

Washington County School District

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

Page 1

Generated on: 10/26/2022 3:19:03 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|----------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/01/2022 | | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| BEEF TACO STICK | 1 EACH | 1 | 345 | 52 | 631 | 3.85 | 2.77 | 328.8 | 252 | 6.37 | 1 | 20.07 | 31.87 | 12.82 | 8.35 | 0.00 |
| REFRIED BEANS, V V | 1/2 C SERVINGS | 1 | 140 | 0 | 320 | 7.00 | *N/A* | *N/A* | *N/A* | *N/A* | 1 | 7.0 | 24.0 | 2.5 | 0.00 | 0.00 |
| CARROT STICKS 1/2 CUP | 1/2 CUP | 1 | 136 | 20 | 311 | 2.46 | 0.26 | 29.0 | 14682 | 5.19 | 4 | 0.82 | 8.42 | 9.21 | 2.03 | 0.00 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 57 | *0 | 1 | 1.87 | 0.19 | 15.4 | 93 | 31.91 | *8 | 0.75 | 14.48 | 0.28 | 0.08 | *0.00 |
| SALAD BAR: 2 TUESDAY- INTRM. | 1 CUP | 1 | 167 | 12 | 261 | 3.26 | *0.59 | *8.4 | *1205 | *8.94 | *6 | 3.43 | 11.53 | 11.28 | 1.58 | 0.00 |
| APPLE FILLED DONUT | SERVINGS | 1 | 270 | 0 | 320 | 3.00 | 1.44 | 20.0 | *N/A* | *N/A* | 8 | 6.0 | 33.0 | 13.0 | 5.00 | 0.00 |
| SALSA PICANTE | 1 OZ | 1 | 6 | 0 | 158 | 0.19 | 0.00 | 0.0 | 89 | 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 | 500 | 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 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOICE | Total | 1 | | | | | | | | | | | | | | |
| NACHOS | SERVINGS | 1 | 591 | 78 | 1009 | 7.75 | *0.36 | *520.0 | *413 | *0.6 | 2 | 28.0 | 48.5 | 32.75 | 10.57 | 0.00 |
| LETTUCE & TOMATO:3/4 CUP-TACOS | 3/4 CUP | 1 | 14 | 0 | 6 | 1.10 | 0.32 | 10.1 | 569 | 7.16 | 2 | 0.95 | 2.86 | 0.09 | 0.01 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| SALSA PICANTE | 1 OZ | 1 | 6 | 0 | 158 | 0.19 | 0.00 | 0.0 | 89 | 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 | 500 | 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 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 1141 | *96 | 1898 | 16.79 | *3.12 | *1077.9 | *9769 | *58.62 | *52 | 50.34 | 133.04 | 43.79 | 15.38 | *0.00 |
| % of Calories | | | | | | | | | | | *18.3% | 17.6% | 46.6% | 34.5% | 12.1% | *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 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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Washington County School District

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

Page 2

Generated on: 10/26/2022 3:19:03 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 11/02/2022 | | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| TERIYAKI BEEF NUGGETS | 4 Nugget | 1 | 160 | 40 | 440 | 1.00 | 1.44 | 20.0 | 20 | 0.0 | 4 | 14.0 | 6.0 | 8.0 | 3.50 | 0.50 |
| BUTTER MASHED POTATOES-sec | 2/3 cup | 1 | 130 | 5 | 420 | 9.00 | 0.36 | 20.0 | 0 | 0.0 | 0 | 2.0 | 18.0 | 5.0 | 2.50 | 0.00 |
| GRAVY, BROWN LOW SODIUM | 1/4 CUP | 1 | 2 | 0 | 19 | 0.00 | 0.01 | 1.1 | 0 | 0.0 | 0 | 0.0 | 0.37 | 0.0 | 0.00 | *0.00 |
| CORN 1/2 CUP | 1/2 CUP | 1 | 65 | 0 | 15 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 3 | 2.0 | 15.0 | 1.0 | 0.00 | 0.00 |
| WHOLE GRAIN BISCUIT: RICH'S | BISCUIT | 1 | 190 | 0 | 670 | 1.89 | 1.28 | 38.2 | 2 | 0.23 | 2 | 4.0 | 23.0 | 9.0 | 5.00 | 0.00 |
| MARGARINE REDDIES: (1) | 1 Patty | 1 | 35 | 0 | 40 | 0.00 | 0.00 | 0.0 | 200 | 0.0 | *N/A* | 0.0 | 0.0 | 4.0 | 1.00 | 0.00 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 57 | *0 | 1 | 1.87 | 0.19 | 15.4 | 93 | 31.91 | *8 | 0.75 | 14.48 | 0.28 | 0.08 | *0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 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 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOI | Total | 1 | | | | | | | | | | | | | | |
| HAMBURGER - OPTION LINE | SERVINGS | 1 | 306 | 49 | 437 | 4.01 | *1.44 | *60.0 | *15 | *3.6 | 3 | 18.06 | 27.0 | 13.56 | 4.82 | 0.80 |
| SHREDDED LETTUCE & TOMA TO-DELI | 1/2 CUP | 1 | 13 | 0 | 6 | 1.04 | 0.31 | 9.6 | 528 | 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 | 6157 | 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 | 53 | 0.0 | 0 | 2.01 | 19.62 | 5.03 | 0.75 | 0.00 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 57 | *0 | 1 | 1.87 | 0.19 | 15.4 | 93 | 31.91 | *8 | 0.75 | 14.48 | 0.28 | 0.08 | *0.00 |
| PICKLE:, CHIPS | 1 OZ. | 1 | 5 | 0 | 340 | 0.00 | 0.00 | 0.0 | 5 | 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 | 202 | 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 | 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 | 0.0 | 4.0 | 0.50 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 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 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 905 | *75 | 1974 | 12.97 | *2.85 | *706.0 | *4684 | *42.97 | *50 | 38.52 | 110.80 | 32.27 | 11.62 | *0.65 |
| % of Calories | | | | | | | | | | | *22.2% | 17.0% | 49.0% | 32.1% | 11.6% | *0.6% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 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

