

# Washington County School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 9/16/2020 8:43:31 AM

	Portion Size	Reimb Qty	Carb (g)
Thu - 10/01/2020			
SECONDARY LUNCH 9-12	Total	8240	
DUTCH WAFFLE	1 EACH	8240	43.0
SAUSAGE LINK - CLOVERDALE	SERVING	8000	2.0
SCRAMBLED EGGS: SUNNY FRESH	1/4 CUP	1	2.0
BLUEBERRIES, FZ	1c SERVING	1	20.0
HASHBROWN PATTY:1/2 CUP	2 EACH	7500	27.0
SLUSH: TROPICAL TRIO	SERVING	1	20.0
SYRUP	1 EA	1	4.0
KETCHUP : P/C	PC	3500	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	5200	20.0
MILK 1% WHITE	CARTON	3030	12.0
ALT SEC WEEKLY 1st CHO	Total	1	
HOT DOG W/ BUN	1 EACH	1	22.0
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	44.0
CHILI	3/4 CUP	1	12.43
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
RELISH- DILL PICKLE	SERVING	1	0.0
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
MAPLE BITES, WG (1)	1/2 SERVING	1	13.0
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			90.86
% of Calories			42.6%
Nutrient Guideline			

Fri - 10/02/2020			
SECONDARY LUNCH 9-12	Total	1	
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	1	34.0
DINNER SALAD	1 CUP	1	0.33
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
PUDDING,CHOICE	SERVING	1	20.5
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT SEC WEEKLY 1st CHO	Total	1	
CHEESEBURGER 100% BEEF :ELE	PATTY	1	23.1
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
TATER TOTS-3/4 CUP	12 PIECES	1	24.0
CHIPS: DORITOS	bag	1	19.62
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
PICKLE:, CHIPS	1 OZ.	1	1.0
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	12.0
Weighted Daily Average			119.42
% of Calories			49.7%
Nutrient Guideline			

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Washington County School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 2

Generated on: 9/16/2020 8:43:32 AM

	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 10/05/2020</b>			
SECONDARY LUNCH 9-12	Total	1	
CHICKEN BITES-SEC	6 PIECES	1	18.0
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	44.0
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	21.0
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	12.0
<b>ALT SEC WEEKLY 1st CHO</b>			
DOMINOS PIZZA	SLICE	1	29.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	9.82
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average % of Calories			127.20 56.0%
Nutrient Guideline			

<b>Tue - 10/06/2020</b>			
SECONDARY LUNCH 9-12	Total	1	
BEEF TACO STICK	1 EACH	1	31.87
REFRIED BEANS	1/2 CUP	1	23.6
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
CUCUMBERS: 1/2 CUP	1/2 CUP	1	1.29
SALSA PICANTE	1 OZ	1	1.4
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	28.69
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
<b>ALT SEC WEEKLY 1st CHO</b>			
SPICY CHICKEN SANDWICH	1 EACH	1	38.1
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
BEANS, BAKED WITH TOMATO PASTE	1/2 C SERVING	1	36.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	8.42
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
PICKLE:, CHIPS	1 OZ.	1	1.0
LIGHT MAYONNAISE	POUCH	1	0.0
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	12.0
Weighted Daily Average % of Calories			148.66 54.1%
Nutrient Guideline			

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Washington County School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 3

Generated on: 9/16/2020 8:43:32 AM

	Portion Size	Reimb Qty	Carb (g)
Wed - 10/07/2020			
SECONDARY LUNCH 9-12	Total	1	
HAM - COBBLE STREET	SLICE	1	2.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	1.06
SUNSHINE CARROTS 1/2 CUP	1/2 C SERVING	1	9.34
ROLL: 2 OZ SCHOOL MADE	ROLL	1	27.16
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT SEC WEEKLY 1st CHO			
GRILLED CHEESE-WW BREAD	1 EACH	1	32.0
SOUP, TOMATO (Campbells)(Sec)	1 Cup	1	16.0
GOLDFISH CRACKERS	SERVING	1	14.0
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
MIXED FRESH VEGETABLES:SEC	1 CUP	1	9.82
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			115.27
% of Calories			51.7%
Nutrient Guideline			

