

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

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Generated on: 9/16/2020 8:45:12 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 10/01/2020															
SECONDARY LUNCH 9-12	Total	8240													
DUTCH WAFFLE	1 EACH	8240	300	20	350	3.00	1.80	40.0	0.0	12	4.0	43.0	13.0	3.00	0.00
SAUSAGE LINK - CLOVERDALE	SERVING	8000	230	40	340	0.00	0.72	*N/A*	*N/A*	0	8.0	2.0	21.0	7.00	0.00
SCRAMBLED EGGS: SUNNY FR ESH	1/4 CUP	1	90	220	250	0.00	0.80	34.0	0.0	*N/A*	6.0	2.0	6.0	2.00	0.00
BLUEBERRIES, FZ	1c SERVING	1	80	0	4	6.00	*N/A*	*N/A*	*N/A*	10	0.0	20.0	0.0	0.00	0.00
HASHBROWN PATTY:1/2 CUP	2 EACH	7500	220	0	450	2.00	0.72	0.0	2.4	1	2.0	27.0	11.0	1.50	0.00
SLUSH: TROPICAL TRIO	SERVING	1	80	0	5	0.00	0.00	0.0	90.0	17	0.0	20.0	0.0	0.00	0.00
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
KETCHUP : P/C	PC	3500	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	5200	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	3030	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO															
HOT DOG W/ BUN	1 EACH	1	220	55	450	2.00	2.16	120.0	8.4	2	13.0	22.0	10.5	2.50	0.00
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	280	0	600	4.00	0.72	0.0	9.6	0	4.0	44.0	10.0	3.00	0.00
CHILI	3/4 CUP	1	123	24	247	3.88	2.33	49.7	13.98	*N/A*	10.1	12.43	3.11	1.24	0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	34.31	*2	2.42	8.31	6.21	0.57	0.00
RELISH- DILL PICKLE	SERVING	1	0	0	45	0.00	0.00	0.0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
MAPLE BITES, WG (1)	1/2 SERVING	1	70	0	75	1.00	0.36	20.0	0.0	5	1.0	13.0	1.5	0.30	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	0.0	0.0	0	0.22	0.33	0.22	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			853	66	1391	4.82	*3.15	*339.7	*4.88	*32	21.58	90.86	44.32	11.71	0.00
% of Calories										*15.1%	10.1%	42.6%	46.7%	12.4%	0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/02/2020															
SECONDARY LUNCH 9-12	Total	1													
WILD MIKE'S PEPPERONI CHEE SY B	SERVINGS	1	340	35	580	3.00	1.80	400.0	9.0	4	20.0	34.0	18.0	9.00	0.00
DINNER SALAD	1 CUP	1	2	0	0	0.10	0.03	1.2	0.96	*0	0.08	0.33	0.02	0.01	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
PUDDING,CHOICE	SERVING	1	115	0	133	0.50	0.54	225.0	0.0	15	1.0	20.5	3.0	1.75	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1													
CHEESEBURGER 100% BEEF :EL	PATTY	1	367	64	790	2.03	34.38	223.7	2.43	3	26.08	23.1	19.15	8.40	0.00
SHREDDED LETTUCE & TOMAT O-DELI	1/2 CUP	1	13	0	6	1.04	0.31	9.6	6.48	2	0.91	2.67	0.08	0.01	0.00
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	1.08	0.0	3.6	0	3.0	24.0	10.5	2.25	0.00
CHIPS: DORITOS	bag	1	131	0	181	2.01	0.36	20.0	0.0	0	2.01	19.62	5.03	0.75	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	0.0	1	0.0	1.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	0.0	0.0	0	0.22	0.33	0.22	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0.0	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			960	72	1820	8.30	19.47	1058.1	36.04	*56	43.98	119.42	35.77	13.16	0.00
% of Calories										*23.4%	18.3%	49.7%	33.5%	12.3%	0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

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Mon - 10/05/2020															
SECONDARY LUNCH 9-12	Total	1													
CHICKEN BITES-SEC	6 PIECES	1	257	43	585	2.00	1.00	19.0	0.0	1	20.0	18.0	13.0	2.00	0.00
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	280	0	600	4.00	0.72	0.0	9.6	0	4.0	44.0	10.0	3.00	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	34.31	*2	2.42	8.31	6.21	0.57	0.00
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	120	0	115	1.00	0.72	100.0	0.0	*N/A*	2.0	21.0	3.5	1.00	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO															
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	1.80	450.0	9.0	2	20.0	29.0	9.0	3.00	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	0.83	40.8	54.61	*2	3.06	9.82	6.29	0.60	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			909	59	1710	10.00	3.26	948.4	79.76	*47	42.57	127.20	26.78	6.66	0.00
% of Calories										*20.5%	18.7%	56.0%	26.5%	6.6%	0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