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 11/03/2022 | | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| TANGERINE CHICKEN | 3.9oz SE RVINGS | 1 | 190 | 45 | 380 | 2.00 | *N/A* | *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 | 2501 | 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 | 563 | 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 | 93 | 31.91 | *8 | 0.75 | 14.48 | 0.28 | 0.08 | *0.00 |
| SALAD BAR: 3 THURSDAY'S:IN TERM | 1/2 CUP | 1 | 55 | 6 | 68 | 0.76 | *0.14 | *6.5 | *522 | *5.38 | *3 | 1.32 | 5.1 | 3.16 | 0.30 | 0.00 |
| COOKIE: PUMPKIN CHOCOLATE CHIP | COOKIE | 1 | 147 | 8 | 145 | 4.70 | 1.02 | 44.4 | 1258 | 0.01 | *8 | 2.61 | 22.59 | 6.14 | 2.45 | *0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 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 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOICE | | | | | | | | | | | | | | | | |
| CALZONE, MINI, WG | Total | 1 | | | | | | | | | | | | | | |
| MARINARA SAUCE | 1/2 CUP | 1 | 70 | 298 | 616 | 1.99 | 1.43 | 39.7 | 745 | 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 | 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 | 93 | 31.91 | *8 | 0.75 | 14.48 | 0.28 | 0.08 | *0.00 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 202 | 2.43 | 8 | 0.0 | 10.12 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 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 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 847 | *205 | 1779 | 11.35 | *3.29 | *783.3 | *3990 | *54.32 | *59 | 37.84 | 129.73 | 19.67 | 6.70 | *0.00 |
| % of Calories | | | | | | | | | | | *28.1% | 17.9% | 61.2% | 20.9% | 7.1% | *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|----------|---|-----|-----|-----|------|-------|-------|-------|-------|-----|------|-------|------|------|-------|
| Fri - 11/04/2022 | | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| PEPPERONI PIZZA RIPPERS | SERVING | 1 | 290 | 25 | 550 | 3.00 | 1.80 | 150.0 | 15 | 0.0 | 3 | 16.0 | 27.0 | 17.0 | 5.00 | 0.00 |
| DINNER SALAD | 1 CUP | 1 | 92 | 14 | 155 | 1.49 | 0.53 | 59.0 | 3540 | 8.97 | *2 | 1.47 | 7.49 | 6.02 | 1.01 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| GRAHAM, TIGER BITES, CHOCOLATE | SERVINGS | 1 | 120 | 0 | 125 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 7 | 2.0 | 21.0 | 4.0 | 1.00 | 0.00 |
| RANCH: (WILD COYOTE LITE) | PC CUP | 1 | 70 | 10 | 95 | 0.00 | 0.00 | 0.0 | 5 | 0.0 | 1 | 1.0 | 2.0 | 6.0 | 0.50 | 0.00 |
| MARINARA SAUCE | 1/2 CUP | 1 | 70 | 298 | 616 | 1.99 | 1.43 | 39.7 | 745 | 8.94 | 3 | 1.99 | 11.93 | 1.49 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 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 | 500 | 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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|---|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|---------------|----------------|-----------------|----------------|--------------|-------------------------|
| Weighted Daily Average % of Calories | | | 961 | *362 | 1853 | 11.40 | *4.06 | *872.8 | *5452 | *71.38 | *58 *24.1% | 39.63 16.5% | 125.03 52.0% | 37.44 35.1% | 9.12 8.5% | *0.00 *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

| Mon - 11/07/2022 | | | | | | | | | | | | | | | | |
|---|----------|---|-----|------|------|------|-------|---------|-------|--------|---------------|----------------|-----------------|----------------|---------------|----------------|
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| HAMBURGER 100% BEEF :ELE | PATTY | 1 | 257 | 39 | 390 | 2.03 | 34.38 | 73.7 | 10 | 2.43 | 2 | 21.08 | 21.1 | 10.15 | 3.40 | 0.00 |
| CHEESE: PROCESS SLICE | 1 oz. | 1 | 109 | 25 | 395 | 0.00 | 0.00 | 148.2 | 395 | 0.0 | 1 | 4.94 | 1.98 | 8.89 | 4.94 | *N/A* |
| SHREDDED LETTUCE & TOMA | 1/2 CUP | 1 | 13 | 0 | 6 | 1.04 | 0.31 | 9.6 | 528 | 6.48 | 2 | 0.91 | 2.67 | 0.08 | 0.01 | 0.00 |
| TO-DELI | | | | | | | | | | | | | | | | |
| TATER TOTS - MCCAIN | 9 PIECES | 1 | 110 | 0 | 201 | 2.01 | 0.18 | *N/A* | *N/A* | *N/A* | 1 | 1.0 | 17.04 | 4.01 | 0.50 | 0.00 |
| CHOCOLATE CHIP COOKIES | 1 EACH | 1 | 99 | 10 | 126 | 1.05 | 0.50 | 27.0 | 213 | 0.0 | *6 | 1.6 | 13.49 | 4.63 | 1.94 | *0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| PICKLE:, CHIPS | 1 OZ. | 1 | 5 | 0 | 340 | 0.00 | 0.00 | 0.0 | 5 | 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 | 0.22 | 0.33 | 0.22 | 0.00 | 0.00 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 202 | 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 | 0.0 | 4.0 | 0.50 | 0.00 |
| MILK : CHOCOLATE MILK FAT | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| FREE | | | | | | | | | | | | | | | | |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 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 | 500 | 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 | 300 | 0.0 | 1 | 7.0 | 15.0 | 6.0 | 2.00 | 0.00 |
| DINNER SALAD - ALT LINE | SERVINGS | 1 | 29 | 0 | 24 | 2.02 | 0.60 | 34.7 | 4682 | 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 | 93 | 31.91 | *8 | 0.75 | 14.48 | 0.28 | 0.08 | *0.00 |
| MARINARA SAUCE | 1/2 CUP | 1 | 70 | 298 | 616 | 1.99 | 1.43 | 39.7 | 745 | 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 | 5 | 0.0 | 1 | 1.0 | 2.0 | 6.0 | 0.50 | 0.00 |
| MILK : CHOCOLATE MILK FAT | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| FREE | | | | | | | | | | | | | | | | |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average % of Calories | | | 936 | *229 | 2009 | 9.57 | 20.21 | *1061.2 | *4912 | *68.83 | *55 *23.4% | 47.73 20.4% | 117.41 50.2% | 30.14 29.0% | 10.01 9.6% | *0.00 *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