Thu - 10/08/2020			
SECONDARY LUNCH 9-12	Total	1	
TERIYAKI CHICKEN	2.4 OZ	1	6.0
VEGETABLE BROWN RICE : SEC	8 OZ	1	40.42
NORMANDY VEGETABLES 1 CUP	1 CUP	1	5.0
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
BROWNIE CUP, WG	BROWNIE	1	26.5
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT SEC WEEKLY 1st CHO			
CALZONE, MINI, WG	SERVINGS	1	40.01
MARINARA SAUCE	1/2 CUP	1	11.93
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	44.0
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			146.72
% of Calories			61.4%
Nutrient Guideline			

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Washington County School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 4

Generated on: 9/16/2020 8:43:32 AM

	Portion Size	Reimb Qty	Carb (g)
<b>Fri - 10/09/2020</b>			
SECONDARY LUNCH 9-12	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
MARINARA SAUCE	1/2 CUP	1	11.93
GARLIC TWIST	2 OZ	1	27.29
DINNER SALAD	1 CUP	1	0.33
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
FROZEN JUICE CUP	1 EACH	1	19.65
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT SEC WEEKLY 1st CHO	Total	1	
CHEESEBURGER 100% BEEF :ELE	PATTY	1	23.1
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
TATER TOTS-3/4 CUP	12 PIECES	1	24.0
CHIPS: DORITOS	bag	1	19.62
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
PICKLE:, CHIPS	1 OZ.	1	1.0
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	12.0
Weighted Daily Average			135.10
% of Calories			53.0%
Nutrient Guideline			

<b>Mon - 10/12/2020</b>			
SECONDARY LUNCH 9-12	Total	1	
CHEESEBURGER 100 % BEEF: SEC	PATTY	1	28.1
CHEESE: PAST.PROCESS SLICE	1/2 oz.	1	1.01
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
TATER TOTS-3/4 CUP	12 PIECES	1	24.0
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
CHOCOLATE CHIP COOKIES	1 EACH	1	18.48
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
PICKLE:, CHIPS	1 OZ.	1	1.0
MUSTARD:, P/C	1 Each	1	0.33
KETCHUP : P/C	PC	1	10.12
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT SEC WEEKLY 1st CHO	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	9.82
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			117.00
% of Calories			47.5%
Nutrient Guideline			

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Washington County School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 5

Generated on: 9/16/2020 8:43:32 AM

	Portion Size	Reimb Qty	Carb (g)
<u>Tue - 10/13/2020</u>			
SECONDARY LUNCH 9-12	Total	1	
TACO SOUP	1 CUP	1	21.74
CHEDDAR/ JACK FANCY SHRED-.5OZ	.5 OZ	1	0.51
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	34.94
MIXED FRESH VEGETABLES:SEC	1 CUP	1	9.82
FRUIT CANNED, 9-12 OPTION	1/2 CUP SERVING	1	32.5
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	4.28
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT SEC WEEKLY 1st CHO	Total	1	
SPICY CHICKEN SANDWICH	1 EACH	1	38.1
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
BEANS, BAKED WITH TOMATO PASTE	1/2 C SERVING	1	36.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	8.42
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
PICKLE:, CHIPS	1 OZ.	1	1.0
LIGHT MAYONNAISE	POUCH	1	0.0
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	12.0
Weighted Daily Average			147.83
% of Calories			53.6%
Nutrient Guideline			

<u>Wed - 10/14/2020</u>			
SECONDARY LUNCH 9-12	Total	1	
WG CHICKEN TENDERS STRIP	3 STRIPS	1	15.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	2.86
CORN 1/2 CUP	1/2 CUP	1	15.0
CRUMB SQUARE-DAVE'S BAKERY	1 EACH	1	47.0
BARBAQUE SAUCE: P/C	1 Each	1	13.0
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT SEC WEEKLY 1st CHO	Total	1	
GRILLED CHEESE-WW BREAD	1 EACH	1	32.0
SOUP, TOMATO (Campbells)(Sec)	1 Cup	1	16.0
GOLDFISH CRACKERS	SERVING	1	14.0
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
MIXED FRESH VEGETABLES:SEC	1 CUP	1	9.82
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			141.92
% of Calories			54.3%
Nutrient Guideline			

\*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.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# Washington County School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 6