Tue - 10/06/2020															
SECONDARY LUNCH 9-12	Total	1													
BEEF TACO STICK	1 EACH	1	345	52	631	3.85	2.77	328.8	6.37	1	20.07	31.87	12.82	8.35	0.00
REFRIED BEANS	1/2 CUP	1	164	0	546	8.21	1.85	42.7	25.86	0	8.21	23.6	4.62	1.54	*0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
CUCUMBERS: 1/2 CUP	1/2 CUP	1	106	20	251	0.42	0.13	8.3	1.9	1	0.35	1.29	9.1	2.05	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	0.0	1	0.25	1.4	0.12	0.01	0.00
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	187	10	184	5.97	1.30	56.4	0.01	*10	3.31	28.69	7.79	3.12	*0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00

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ALT SEC WEEKLY 1st CHO	Total	1													
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	3.6	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMAT O-DELI	1/2 CUP	1	13	0	6	1.04	0.31	9.6	6.48	2	0.91	2.67	0.08	0.01	0.00
BEANS, BAKED WITH TOMATO PASTE	1/2 C SER VING	1	180	0	550	5.00	1.80	40.0	*N/A*	17	7.0	36.0	1.0	0.00	0.00
CARROT STICKS 1/2 CUP	1/2 CUP	1	136	20	311	2.46	0.26	29.0	5.19	4	0.82	8.42	9.21	2.03	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	0.0	1	0.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0.0	0	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			1100	84	2525	18.43	6.24	925.9	*50.71	*63	47.84	148.66	33.43	11.64	*0.00
% of Calories										*22.9%	17.4%	54.1%	27.4%	9.5%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

Wed - 10/07/2020															
SECONDARY LUNCH 9-12	Total	1													
HAM - COBBLE STREET	SLICE	1	140	45	840	0.00	0.36	0.0	0.0	1	13.0	2.0	9.0	3.00	0.00
BUTTER MASHED POTATOES-se	2/3 cup	1	130	5	420	9.00	0.36	20.0	0.0	0	2.0	18.0	5.0	2.50	0.00
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	5	0	26	0.00	0.01	1.1	0.0	*0	0.0	1.06	0.18	0.09	0.00
SUNSHINE CARROTS 1/2 CUP	1/2 C SER VING	1	47	0	80	4.00	0.96	26.7	3.2	*N/A*	0.0	9.34	0.0	0.00	0.00
ROLL: 2 OZ SCHOOL MADE	ROLL	1	138	11	376	4.70	1.36	14.1	0.0	*1	3.93	27.16	2.34	0.80	*0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00

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ALT SEC WEEKLY 1st CHO	Total	1													
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	2.4	*4	16.0	32.0	26.42	13.04	0.00
SOUP, TOMATO (Campbells)(Sec)	1 Cup	1	70	0	654	1.00	0.72	3.6	6.0	9	2.0	16.0	0.0	0.00	0.00
GOLDFISH CRACKERS	SERVING	1	100	0	170	1.00	0.72	20.0	0.0	0	2.0	14.0	4.0	0.50	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	0.83	40.8	54.61	*2	3.06	9.82	6.29	0.60	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			892	75	2247	14.68	3.59	871.5	56.69	*48	37.82	115.27	31.39	12.34	*0.00
% of Calories										*21.5%	17.0%	51.7%	31.7%	12.4%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