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|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/08/2022 | | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| TACO SOUP | 1 CUP | 1 | 256 | 45 | 1006 | 6.30 | *1.99 | *64.9 | *1111 | *13.95 | *5 | 18.89 | 21.65 | 10.25 | 3.59 | *0.00 |
| CHEDDAR/ JACK FANCY SHRE D.25OZ | .25 OZ | 1 | 28 | 6 | 43 | 0.00 | 0.00 | 50.6 | 63 | 0.0 | 0 | 1.52 | 0.25 | 2.28 | 1.52 | 0.00 |
| CINNAMON ROLL W. W.W. BRI DGFOR | ROLL | 1 | 210 | 0 | 250 | 4.00 | 1.44 | 20.0 | 40 | 1.2 | 8 | 6.0 | 35.0 | 5.0 | 1.00 | 0.00 |
| MIXED FRESH VEGETABLES:ELE | 3/4 CUP | 1 | 129 | 20 | 299 | 2.36 | 0.66 | 30.1 | 6005 | 34.31 | *1 | 1.42 | 6.31 | 9.21 | 2.07 | 0.00 |
| SALAD BAR: 2 TUESDAY- INTE RM. | 1 CUP | 1 | 167 | 12 | 261 | 3.26 | *0.59 | *8.4 | *1205 | *8.94 | *6 | 3.43 | 11.53 | 11.28 | 1.58 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 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 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOI | Total | 1 | | | | | | | | | | | | | | |
| NACHOS | SERVINGS | 1 | 591 | 78 | 1009 | 7.75 | *0.36 | *520.0 | *413 | *0.6 | 2 | 28.0 | 48.5 | 32.75 | 10.57 | 0.00 |
| LETTUCE & TOMATO:3/4 CUP-TACOS | 3/4 CUP | 1 | 14 | 0 | 6 | 1.10 | 0.32 | 10.1 | 569 | 7.16 | 2 | 0.95 | 2.86 | 0.09 | 0.01 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| SALSA PICANTE | 1 OZ | 1 | 6 | 0 | 158 | 0.19 | 0.00 | 0.0 | 89 | 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 | 500 | 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 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 1020 | *96 | 1828 | 15.39 | *2.98 | *976.1 | *5893 | *86.55 | *54 | 47.40 | 119.37 | 38.42 | 11.80 | *0.00 |
| % of Calories | | | | | | | | | | | *21.2% | 18.6% | 46.8% | 33.9% | 10.4% | *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 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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Washington County School District

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

Page 6

Generated on: 10/26/2022 3:19:03 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 11/09/2022 | | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| ROASTED TURKEY: VIP | 2.9 OZ | 1 | 107 | 47 | 748 | 0.00 | 0.48 | 0.0 | 0 | 0.0 | *N/A* | 24.04 | 1.34 | 1.34 | 0.00 | 0.00 |
| BUTTER MASHED POTATOES-sec | 2/3 cup | 1 | 130 | 5 | 420 | 9.00 | 0.36 | 20.0 | 0 | 0.0 | 0 | 2.0 | 18.0 | 5.0 | 2.50 | 0.00 |
| GRAVY, TURKEY | 1/4 Cup | 1 | 15 | 0 | 280 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 3.0 | 0.0 | 0.00 | 0.00 |
| GREEN BEANS: 1/2 C. | 1/2 CUP | 1 | 16 | 0 | 140 | 2.00 | *N/A* | *N/A* | *N/A* | *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 | *59 | 10.84 | *13 | 0.41 | 18.41 | 2.07 | 2.02 | 0.00 |
| ROLLS - NO EGGS | SERVINGS | 1 | 118 | 0 | 280 | 3.83 | 1.06 | 10.3 | 78 | 0.0 | *2 | 2.91 | 23.19 | 2.26 | 0.81 | *0.00 |
| PUMPKIN PIE : (Sara Lee) | Slice | 1 | 335 | 45 | 390 | 1.00 | 1.44 | 80.0 | 1750 | 0.0 | 33 | 5.0 | 50.0 | 13.0 | 7.00 | 0.00 |
| MARGARINE REDDIES: (1) | 1 Patty | 1 | 35 | 0 | 40 | 0.00 | 0.00 | 0.0 | 200 | 0.0 | *N/A* | 0.0 | 0.0 | 4.0 | 1.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 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 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOI | Total | 1 | | | | | | | | | | | | | | |
| HAMBURGER - OPTION LINE | SERVINGS | 1 | 306 | 49 | 437 | 4.01 | *1.44 | *60.0 | *15 | *3.6 | 3 | 18.06 | 27.0 | 13.56 | 4.82 | 0.80 |
| SHREDDED LETTUCE & TOMATO-DELI | 1/2 CUP | 1 | 13 | 0 | 6 | 1.04 | 0.31 | 9.6 | 528 | 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 | 6157 | 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 | 53 | 0.0 | 0 | 2.01 | 19.62 | 5.03 | 0.75 | 0.00 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 57 | *0 | 1 | 1.87 | 0.19 | 15.4 | 93 | 31.91 | *8 | 0.75 | 14.48 | 0.28 | 0.08 | *0.00 |
| PICKLE:, CHIPS | 1 OZ. | 1 | 5 | 0 | 340 | 0.00 | 0.00 | 0.0 | 5 | 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 | 202 | 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 | 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 | 0.0 | 4.0 | 0.50 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 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 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 1009 | *100 | 2324 | 13.45 | *3.02 | *714.9 | *5571 | *32.32 | *67 | 44.82 | 130.84 | 32.46 | 12.25 | *0.40 |
| % of Calories | | | | | | | | | | | *26.4% | 17.8% | 51.9% | 29.0% | 10.9% | *0.4% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