Generated on: 9/16/2020 8:43:32 AM

	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 10/19/2020</b>			
SECONDARY LUNCH 9-12	Total	1	
CHICKEN SANDWICH - SEC - 2020	FILLET	1	41.05
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	44.0
JELL-O	GEL CUP	1	25.0
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
PICKLE:, CHIPS	1 OZ.	1	1.0
KETCHUP : P/C	PC	1	10.12
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
<b>ALT SEC WEEKLY 1st CHO</b>			
DOMINOS PIZZA	SLICE	1	29.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	9.82
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			136.06
% of Calories			56.7%
Nutrient Guideline			

<b>Tue - 10/20/2020</b>			
SECONDARY LUNCH 9-12	Total	1	
SOFT FLOUR TACO:SEC	serving	1	23.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	2.86
CHEDDAR/ JACK FANCY SHRED-.5OZ	.5 OZ	1	0.51
REFRIED BEANS	1/2 CUP	1	23.6
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
CUCUMBER & CARROTS: INTER	3/4 CUP	1	6.75
BUG BITES	BAG	1	21.0
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
<b>ALT SEC WEEKLY 1st CHO</b>			
SPICY CHICKEN SANDWICH	1 EACH	1	38.1
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
BEANS, BAKED WITH TOMATO PASTE	1/2 C SERVING	1	36.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	8.42
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
PICKLE:, CHIPS	1 OZ.	1	1.0
LIGHT MAYONNAISE	POUCH	1	0.0
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	12.0
Weighted Daily Average			144.80
% of Calories			55.3%
Nutrient Guideline			

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Washington County School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 7

Generated on: 9/16/2020 8:43:32 AM

	Portion Size	Reimb Qty	Carb (g)
<b>Wed - 10/21/2020</b>			
SECONDARY LUNCH 9-12	Total	1	
ROASTED TURKEY: VIP	2.9 OZ	1	1.34
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
GRAVY, TURKEY	1/4 Cup	1	4.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	4.77
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
ROLL: 2 OZ SCHOOL MADE	ROLL	1	27.16
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT SEC WEEKLY 1st CHO	Total	1	
GRILLED CHEESE-WW BREAD	1 EACH	1	32.0
SOUP, TOMATO (Campbells)(Sec)	1 Cup	1	16.0
GOLDFISH CRACKERS	SERVING	1	14.0
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
MIXED FRESH VEGETABLES:SEC	1 CUP	1	9.82
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			114.13
% of Calories			52.3%
Nutrient Guideline			

<b>Thu - 10/22/2020</b>			
SECONDARY LUNCH 9-12	Total	1	
ORANGE CHICKEN	3.6 OZ SERVING	1	19.0
RICE: COOKED BROWN (SEC)	1 CUP	1	32.96
NORMANDY VEGETABLES 1 CUP	1 CUP	1	5.0
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
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	12.0
ALT SEC WEEKLY 1st CHO	Total	1	
CALZONE, MINI, WG	SERVINGS	1	40.01
MARINARA SAUCE	1/2 CUP	1	11.93
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	44.0
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			150.92
% of Calories			61.9%
Nutrient Guideline			

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Washington County School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 8

Generated on: 9/16/2020 8:43:32 AM

	Portion Size	Reimb Qty	Carb (g)
Fri - 10/23/2020			
SECONDARY LUNCH 9-12	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
MARINARA SAUCE	1/2 CUP	1	11.93
MAPLE BITES, WG (2)	SERVING	1	26.0
DINNER SALAD	1 CUP	1	0.33
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT SEC WEEKLY 1st CHO			
CHEESEBURGER 100% BEEF :ELE	PATTY	1	23.1
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
TATER TOTS-3/4 CUP	12 PIECES	1	24.0
CHIPS: DORITOS	bag	1	19.62
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
PICKLE:, CHIPS	1 OZ.	1	1.0
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	12.0
Weighted Daily Average			124.63
% of Calories			50.7%
Nutrient Guideline			