Thu - 10/08/2020															
SECONDARY LUNCH 9-12	Total	1													
TERIYAKI CHICKEN	2.4 OZ	1	115	70	330	0.00	0.72	0.0	0.0	6	15.0	6.0	3.5	1.00	0.00
VEGETABLE BROWN RICE : SEC	8 OZ	1	219	0	977	3.37	2.42	33.7	8.09	*N/A*	5.05	40.42	4.21	0.00	0.00
NORMANDY VEGETABLES 1 CUP	1 CUP	1	30	0	30	2.00	0.00	0.0	15.0	3	1.0	5.0	0.0	0.00	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
BROWNIE CUP, WG	BROWNIE	1	149	2	74	2.00	0.60	0.1	0.5	15	1.6	26.5	4.0	0.70	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1													
CALZONE, MINI, WG	SERVINGS	1	325	23	490	4.00	1.80	225.0	*N/A*	6	16.5	40.01	11.5	5.00	0.00
MARINARA SAUCE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	8.94	3	1.99	11.93	1.49	0.00	0.00
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	280	0	600	4.00	0.72	0.0	9.6	0	4.0	44.0	10.0	3.00	0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	34.31	*2	2.42	8.31	6.21	0.57	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			956	216	2103	12.21	4.40	782.8	*63.02	*60	40.61	146.72	23.23	6.71	0.00
% of Calories										*25.3%	17.0%	61.4%	21.9%	6.3%	0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/09/2020															
SECONDARY LUNCH 9-12	Total	1													
PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	1.80	150.0	0.0	3	16.0	27.0	17.0	5.00	0.00
MARINARA SAUCE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	8.94	3	1.99	11.93	1.49	0.00	0.00
GARLIC TWIST	2 OZ	1	141	11	384	4.71	1.37	21.2	0.0	*1	4.18	27.29	2.59	0.92	*0.00
DINNER SALAD	1 CUP	1	2	0	0	0.10	0.03	1.2	0.96	*0	0.08	0.33	0.02	0.01	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
FROZEN JUICE CUP	1 EACH	1	72	0	8	3.10	0.37	82.7	62.05	17	0.0	19.65	0.0	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1													
CHEESEBURGER 100% BEEF :EL	PATTY	1	367	64	790	2.03	34.38	223.7	2.43	3	26.08	23.1	19.15	8.40	0.00
SHREDDED LETTUCE & TOMAT O-DELI	1/2 CUP	1	13	0	6	1.04	0.31	9.6	6.48	2	0.91	2.67	0.08	0.01	0.00
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	1.08	0.0	3.6	0	3.0	24.0	10.5	2.25	0.00
CHIPS: DORITOS	bag	1	131	0	181	2.01	0.36	20.0	0.0	0	2.01	19.62	5.03	0.75	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	0.0	1	0.0	1.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	0.0	0.0	0	0.22	0.33	0.22	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0.0	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			1019	222	2242	12.96	20.78	892.5	67.03	*59 *23.0%	44.56 17.5%	135.10 53.0%	35.82 31.6%	10.75 9.5%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/12/2020															
SECONDARY LUNCH 9-12	Total	1													
CHEESEBURGER 100 % BEEF: SEC	PATTY	1	397	64	840	3.03	34.74	223.7	3.63	4	27.08	28.1	19.15	8.40	0.00
CHEESE: PAST.PROCESS SLICE	1/2 oz.	1	56	13	202	0.00	0.00	75.9	0.0	*N/A*	2.53	1.01	4.56	2.53	*N/A*
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	0.31	9.6	6.48	2	0.91	2.67	0.08	0.01	0.00
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	1.08	0.0	3.6	0	3.0	24.0	10.5	2.25	0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	34.31	*2	2.42	8.31	6.21	0.57	0.00
CHOCOLATE CHIP COOKIES	1 EACH	1	136	14	173	1.44	0.68	37.1	0.0	*8	2.19	18.48	6.34	2.65	*0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	0.0	1	0.0	1.0	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	0.0	0.0	0	0.22	0.33	0.22	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0.0	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1													
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	1.80	450.0	9.0	2	20.0	29.0	9.0	3.00	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	0.83	40.8	54.61	*2	3.06	9.82	6.29	0.60	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			986	85	1910	10.87	20.27	1052.0	80.62	*54	47.53	117.00	35.95	11.83	*0.00
% of Calories										*21.7%	19.3%	47.5%	32.8%	10.8%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/13/2020															
SECONDARY LUNCH 9-12															
TACO SOUP	1 CUP	1	257	50	1050	6.33	3.47	75.5	13.97	*5	19.5	21.74	9.97	3.40	*0.00
CHEDDAR/ JACK FANCY SHRED -.5OZ	.5 OZ	1	56	13	86	0.00	0.00	101.2	0.0	0	3.04	0.51	4.56	3.04	0.00
CINNAMON ROLL W. W.W. BRID GFOR	ROLL	1	210	0	250	3.99	1.44	20.0	1.2	8	5.99	34.94	4.99	1.00	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	0.83	40.8	54.61	*2	3.06	9.82	6.29	0.60	0.00
FRUIT CANNED, 9-12 OPTION	1/2 CUP SERVING	1	130	0	10	2.00	*0.36	*10.0	*10.5	28	0.5	32.5	0.0	0.00	0.00
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	131	10	225	2.09	0.38	0.7	*3.39	*1	2.06	4.28	11.01	1.50	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO															
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	3.6	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMATO O-DELI	1/2 CUP	1	13	0	6	1.04	0.31	9.6	6.48	2	0.91	2.67	0.08	0.01	0.00
BEANS, BAKED WITH TOMATO PASTE	1/2 C SERVING	1	180	0	550	5.00	1.80	40.0	*N/A*	17	7.0	36.0	1.0	0.00	0.00
CARROT STICKS 1/2 CUP	1/2 CUP	1	136	20	311	2.46	0.26	29.0	5.19	4	0.82	8.42	9.21	2.03	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	0.0	1	0.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0.0	0	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			1104	84	2526	16.61	*6.34	*822.7	*65.47	*74	48.41	147.83	34.49	8.83	*0.00
% of Calories										*26.9%	17.5%	53.6%	28.1%	7.2%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