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Washington County School District

Nov 1, 2022 thru Nov 30, 2022

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-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 11/10/2022 | | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| CHERRY BLOSSOM CHICKEN FRO30:S | 3.92 OZ | 1 | 178 | 55 | 128 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 16 | 14.04 | 24.06 | 3.01 | 3.01 | 0.00 |
| VEGETABLE BROWN RICE:ELE | 4.75 OZ | 1 | 130 | 0 | 580 | 2.00 | 1.44 | 20.0 | 2501 | 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 | 563 | 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 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| SALAD BAR: 3 THURSDAY'S:IN TERM | 1/2 CUP | 1 | 55 | 6 | 68 | 0.76 | *0.14 | *6.5 | *522 | *5.38 | *3 | 1.32 | 5.1 | 3.16 | 0.30 | 0.00 |
| MUFFIN TOP, CHOC CHIP | MUFFINS | 1 | 170 | 20 | 100 | 1.00 | *N/A* | *N/A* | *N/A* | *N/A* | 15 | 3.0 | 29.0 | 5.0 | 1.00 | 0.00 |
| SOY SAUCE: PC | PC | 1 | 10 | 0 | 500 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 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 | 500 | 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 | 745 | 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 | 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 | 93 | 31.91 | *8 | 0.75 | 14.48 | 0.28 | 0.08 | *0.00 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 202 | 2.43 | 8 | 0.0 | 10.12 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 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 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 874 | *216 | 1882 | 9.52 | *2.83 | *765.4 | *3387 | *63.29 | *67 | 38.26 | 136.54 | 18.69 | 7.00 | *0.00 |
| % of Calories | | | | | | | | | | | *30.5% | 17.5% | 62.5% | 19.2% | 7.2% | *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|---------------------------------|----------|---|-----|----|-----|------|------|-------|------|-------|-----|------|-------|------|------|-------|
| Fri - 11/11/2022 | | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| WILD MIKE'S PEPPERONI CHE ESY B | SERVINGS | 1 | 340 | 35 | 580 | 3.00 | 1.80 | 400.0 | 500 | 9.0 | 4 | 20.0 | 34.0 | 18.0 | 9.00 | 0.00 |
| DINNER SALAD | 1 CUP | 1 | 92 | 14 | 155 | 1.49 | 0.53 | 59.0 | 3540 | 8.97 | *2 | 1.47 | 7.49 | 6.02 | 1.01 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 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 | 110 | 0.0 | 22 | 0.0 | 25.0 | 0.0 | 0.00 | 0.00 |
| RANCH: (WILD COYOTE LITE) | PC CUP | 1 | 70 | 10 | 95 | 0.00 | 0.00 | 0.0 | 5 | 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 | 500 | 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 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |

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Washington County School District

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

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Generated on: 10/26/2022 3:19:03 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|---------------|----------------|-----------------|----------------|----------------|-------------------------|
| Weighted Daily Average % of Calories | | | 922 | *74 | 1187 | 7.41 | 2.63 | 1083.1 | 5301 | 71.43 | *71 *30.8% | 39.64 17.2% | 124.11 53.9% | 32.95 32.2% | 12.12 11.8% | *0.00 *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

| Mon - 11/14/2022 | | | | | | | | | | | | | | | | |
|--------------------------------------|----------|---|------|------|------|-------|-------|--------|-------|--------|---------------|----------------|-----------------|----------------|--------------|----------------|
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| CHICKEN BITES-SEC | 5 PIECES | 1 | 270 | 65 | 710 | 3.00 | 1.00 | 19.0 | 35 | 0.0 | *N/A* | 22.01 | 23.01 | 10.01 | 2.00 | 0.00 |
| FRENCH FRIES- S.S. 3/4 CUP | 6 OZ | 1 | 210 | 0 | 450 | 3.00 | 0.54 | 0.0 | 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 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| DINNER SALAD | 1 CUP | 1 | 92 | 14 | 155 | 1.49 | 0.53 | 59.0 | 3540 | 8.97 | *2 | 1.47 | 7.49 | 6.02 | 1.01 | 0.00 |
| TWIN BAR, WG | SERVINGS | 1 | 249 | 14 | 225 | 2.70 | *N/A* | *N/A* | *N/A* | *N/A* | 15 | 2.6 | 43.0 | 7.3 | 0.80 | 0.00 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 202 | 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 | 100 | 2.4 | *N/A* | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| RANCH: (WILD COYOTE LITE) | PC CUP | 1 | 70 | 10 | 95 | 0.00 | 0.00 | 0.0 | 5 | 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 | 500 | 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 | 500 | 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 | 500 | 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 | 300 | 0.0 | 1 | 7.0 | 15.0 | 6.0 | 2.00 | 0.00 |
| DINNER SALAD - ALT LINE | SERVINGS | 1 | 29 | 0 | 24 | 2.02 | 0.60 | 34.7 | 4682 | 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 | 93 | 31.91 | *8 | 0.75 | 14.48 | 0.28 | 0.08 | *0.00 |
| MARINARA SAUCE | 1/2 CUP | 1 | 70 | 298 | 616 | 1.99 | 1.43 | 39.7 | 745 | 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 | 5 | 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 | 500 | 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 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average % of Calories | | | 1089 | *241 | 2239 | 11.49 | *3.73 | *981.0 | *6177 | *73.66 | *57 *21.1% | 47.89 17.6% | 149.36 54.9% | 32.57 26.9% | 7.64 6.3% | *0.00 *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

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Nov 1, 2022 thru Nov 30, 2022

