMON | SERVINGS | 1 | 21.0 |
| RANCH LITE-BASIC-Summer | 1 EACH | 1 | 3.0 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 20.0 |
| MILK 1% WHITE | CARTON | 1 | 13.0 |
| Weighted Daily Average | | | 105.96 |
| % of Calories | | | 49.3% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|----------|---|--------|
| Mon - 11/21/2022 | | | |
| ELEMENTARY LUNCH | Total | 1 | |
| HOT DOG W/ BUN | 1 EACH | 1 | 21.0 |
| TATER TOTS - MCCAIN | 9 PIECES | 1 | 17.04 |
| MIXED FRESH VEGETABLES:ELE | 3/4 CUP | 1 | 6.31 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 14.48 |
| KETCHUP : P/C | PC | 1 | 10.12 |
| MUSTARD:, P/C | 1 Each | 1 | 0.33 |
| RELISH- DILL PICKLE | SERVING | 1 | 0.0 |
| SWEET CAKE | SERVING | 1 | 44.83 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 20.0 |
| MILK 1% WHITE | CARTON | 1 | 13.0 |
| Weighted Daily Average | | | 147.11 |
| % of Calories | | | 54.8% |
| Nutrient Guideline | | | |

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ELEMENTARY LUNCH

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|----------------|-----------|----------|
| <u>Tue - 11/22/2022</u> | | | |
| ELEMENTARY LUNCH | Total | 1 | |
| CHEESY BITES, LIL WG | 4 BITES | 1 | 30.11 |
| REFRIED BEANS, V V | 1/2 C SERVINGS | 1 | 24.0 |
| CARROT STICKS 1/2 CUP | 1/2 CUP | 1 | 8.42 |
| SALAD BAR: 2 TUESDAY (ELE) | .5 CUP | 1 | 8.94 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 14.48 |
| BROWNIE CUP, WG | BROWNIE | 1 | 26.5 |
| SALSA PICANTE | 1 OZ | 1 | 1.4 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 20.0 |
| MILK 1% WHITE | CARTON | 1 | 13.0 |
| Weighted Daily Average | | | 146.84 |
| % of Calories | | | 46.8% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|----------------|---|--------|
| <u>Tue - 11/29/2022</u> | | | |
| ELEMENTARY LUNCH | Total | 1 | |
| BEEF TACO STICK | 1 EACH | 1 | 31.87 |
| REFRIED BEANS, V V | 1/2 C SERVINGS | 1 | 24.0 |
| CARROT STICKS 1/2 CUP | 1/2 CUP | 1 | 8.42 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 14.48 |
| SALAD BAR: 2 TUESDAY (ELE) | .5 CUP | 1 | 8.94 |
| SALSA PICANTE | 1 OZ | 1 | 1.4 |
| APPLE FILLED DONUT | SERVINGS | 1 | 33.0 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 20.0 |
| MILK 1% WHITE | CARTON | 1 | 13.0 |
| Weighted Daily Average | | | 155.11 |
| % of Calories | | | 45.0% |
| Nutrient Guideline | | | |

| | | | |
|--------------------------------|----------|---|--------|
| <u>Wed - 11/30/2022</u> | | | |
| ELEMENTARY LUNCH | Total | 1 | |
| TERIYAKI BEEF NUGGETS | 4 Nugget | 1 | 6.0 |
| MASHED POTATOES,from Dry mix,P | 1/2 CUP | 1 | 17.03 |
| GRAVY, BROWN LOW SODIUM | 1/4 CUP | 1 | 0.37 |
| CORN 1/2 CUP | 1/2 CUP | 1 | 15.0 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 14.48 |
| WHOLE GRAIN BISCUIT: RICH'S | BISCUIT | 1 | 23.0 |
| MARGARINE REDDIES: (1) | 1 Patty | 1 | 0.0 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 20.0 |
| MILK 1% WHITE | CARTON | 1 | 13.0 |
| Weighted Daily Average | | | 108.87 |
| % of Calories | | | 53.1% |
| Nutrient Guideline | | | |

| | | | |
|------------------|--|--|--------|
| Weighted Average | | | 129.94 |
| | | | 51.2% |

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| Nutrient | Menu AVG | % of Cals | Weekly Target | Portion Size % of Target | Reimb Qty Miss Data | Carb (g) Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-----------------------------|------------------------|-----------------------|---------|-------------------------|
| Carbohydrate (g) | 129.94 | 51.24% | | | | | | |

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