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Portion Values - Detailed

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Wed - 10/14/2020															
SECONDARY LUNCH 9-12															
	Total	1													
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	59	321	3.00	1.00	15.0	0.0	0	17.0	15.0	14.0	3.00	0.00
BUTTER MASHED POTATOES-se	2/3 cup	1	130	5	420	9.00	0.36	20.0	0.0	0	2.0	18.0	5.0	2.50	0.00
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	19	0	135	0.00	0.01	1.1	0.0	*1	0.95	2.86	0.48	0.00	0.00
CORN 1/2 CUP	1/2 CUP	1	65	0	15	2.00	*N/A*	*N/A*	*N/A*	3	2.0	15.0	1.0	0.00	0.00
CRUMB SQUARE-DAVE'S BAKER	1 EACH	1	283	32	215	3.00	1.20	16.0	0.1	16	2.1	47.0	9.0	1.20	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO															
	Total	1													
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	2.4	*4	16.0	32.0	26.42	13.04	0.00
SOUP, TOMATO (Campbells)(Sec)	1 Cup	1	70	0	654	1.00	0.72	3.6	6.0	9	2.0	16.0	0.0	0.00	0.00
GOLDFISH CRACKERS	SERVING	1	100	0	170	1.00	0.72	20.0	0.0	0	2.0	14.0	4.0	0.50	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	0.83	40.8	54.61	*2	3.06	9.82	6.29	0.60	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			1045	93	2124	14.33	*3.53	*876.7	*56.34	*57	40.39	141.92	35.87	11.99	0.00
% of Calories										*21.8%	15.5%	54.3%	30.9%	10.3%	0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 10/19/2020															
SECONDARY LUNCH 9-12	Total	1													
CHICKEN SANDWICH - SEC - 202	FILLET	1	371	70	682	4.00	3.25	100.1	3.6	5	29.08	41.05	10.53	1.50	0.00
SHREDDED LETTUCE & TOMAT O-DELI	1/2 CUP	1	13	0	6	1.04	0.31	9.6	6.48	2	0.91	2.67	0.08	0.01	0.00
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	280	0	600	4.00	0.72	0.0	9.6	0	4.0	44.0	10.0	3.00	0.00
JELL-O	GEL CUP	1	100	0	45	0.00	0.00	0.0	0.0	22	0.0	25.0	0.0	0.00	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	34.31	*2	2.42	8.31	6.21	0.57	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	0.0	1	0.0	1.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0.0	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1													
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	1.80	450.0	9.0	2	20.0	29.0	9.0	3.00	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	0.83	40.8	54.61	*2	3.06	9.82	6.29	0.60	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			960	75	1724	11.02	4.00	933.7	83.60	*61	46.56	136.06	25.83	6.17	0.00
% of Calories										*25.4%	19.4%	56.7%	24.2%	5.8%	0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 10/20/2020															
SECONDARY LUNCH 9-12	Total serving	1													
SOFT FLOUR TACO:SEC	1	1	255	49	436	2.00	1.44	120.1	0.6	1	17.01	23.0	10.0	3.20	0.00
LETTUCE & TOMATO:3/4 CUP-T ACOS	3/4 CUP	1	14	0	6	1.10	0.32	10.1	7.16	2	0.95	2.86	0.09	0.01	0.00
CHEDDAR/ JACK FANCY SHRED -.5OZ	.5 OZ	1	56	13	86	0.00	0.00	101.2	0.0	0	3.04	0.51	4.56	3.04	0.00
REFRIED BEANS	1/2 CUP	1	164	0	546	8.21	1.85	42.7	25.86	0	8.21	23.6	4.62	1.54	*0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