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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-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/15/2022 | | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| SOFT FLOUR TACO:SEC | 1 serving | 1 | 254 | 49 | 437 | 3.00 | 1.44 | 120.1 | 418 | 0.6 | 1 | 17.01 | 23.0 | 10.0 | 3.20 | 0.00 |
| LETTUCE & TOMATO:3/4 CUP-TACOS | 3/4 CUP | 1 | 14 | 0 | 6 | 1.10 | 0.32 | 10.1 | 569 | 7.16 | 2 | 0.95 | 2.86 | 0.09 | 0.01 | 0.00 |
| CHEDDAR/ JACK FANCY SHRE D.25OZ | .25 OZ | 1 | 28 | 6 | 43 | 0.00 | 0.00 | 50.6 | 63 | 0.0 | 0 | 1.52 | 0.25 | 2.28 | 1.52 | 0.00 |
| REFRIED BEANS, V V | 1/2 C SE RVINGS | 1 | 140 | 0 | 320 | 7.00 | *N/A* | *N/A* | *N/A* | *N/A* | 1 | 7.0 | 24.0 | 2.5 | 0.00 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| SALAD BAR: 2 TUESDAY- INTE RM. | 1 CUP | 1 | 167 | 12 | 261 | 3.26 | *0.59 | *8.4 | *1205 | *8.94 | *6 | 3.43 | 11.53 | 11.28 | 1.58 | 0.00 |
| GRAHAM, TIGER BITES ORIGI NAL | SERVINGS | 1 | 120 | 0 | 105 | 1.00 | *N/A* | *N/A* | *N/A* | *N/A* | 8 | 2.0 | 21.0 | 4.0 | 1.00 | 0.00 |
| SALSA PICANTE | 1 OZ | 1 | 6 | 0 | 158 | 0.19 | 0.00 | 0.0 | 89 | 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 | 500 | 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 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOI NACHOS | Total | 1 | | | | | | | | | | | | | | |
| LETTUCE & TOMATO:3/4 CUP-TACOS | 3/4 CUP | 1 | 14 | 0 | 6 | 1.10 | 0.32 | 10.1 | 569 | 7.16 | 2 | 0.95 | 2.86 | 0.09 | 0.01 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| SALSA PICANTE | 1 OZ | 1 | 6 | 0 | 158 | 0.19 | 0.00 | 0.0 | 89 | 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 | 500 | 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 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 990 | *88 | 1563 | 15.21 | *1.82 | *983.7 | *2854 | *65.70 | *53 | 47.85 | 124.02 | 34.54 | 10.58 | *0.00 |
| % of Calories | | | | | | | | | | | *21.5% | 19.3% | 50.1% | 31.4% | 9.6% | *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 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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Washington County School District

Nov 1, 2022 thru Nov 30, 2022

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) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 11/16/2022 | | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| CHICKEN TENDER - TYSON | 3 PIECES | 1 | 254 | 24 | 380 | 2.93 | *N/A* | *N/A* | *N/A* | *N/A* | 1 | 14.63 | 15.6 | 14.63 | 2.44 | 0.00 |
| POTATO, TRIPLE CHEESE TWI | SERVINGS | 1 | 230 | 25 | 309 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 4 | 5.99 | 25.95 | 11.98 | 4.99 | 0.00 |
| CE BA | | | | | | | | | | | | | | | | |
| SUNSHINE CARROTS 1/2 CUP | 1/2 C SE RIVING | 1 | 47 | 0 | 80 | 4.00 | 0.96 | 26.7 | 2335 | 3.2 | *N/A* | 0.0 | 9.34 | 0.0 | 0.00 | 0.00 |
| ROLLS - NO EGGS | SERVINGS | 1 | 118 | 0 | 280 | 3.83 | 1.06 | 10.3 | 78 | 0.0 | *2 | 2.91 | 23.19 | 2.26 | 0.81 | *0.00 |
| MARGARINE REDDIES: (1) | 1 Patty | 1 | 35 | 0 | 40 | 0.00 | 0.00 | 0.0 | 200 | 0.0 | *N/A* | 0.0 | 0.0 | 4.0 | 1.00 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| BARBAQUE SAUCE: P/C | 1 Each | 1 | 50 | 0 | 430 | 0.00 | 0.36 | 20.0 | 100 | 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 | 500 | 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 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOI | Total | 1 | | | | | | | | | | | | | | |
| HAMBURGER - OPTION LINE | SERVINGS | 1 | 306 | 49 | 437 | 4.01 | *1.44 | *60.0 | *15 | *3.6 | 3 | 18.06 | 27.0 | 13.56 | 4.82 | 0.80 |
| SHREDDED LETTUCE & TOMATO-DELI | 1/2 CUP | 1 | 13 | 0 | 6 | 1.04 | 0.31 | 9.6 | 528 | 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 | 6157 | 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 | 53 | 0.0 | 0 | 2.01 | 19.62 | 5.03 | 0.75 | 0.00 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 57 | *0 | 1 | 1.87 | 0.19 | 15.4 | 93 | 31.91 | *8 | 0.75 | 14.48 | 0.28 | 0.08 | *0.00 |
| PICKLE:, CHIPS | 1 OZ. | 1 | 5 | 0 | 340 | 0.00 | 0.00 | 0.0 | 5 | 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 | 202 | 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 | 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 | 0.0 | 4.0 | 0.50 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 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 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 996 | *77 | 1932 | 12.93 | *2.55 | *699.1 | *5956 | *54.63 | *51 | 39.49 | 127.23 | 35.27 | 10.26 | *0.40 |
| % of Calories | | | | | | | | | | | *20.7% | 15.9% | 51.1% | 31.9% | 9.3% | *0.4% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 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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Washington County School District