Mon - 10/26/2020			
SECONDARY LUNCH 9-12	Total	1	
MINI CORN DOG NUGGETS ( SEC)	6 EACH	1	30.0
TATER TOTS-3/4 CUP	12 PIECES	1	24.0
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
SWEET CAKE	SERVING	1	44.83
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT SEC WEEKLY 1st CHO			
DOMINOS PIZZA	SLICE	1	29.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	9.82
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			128.79
% of Calories			55.4%
Nutrient Guideline			

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



# Washington County School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 9

Generated on: 9/16/2020 8:43:32 AM

	Portion Size	Reimb Qty	Carb (g)
Tue - 10/27/2020			
SECONDARY LUNCH 9-12	Total	1	
CHILI	3/4 CUP	1	12.43
ROLL: 2 OZ SCHOOL MADE	ROLL	1	27.16
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
CARROT & CELERY STICKS:SEC	1 CUP	1	8.67
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT SEC WEEKLY 1st CHO	Total	1	
SPICY CHICKEN SANDWICH	1 EACH	1	38.1
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
BEANS, BAKED WITH TOMATO PASTE	1/2 C SERVING	1	36.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	8.42
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
PICKLE:, CHIPS	1 OZ.	1	1.0
LIGHT MAYONNAISE	POUCH	1	0.0
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	12.0
Weighted Daily Average			129.37
% of Calories			58.1%
Nutrient Guideline			

Wed - 10/28/2020			
SECONDARY LUNCH 9-12	Total	1	
TERIYAKI BEEF NUGGETS	4 Nugget	1	6.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
GRAVY, BROWN LOW SODIUM	1/4 CUP	1	0.37
GREEN BEANS: 1/2 C.	1/2 CUP	1	4.77
ROLL: 2 OZ SCHOOL MADE	ROLL	1	27.16
MARGARINE REDDIES: (1)	1 Patty	1	0.0
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT SEC WEEKLY 1st CHO	Total	1	
GRILLED CHEESE-WW BREAD	1 EACH	1	32.0
SOUP, TOMATO (Campbells)(Sec)	1 Cup	1	16.0
GOLDFISH CRACKERS	SERVING	1	14.0
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
MIXED FRESH VEGETABLES:SEC	1 CUP	1	9.82
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			114.64
% of Calories			51.7%
Nutrient Guideline			

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Washington County School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 10

Generated on: 9/16/2020 8:43:32 AM

	Portion Size	Reimb Qty	Carb (g)
Thu - 10/29/2020			
SECONDARY LUNCH 9-12	Total	1	
CHICKEN NOODLE SOUP: USDA 1C.	1 CUP	1	28.35
BREADSTICK, CHEESE WG	SERVING	1	15.0
TOMATOES, CUCUMBER, CARROTS:SE	1 CUP	1	12.03
FRUIT CANNED, 9-12 OPTION	1/2 CUP SERVING	1	32.5
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	7.17
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT SEC WEEKLY 1st CHO			
HOT DOG W/ BUN	1 EACH	1	22.0
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	44.0
CHILI	3/4 CUP	1	12.43
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31
RELISH- DILL PICKLE	SERVING	1	0.0
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
MAPLE BITES, WG (1)	1/2 SERVING	1	13.0
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
Weighted Daily Average			143.91
% of Calories			57.7%
Nutrient Guideline			

Fri - 10/30/2020			
SECONDARY LUNCH 9-12	Total	1	
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	1	34.0
DINNER SALAD	1 CUP	1	0.33
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
COOKIE: HALLOWEEN	1 EACH	1	26.9
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	12.0
ALT SEC WEEKLY 1st CHO			
CHEESEBURGER 100% BEEF :ELE	PATTY	1	23.1
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
TATER TOTS-3/4 CUP	12 PIECES	1	24.0
CHIPS: DORITOS	bag	1	19.62
COOKIE: HALLOWEEN	1 EACH	1	26.9
FRUIT BAR :FALL:SEC	1 CUP	1	18.58
PICKLE:, CHIPS	1 OZ.	1	1.0
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	12.0
Weighted Daily Average			136.07
% of Calories			50.6%
Nutrient Guideline			

\*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.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Washington County School District

**Oct 1, 2020 thru Oct 30, 2020**

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 11

Generated on: 9/16/2020 8:43:32 AM

	Portion Size	Reimb Qty	Carb (g)
Weighted Average			130.67 53.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	130.67	53.76%						

*\*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*

*<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**