CUCUMBER & CARROTS: INTER BUG BITES	3/4 CUP BAG	1	91	10	129	1.65	0.51	21.8	3.03	*2	1.62	6.75	6.15	0.55	0.00
SALSA PICANTE	1 OZ	1	120	0	1151	1.00	0.72	100.0	0.0	8	2.0	21.0	3.5	1.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	6	0	158	0.19	0.00	0.0	0.0	1	0.25	1.4	0.12	0.01	0.00
MILK 1% WHITE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
ALT SEC WEEKLY 1st CHO	Total	1													
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	3.6	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMAT O-DELI	1/2 CUP	1	13	0	6	1.04	0.31	9.6	6.48	2	0.91	2.67	0.08	0.01	0.00
BEANS, BAKED WITH TOMATO PASTE	1/2 C SERVING	1	180	0	550	5.00	1.80	40.0	*N/A*	17	7.0	36.0	1.0	0.00	0.00
CARROT STICKS 1/2 CUP	1/2 CUP	1	136	20	311	2.46	0.26	29.0	5.19	4	0.82	8.42	9.21	2.03	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	0.0	1	0.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0.0	0	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			1048	78	2897	16.18	5.64	905.7	*51.96	*63	48.29	144.80	30.73	8.78	*0.00
% of Calories										*24.1%	18.4%	55.3%	26.4%	7.5%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/21/2020															
SECONDARY LUNCH 9-12	Total	1													
ROASTED TURKEY: VIP	2.9 OZ	1	107	47	748	0.00	0.48	0.0	0.0	*N/A*	24.04	1.34	1.34	0.00	0.00
BUTTER MASHED POTATOES-se	2/3 cup	1	130	5	420	9.00	0.36	20.0	0.0	0	2.0	18.0	5.0	2.50	0.00
GRAVY, TURKEY	1/4 Cup	1	25	0	290	0.00	0.00	0.0	0.0	*N/A*	1.0	4.0	1.0	0.00	0.00
GREEN BEANS: 1/2 C.	1/2 CUP	1	21	0	266	2.01	0.95	27.6	4.56	*N/A*	1.27	4.77	0.11	0.02	*N/A*
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
ROLL: 2 OZ SCHOOL MADE	ROLL	1	138	11	376	4.70	1.36	14.1	0.0	*1	3.93	27.16	2.34	0.80	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO															
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	2.4	*4	16.0	32.0	26.42	13.04	0.00
SOUP, TOMATO (Campbells)(Sec)	1 Cup	1	70	0	654	1.00	0.72	3.6	6.0	9	2.0	16.0	0.0	0.00	0.00
GOLDFISH CRACKERS	SERVING	1	100	0	170	1.00	0.72	20.0	0.0	0	2.0	14.0	4.0	0.50	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	0.83	40.8	54.61	*2	3.06	9.82	6.29	0.60	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			872	76	2426	13.68	3.65	871.4	57.37	*47	44.48	114.13	28.03	10.80	*0.00
% of Calories										*21.7%	20.4%	52.3%	28.9%	11.1%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

Thu - 10/22/2020															
SECONDARY LUNCH 9-12	Total	1													
ORANGE CHICKEN	3.6 OZ SERVING	1	150	40	280	0.00	0.72	0.0	1.2	10	11.0	19.0	3.0	0.50	0.00
RICE: COOKED BROWN (SEC)	1 CUP	1	160	0	139	2.00	0.72	2.2	0.0	*0	4.0	32.96	1.5	0.00	*0.00
NORMANDY VEGETABLES 1 CUP	1 CUP	1	30	0	30	2.00	0.00	0.0	15.0	3	1.0	5.0	0.0	0.00	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
COOKIE, COWBOY	1 oz.	1	202	15	164	2.08	1.01	45.0	0.0	*15	3.31	29.34	8.48	3.38	*0.00
SOY SAUCE: PC	PC	1	10	0	500	0.00	0.00	0.0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00

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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