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

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Generated on: 10/26/2022 3:19:04 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 11/17/2022 | | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| ORANGE CHICKEN | 3.92 OZ | 1 | 150 | 55 | 208 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 9 | 15.04 | 17.04 | 3.01 | 3.01 | 0.00 |
| RICE: COOKED BROWN RICE (ELE) | 1/2 CUP | 1 | 80 | 0 | 70 | 1.00 | 0.36 | 1.1 | 0 | 0.0 | *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 | 563 | 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 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| SALAD BAR: 3 THURSDAY'S:IN TERM | 1/2 CUP | 1 | 55 | 6 | 68 | 0.76 | *0.14 | *6.5 | *522 | *5.38 | *3 | 1.32 | 5.1 | 3.16 | 0.30 | 0.00 |
| COOKIE, COWBOY | 1 oz. | 1 | 202 | 15 | 164 | 2.08 | 1.01 | 45.0 | 364 | 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 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 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 | 500 | 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 | 325 | 23 | 490 | 4.00 | 1.80 | 225.0 | *N/A* | *N/A* | 6 | 16.5 | 40.01 | 11.5 | 5.00 | 0.00 |
| FRENCH FRIES- S.S. 1/2 CUP | 3 OZ | 1 | 70 | 298 | 616 | 1.99 | 1.43 | 39.7 | 745 | 8.94 | 3 | 1.99 | 11.93 | 1.49 | 0.00 | 0.00 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 140 | 0 | 300 | 2.00 | 0.36 | 0.0 | 0 | 4.8 | 0 | 2.0 | 22.0 | 5.0 | 1.50 | 0.00 |
| KETCHUP : P/C | PC | 1 | 57 | *0 | 1 | 1.87 | 0.19 | 15.4 | 93 | 31.91 | *8 | 0.75 | 14.48 | 0.28 | 0.08 | *0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 202 | 2.43 | 8 | 0.0 | 10.12 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | | 851 | *213 | 1698 | 9.56 | *2.80 | *778.5 | *2318 | *60.89 | *63 | 38.42 | 129.43 | 19.55 | 8.19 | *0.00 |
| % of Calories | | | | | | | | | | | *29.7% | 18.1% | 60.8% | 20.7% | 8.7% | *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|--------------------------------|----------|---|-----|-----|-----|------|-------|-------|-------|-------|-----|------|-------|------|------|-------|
| Fri - 11/18/2022 | | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| PEPPERONI PIZZA RIPPERS | SERVING | 1 | 290 | 25 | 550 | 3.00 | 1.80 | 150.0 | 15 | 0.0 | 3 | 16.0 | 27.0 | 17.0 | 5.00 | 0.00 |
| DINNER SALAD | 1 CUP | 1 | 92 | 14 | 155 | 1.49 | 0.53 | 59.0 | 3540 | 8.97 | *2 | 1.47 | 7.49 | 6.02 | 1.01 | 0.00 |
| GRAHAMS, TIGER BITES CINN AMON | SERVINGS | 1 | 120 | 0 | 105 | 1.00 | *N/A* | *N/A* | *N/A* | *N/A* | 8 | 2.0 | 21.0 | 4.0 | 1.00 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 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 | 5 | 0.0 | 1 | 1.0 | 2.0 | 6.0 | 0.50 | 0.00 |
| MARINARA SAUCE | 1/2 CUP | 1 | 70 | 298 | 616 | 1.99 | 1.43 | 39.7 | 745 | 8.94 | 3 | 1.99 | 11.93 | 1.49 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 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 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |

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Washington County School District

Nov 1, 2022 thru Nov 30, 2022

Base Menu Spreadsheet

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

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Generated on: 10/26/2022 3:19:04 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|-----------------|----------------|--------------|-------------------------|
| Weighted Daily Average % of Calories | | | 961 | *362 | 1833 | 10.40 | *4.06 | *872.8 | *5452 | *71.38 | *59 *24.6% | 39.63 16.5% | 125.03 52.0% | 37.44 35.1% | 9.12 8.5% | *0.00 *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

| Mon - 11/21/2022 | | | | | | | | | | | | | | | | |
|---|----------|---|------|------|------|-------|------|---------|--------|--------|---------------|----------------|-----------------|----------------|--------------|----------------|
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| MINI CORN DOG NUGGETS (SEC) | 6 EACH | 1 | 250 | 60 | 420 | 3.00 | 1.80 | 100.0 | 5 | 1.2 | 1 | 10.0 | 30.0 | 10.0 | 2.50 | 0.00 |
| TATER TOTS - MCCAIN | 9 PIECES | 1 | 110 | 0 | 201 | 2.01 | 0.18 | *N/A* | *N/A* | *N/A* | 1 | 1.0 | 17.04 | 4.01 | 0.50 | 0.00 |
| CARROT STICKS 1/2 CUP | 1/2 CUP | 1 | 136 | 20 | 311 | 2.46 | 0.26 | 29.0 | 14682 | 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 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| SWEET CAKE | SERVING | 1 | 284 | 22 | 243 | 1.93 | 0.60 | 21.9 | 1225 | 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 | 202 | 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 | 0.22 | 0.33 | 0.22 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 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 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOICE | Total | 1 | | | | | | | | | | | | | | |
| DOMINOS PIZZA | SLICE | 1 | 280 | 25 | 450 | 3.00 | 1.80 | 450.0 | 500 | 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 | 300 | 0.0 | 1 | 7.0 | 15.0 | 6.0 | 2.00 | 0.00 |
| DINNER SALAD - ALT LINE | SERVINGS | 1 | 29 | 0 | 24 | 2.02 | 0.60 | 34.7 | 4682 | 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 | 93 | 31.91 | *8 | 0.75 | 14.48 | 0.28 | 0.08 | *0.00 |
| MARINARA SAUCE | 1/2 CUP | 1 | 70 | 298 | 616 | 1.99 | 1.43 | 39.7 | 745 | 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 | 5 | 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 | 500 | 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 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average % of Calories | | | 1010 | *240 | 1825 | 11.21 | 3.94 | *1007.4 | *12293 | *67.73 | *67 *26.7% | 39.95 15.8% | 138.92 55.0% | 31.59 28.2% | 9.35 8.3% | *0.00 *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |