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC WEEKLY 1st CHO	Total	1													
CALZONE, MINI, WG	SERVINGS	1	325	23	490	4.00	1.80	225.0	*N/A*	6	16.5	40.01	11.5	5.00	0.00
MARINARA SAUCE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	8.94	3	1.99	11.93	1.49	0.00	0.00
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	280	0	600	4.00	0.72	0.0	9.6	0	4.0	44.0	10.0	3.00	0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	34.31	*2	2.42	8.31	6.21	0.57	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			975	208	1955	11.56	3.75	789.5	*59.33	*63	38.94	150.92	23.86	7.80	*0.00
% of Calories										*25.7%	16.0%	61.9%	22.0%	7.2%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

Fri - 10/23/2020															
SECONDARY LUNCH 9-12	Total	1													
PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	1.80	150.0	0.0	3	16.0	27.0	17.0	5.00	0.00
MARINARA SAUCE	1/2 CUP	1	70	298	616	1.99	1.43	39.7	8.94	3	1.99	11.93	1.49	0.00	0.00
MAPLE BITES, WG (2)	SERVING	1	140	0	150	2.00	0.72	40.0	0.0	10	2.0	26.0	3.0	0.60	0.00
DINNER SALAD	1 CUP	1	2	0	0	0.10	0.03	1.2	0.96	*0	0.08	0.33	0.02	0.01	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1													
CHEESEBURGER 100% BEEF :EL	PATTY	1	367	64	790	2.03	34.38	223.7	2.43	3	26.08	23.1	19.15	8.40	0.00
SHREDDED LETTUCE & TOMAT O-DELI	1/2 CUP	1	13	0	6	1.04	0.31	9.6	6.48	2	0.91	2.67	0.08	0.01	0.00
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	1.08	0.0	3.6	0	3.0	24.0	10.5	2.25	0.00
CHIPS: DORITOS	bag	1	131	0	181	2.01	0.36	20.0	0.0	0	2.01	19.62	5.03	0.75	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	0.0	1	0.0	1.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	0.0	0.0	0	0.22	0.33	0.22	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0.0	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00

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Washington County School District

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Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			983	216	2121	10.05	20.27	860.5	36.01	*55 *22.3%	43.47 17.7%	124.63 50.7%	36.02 33.0%	10.59 9.7%	0.00 0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

Mon - 10/26/2020															
SECONDARY LUNCH 9-12	Total	1													
MINI CORN DOG NUGGETS (SE	6 EACH	1	250	60	420	3.00	1.80	100.0	1.2	1	10.0	30.0	10.0	2.50	0.00
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	1.08	0.0	3.6	0	3.0	24.0	10.5	2.25	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	34.31	*2	2.42	8.31	6.21	0.57	0.00
SWEET CAKE	SERVING	1	284	22	243	1.93	0.60	21.9	0.33	*32	2.16	44.83	11.43	4.94	*0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	0.0	0.0	0	0.22	0.33	0.22	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
ALT SEC WEEKLY 1st CHO	Total	1													
DOMINOS PIZZA	SLICE	1	280	25	450	3.00	1.80	450.0	9.0	2	20.0	29.0	9.0	3.00	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	0.83	40.8	54.61	*2	3.06	9.82	6.29	0.60	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average % of Calories			929	78	1418	10.58	3.60	939.8	76.33	*63 *26.9%	37.26 16.0%	128.79 55.4%	29.60 28.7%	8.50 8.2%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

Tue - 10/27/2020															
SECONDARY LUNCH 9-12	Total	1													
CHILI	3/4 CUP	1	123	24	247	3.88	2.33	49.7	13.98	*N/A*	10.1	12.43	3.11	1.24	0.00
ROLL: 2 OZ SCHOOL MADE	ROLL	1	138	11	376	4.70	1.36	14.1	0.0	*1	3.93	27.16	2.34	0.80	*0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
CARROT & CELERY STICKS:SEC	1 CUP	1	130	15	235	2.42	0.53	43.2	3.43	*2	2.28	8.67	9.18	0.79	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00

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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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
ALT SEC WEEKLY 1st CHO	Total	1													
SPICY CHICKEN SANDWICH	1 EACH	1	342	30	613	5.02	3.25	80.2	3.6	3	21.12	38.1	12.59	2.52	0.00
SHREDDED LETTUCE & TOMAT O-DELI	1/2 CUP	1	13	0	6	1.04	0.31	9.6	6.48	2	0.91	2.67	0.08	0.01	0.00
BEANS, BAKED WITH TOMATO PASTE	1/2 C SER VING	1	180	0	550	5.00	1.80	40.0	*N/A*	17	7.0	36.0	1.0	0.00	0.00
CARROT STICKS 1/2 CUP	1/2 CUP	1	136	20	311	2.46	0.26	29.0	5.19	4	0.82	8.42	9.21	2.03	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	0.0	1	0.0	1.0	0.0	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0.0	0	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	0.36	20.0	2.4	*N/A*	0.0	13.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			891	68	2069	14.61	5.32	761.3	*42.34	*58	39.90	129.37	23.53	5.52	*0.00
% of Calories										*26.2%	17.9%	58.1%	23.8%	5.6%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

Wed - 10/28/2020															
SECONDARY LUNCH 9-12	Total	1													
TERIYAKI BEEF NUGGETS	4 Nugget	1	160	40	440	1.00	1.44	20.0	0.0	4	14.0	6.0	8.0	3.50	0.50
BUTTER MASHED POTATOES-se	2/3 cup	1	130	5	420	9.00	0.36	20.0	0.0	0	2.0	18.0	5.0	2.50	0.00
GRAVY, BROWN LOW SODIUM	1/4 CUP	1	2	0	19	0.00	0.01	1.1	0.0	0	0.0	0.37	0.0	0.00	*0.00
GREEN BEANS: 1/2 C.	1/2 CUP	1	21	0	266	2.01	0.95	27.6	4.56	*N/A*	1.27	4.77	0.11	0.02	*N/A*
ROLL: 2 OZ SCHOOL MADE	ROLL	1	138	11	376	4.70	1.36	14.1	0.0	*1	3.93	27.16	2.34	0.80	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	0.00	0.0	0.0	*N/A*	0.0	0.0	4.0	1.00	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
MILK : CHOCOLATE MILK FAT F REE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00

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Washington County School District

Oct 1, 2020 thru Oct 30, 2020

Base Menu Spreadsheet

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Portion Values - Detailed

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ALT SEC WEEKLY 1st CHO	Total	1													
GRILLED CHEESE-WW BREAD	1 EACH	1	427	50	1124	2.00	1.44	380.0	2.4	*4	16.0	32.0	26.42	13.04	0.00
SOUP, TOMATO (Campbells)(Sec)	1 Cup	1	70	0	654	1.00	0.72	3.6	6.0	9	2.0	16.0	0.0	0.00	0.00
GOLDFISH CRACKERS	SERVING	1	100	0	170	1.00	0.72	20.0	0.0	0	2.0	14.0	4.0	0.50	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	107	10	151	2.95	0.83	40.8	54.61	*2	3.06	9.82	6.29	0.60	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			888	73	2136	14.18	4.13	882.0	57.37	*49	38.96	114.64	30.86	12.55	*0.25
% of Calories										*22.2%	17.6%	51.7%	31.3%	12.7%	*0.3%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

Thu - 10/29/2020															
SECONDARY LUNCH 9-12	Total	1													
CHICKEN NOODLE SOUP: USDA 1C.	1 CUP	1	240	75	397	3.54	1.68	39.0	1.69	*2	18.66	28.35	5.44	1.25	*0.00
BREADSTICK, CHEESE WG	SERVING	1	140	15	270	1.00	0.72	100.0	0.0	1	7.0	15.0	6.0	2.00	0.00
TOMATOES, CUCUMBER, CARROTS:SE	1 CUP	1	98	10	131	2.10	0.60	24.3	7.83	*3	1.94	12.03	6.22	0.55	0.00
FRUIT CANNED, 9-12 OPTION	1/2 CUP SERVING	1	130	0	10	2.00	*0.36	*10.0	*10.5	28	0.5	32.5	0.0	0.00	0.00
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	39	0	85	2.56	0.62	37.7	19.03	*0	2.32	7.17	0.37	0.05	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00

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Washington County School District