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Nov 1, 2022 thru Nov 30, 2022

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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-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/22/2022 | | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| CHICKEN BURRITO | SERVINGS | 1 | 251 | 68 | 612 | 2.85 | *1.38 | *54.3 | *378 | *0.57 | 1 | 21.05 | 23.43 | 7.25 | 2.20 | 0.00 |
| LIME CILANTRO RICE:SEC | 1/2 CUP | 1 | 91 | 0 | 149 | 1.03 | 0.58 | 1.3 | 0 | 1.36 | *0 | 2.06 | 18.71 | 0.77 | 0.00 | 0.00 |
| REFRIED BEANS, V V | 1/2 C SE | 1 | 140 | 0 | 320 | 7.00 | *N/A* | *N/A* | *N/A* | *N/A* | 1 | 7.0 | 24.0 | 2.5 | 0.00 | 0.00 |
| | RVINGS | | | | | | | | | | | | | | | |
| CARROT STICKS 1/2 CUP | 1/2 CUP | 1 | 136 | 20 | 311 | 2.46 | 0.26 | 29.0 | 14682 | 5.19 | 4 | 0.82 | 8.42 | 9.21 | 2.03 | 0.00 |
| BROWNIE CUP, WG | BROWNIE | 1 | 149 | 2 | 74 | 2.00 | 0.60 | 0.1 | 23 | 0.5 | 15 | 1.6 | 26.5 | 4.0 | 0.70 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| SALAD BAR: 2 TUESDAY- INTE | 1 CUP | 1 | 167 | 12 | 261 | 3.26 | *0.59 | *8.4 | *1205 | *8.94 | *6 | 3.43 | 11.53 | 11.28 | 1.58 | 0.00 |
| RM. | | | | | | | | | | | | | | | | |
| SALSA PICANTE | 1 OZ | 1 | 6 | 0 | 158 | 0.19 | 0.00 | 0.0 | 89 | 0.0 | 1 | 0.25 | 1.4 | 0.12 | 0.01 | 0.00 |
| MILK : CHOCOLATE MILK FAT | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| FREE | | | | | | | | | | | | | | | | |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOI | Total | 1 | | | | | | | | | | | | | | |
| NACHOS | SERVINGS | 1 | 591 | 78 | 1009 | 7.75 | *0.36 | *520.0 | *413 | *0.6 | 2 | 28.0 | 48.5 | 32.75 | 10.57 | 0.00 |
| LETTUCE & TOMATO:3/4 CUP- | 3/4 CUP | 1 | 14 | 0 | 6 | 1.10 | 0.32 | 10.1 | 569 | 7.16 | 2 | 0.95 | 2.86 | 0.09 | 0.01 | 0.00 |
| TACOS | | | | | | | | | | | | | | | | |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| SALSA PICANTE | 1 OZ | 1 | 6 | 0 | 158 | 0.19 | 0.00 | 0.0 | 89 | 0.0 | 1 | 0.25 | 1.4 | 0.12 | 0.01 | 0.00 |
| MILK : CHOCOLATE MILK FAT | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| FREE | | | | | | | | | | | | | | | | |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 1095 | *105 | 1841 | 16.83 | *2.35 | *935.7 | *9870 | *65.62 | *58 | 49.88 | 138.99 | 36.98 | 10.18 | *0.00 |
| % of Calories | | | | | | | | | | | *21.2% | 18.2% | 50.8% | 30.4% | 8.4% | *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 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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Washington County School District

Nov 1, 2022 thru Nov 30, 2022

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-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 11/29/2022 | | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| BEEF TACO STICK | 1 EACH | 1 | 345 | 52 | 631 | 3.85 | 2.77 | 328.8 | 252 | 6.37 | 1 | 20.07 | 31.87 | 12.82 | 8.35 | 0.00 |
| REFRIED BEANS, V V | 1/2 C SE RVINGS | 1 | 140 | 0 | 320 | 7.00 | *N/A* | *N/A* | *N/A* | *N/A* | 1 | 7.0 | 24.0 | 2.5 | 0.00 | 0.00 |
| CARROT STICKS 1/2 CUP | 1/2 CUP | 1 | 136 | 20 | 311 | 2.46 | 0.26 | 29.0 | 14682 | 5.19 | 4 | 0.82 | 8.42 | 9.21 | 2.03 | 0.00 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 57 | *0 | 1 | 1.87 | 0.19 | 15.4 | 93 | 31.91 | *8 | 0.75 | 14.48 | 0.28 | 0.08 | *0.00 |
| SALAD BAR: 2 TUESDAY- INTE RM. | 1 CUP | 1 | 167 | 12 | 261 | 3.26 | *0.59 | *8.4 | *1205 | *8.94 | *6 | 3.43 | 11.53 | 11.28 | 1.58 | 0.00 |
| APPLE FILLED DONUT | SERVINGS | 1 | 270 | 0 | 320 | 3.00 | 1.44 | 20.0 | *N/A* | *N/A* | 8 | 6.0 | 33.0 | 13.0 | 5.00 | 0.00 |
| SALSA PICANTE | 1 OZ | 1 | 6 | 0 | 158 | 0.19 | 0.00 | 0.0 | 89 | 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 | 500 | 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 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOI | Total | 1 | | | | | | | | | | | | | | |
| NACHOS | SERVINGS | 1 | 591 | 78 | 1009 | 7.75 | *0.36 | *520.0 | *413 | *0.6 | 2 | 28.0 | 48.5 | 32.75 | 10.57 | 0.00 |
| LETTUCE & TOMATO:3/4 CUP- TACOS | 3/4 CUP | 1 | 14 | 0 | 6 | 1.10 | 0.32 | 10.1 | 569 | 7.16 | 2 | 0.95 | 2.86 | 0.09 | 0.01 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| SALSA PICANTE | 1 OZ | 1 | 6 | 0 | 158 | 0.19 | 0.00 | 0.0 | 89 | 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 | 500 | 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 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 1141 | *96 | 1898 | 16.79 | *3.12 | *1077.9 | *9769 | *58.62 | *52 | 50.34 | 133.04 | 43.79 | 15.38 | *0.00 |
| % of Calories | | | | | | | | | | | *18.3% | 17.6% | 46.6% | 34.5% | 12.1% | *0.0% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 16.70 | | 15.00 | | <=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, 2022 thru Nov 30, 2022