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Base Menu Spreadsheet

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Portion Values - Detailed

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ALT SEC WEEKLY 1st CHO	Total	1													
HOT DOG W/ BUN	1 EACH	1	220	55	450	2.00	2.16	120.0	8.4	2	13.0	22.0	10.5	2.50	0.00
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	280	0	600	4.00	0.72	0.0	9.6	0	4.0	44.0	10.0	3.00	0.00
CHILI	3/4 CUP	1	123	24	247	3.88	2.33	49.7	13.98	*N/A*	10.1	12.43	3.11	1.24	0.00
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	99	10	144	2.36	0.66	30.1	34.31	*2	2.42	8.31	6.21	0.57	0.00
RELISH- DILL PICKLE	SERVING	1	0	0	45	0.00	0.00	0.0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
MAPLE BITES, WG (1)	1/2 SERVING	1	70	0	75	1.00	0.36	20.0	0.0	5	1.0	13.0	1.5	0.30	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	0.0	0.0	0	0.22	0.33	0.22	0.00	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			997	110	1731	13.51	*5.21	*824.6	*67.48	*60	46.99	143.91	27.42	7.27	*0.00
% of Calories										*24.1%	18.8%	57.7%	24.7%	6.6%	*0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

Fri - 10/30/2020															
SECONDARY LUNCH 9-12	Total	1													
WILD MIKE'S PEPPERONI CHEESE	SERVINGS	1	340	35	580	3.00	1.80	400.0	9.0	4	20.0	34.0	18.0	9.00	0.00
DINNER SALAD	1 CUP	1	2	0	0	0.10	0.03	1.2	0.96	*0	0.08	0.33	0.02	0.01	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
COOKIE: HALLOWEEN	1 EACH	1	172	6	78	1.00	0.72	10.0	0.0	15	1.7	26.9	6.7	1.80	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	0.0	1	1.0	2.0	6.0	0.50	0.00
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00

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ALT SEC WEEKLY 1st CHO	Total	1													
CHEESEBURGER 100% BEEF :EL	PATTY	1	367	64	790	2.03	34.38	223.7	2.43	3	26.08	23.1	19.15	8.40	0.00
SHREDDED LETTUCE & TOMAT	1/2 CUP	1	13	0	6	1.04	0.31	9.6	6.48	2	0.91	2.67	0.08	0.01	0.00
O-DELI															
TATER TOTS-3/4 CUP	12 PIECES	1	210	0	420	3.00	1.08	0.0	3.6	0	3.0	24.0	10.5	2.25	0.00
CHIPS: DORITOS	bag	1	131	0	181	2.01	0.36	20.0	0.0	0	2.01	19.62	5.03	0.75	0.00
COOKIE: HALLOWEEN	1 EACH	1	172	6	78	1.00	0.72	10.0	0.0	15	1.7	26.9	6.7	1.80	0.00
FRUIT BAR :FALL:SEC	1 CUP	1	72	0	1	2.35	0.22	18.4	19.99	*9	0.83	18.58	0.27	0.08	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	0.0	1	0.0	1.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	2.43	8	0.0	10.12	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	0.0	0.0	0	0.22	0.33	0.22	0.00	0.00
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0.00	0.0	0.0	0	0.0	0.0	4.0	0.50	0.00
MILK : CHOCOLATE MILK FAT F	CARTON	1	120	5	180	0.00	0.00	300.0	1.2	18	8.0	20.0	0.0	0.00	0.00
REE															
MILK 1% WHITE	CARTON	1	100	10	125	0.00	0.00	300.0	2.4	12	8.0	12.0	2.5	1.50	0.00
Weighted Daily Average			1075	79	1832	9.05	19.92	955.6	36.04	*64	45.18	136.07	40.97	14.09	0.00
% of Calories										*23.7%	16.8%	50.6%	34.3%	11.8%	0.0%
Nutrient Guideline			846				4.50	400.00	19.20		16.70		<=30.0	<10.00	

Weighted Average			972	106	2045	12.38	*8.33	*864.7	*56.42	*57	42.27	130.67	31.70	9.88	*0.01
										*52.4%	17.4%	53.8%	29.3%	9.2%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	972		846	115%				
Cholesterol (mg)	106							
Sodium 1 (mg)	2045						2045	
Sodium 2 (mg)	2045						2045	
Fiber (g)	12.38							
Iron (mg)	8.33		4.50	185%	Missing			
Calcium (mg)	864.7		400.00	216%	Missing			
Sugars (g)	57	23.30%			Missing			
Vitamin C (mg)	56.42		19.20	294%	Missing			
Protein (g)	42.27	17.39%	16.70	253%				
Carbohydrate (g)	130.67	53.76%						
Total Fat (g)	31.70	29.34%	<=30.00%					
Saturated Fat (g)	9.88	9.15%	<10.00%					
Trans Fat ¹ (g)	0.01	0.01%			Missing			

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