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-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 11/30/2022 | | | | | | | | | | | | | | | | |
| INTERMEDIATE LUNCH 6-8 | Total | 1 | | | | | | | | | | | | | | |
| TERIYAKI BEEF NUGGETS | 4 Nugget | 1 | 160 | 40 | 440 | 1.00 | 1.44 | 20.0 | 20 | 0.0 | 4 | 14.0 | 6.0 | 8.0 | 3.50 | 0.50 |
| BUTTER MASHED POTATOES-sec | 2/3 cup | 1 | 130 | 5 | 420 | 9.00 | 0.36 | 20.0 | 0 | 0.0 | 0 | 2.0 | 18.0 | 5.0 | 2.50 | 0.00 |
| GRAVY, BROWN LOW SODIUM | 1/4 CUP | 1 | 2 | 0 | 19 | 0.00 | 0.01 | 1.1 | 0 | 0.0 | 0 | 0.0 | 0.37 | 0.0 | 0.00 | *0.00 |
| CORN 1/2 CUP | 1/2 CUP | 1 | 65 | 0 | 15 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 3 | 2.0 | 15.0 | 1.0 | 0.00 | 0.00 |
| WHOLE GRAIN BISCUIT: RICH'S | BISCUIT | 1 | 190 | 0 | 670 | 1.89 | 1.28 | 38.2 | 2 | 0.23 | 2 | 4.0 | 23.0 | 9.0 | 5.00 | 0.00 |
| MARGARINE REDDIES: (1) | 1 Patty | 1 | 35 | 0 | 40 | 0.00 | 0.00 | 0.0 | 200 | 0.0 | *N/A* | 0.0 | 0.0 | 4.0 | 1.00 | 0.00 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 57 | *0 | 1 | 1.87 | 0.19 | 15.4 | 93 | 31.91 | *8 | 0.75 | 14.48 | 0.28 | 0.08 | *0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 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 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT INT WEEKLY 1st CHOI | Total | 1 | | | | | | | | | | | | | | |
| HAMBURGER - OPTION LINE | SERVINGS | 1 | 306 | 49 | 437 | 4.01 | *1.44 | *60.0 | *15 | *3.6 | 3 | 18.06 | 27.0 | 13.56 | 4.82 | 0.80 |
| SHREDDED LETTUCE & TOMA TO-DELI | 1/2 CUP | 1 | 13 | 0 | 6 | 1.04 | 0.31 | 9.6 | 528 | 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 | 6157 | 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 | 53 | 0.0 | 0 | 2.01 | 19.62 | 5.03 | 0.75 | 0.00 |
| FRUIT BAR :ELEMENTARY | 1/2 CUP | 1 | 57 | *0 | 1 | 1.87 | 0.19 | 15.4 | 93 | 31.91 | *8 | 0.75 | 14.48 | 0.28 | 0.08 | *0.00 |
| PICKLE:, CHIPS | 1 OZ. | 1 | 5 | 0 | 340 | 0.00 | 0.00 | 0.0 | 5 | 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 | 202 | 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 | 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 | 0.0 | 4.0 | 0.50 | 0.00 |
| MILK : CHOCOLATE MILK FAT FREE | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 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 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 905 | *75 | 1974 | 12.97 | *2.85 | *706.0 | *4684 | *42.97 | *50 | 38.52 | 110.80 | 32.27 | 11.62 | *0.65 |
| % of Calories | | | | | | | | | | | *22.2% | 17.0% | 49.0% | 32.1% | 11.6% | *0.6% |
| Nutrient Guideline | | | 783 | | | | 4.50 | 400.00 | 1500 | 16.70 | | 15.00 | | <=30.0 | <10.00 | |
| Weighted Average | | | 981 | *164 | 1863 | 12.51 | *4.01 | *893.5 | *6018 | *61.72 | *58 | 43.12 | 127.98 | 32.77 | 10.46 | *0.12 |
| | | | | | | | | | | | *53.3% | 17.6% | 52.2% | 30.1% | 9.6% | *0.1% |

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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-A (IU) | 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 | 981 | | 783 | 125% | | | | | | | | | | | | | |
| Cholesterol (mg) | 164 | | | | Missing | | | | | | | | | | | | |
| Sodium 1 (mg) | 1863 | | | | | | | | 1863 | | | | | | | | |
| Sodium 2 (mg) | 1863 | | | | | | | | 1863 | | | | | | | | |
| Fiber (g) | 12.51 | | | | | | | | | | | | | | | | |
| Iron (mg) | 4.01 | | 4.50 | 89% | Missing | 0.49 | | | | | | | | | | | |
| Calcium (mg) | 893.5 | | 400.00 | 223% | Missing | | | | | | | | | | | | |
| Vitamin A (IU) | 6018 | | 1500 | 401% | Missing | | | | | | | | | | | | |
| Sugars (g) | 58 | 23.68% | | | Missing | | | | | | | | | | | | |
| Vitamin C (mg) | 61.72 | | 16.70 | 370% | Missing | | | | | | | | | | | | |
| Protein (g) | 43.12 | 17.59% | 15.00 | 287% | | | | | | | | | | | | | |
| Carbohydrate (g) | 127.98 | 52.20% | | | | | | | | | | | | | | | |
| Total Fat (g) | 32.77 | 30.07% | <=30.00% | | | | | | | | | | | | | | |
| Saturated Fat (g) | 10.46 | 9.60% | <10.00% | | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.12 | 0.11% | | | Missing | | | | | | | | | | | | |

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