

Washington County School District

Sep 3, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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Generated on: 8/23/2019 9:20:22 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Tue - 09/03/2019								
ELEMENTARY LUNCH	Total	1						
SOFT FLOUR TACO: ELE	servings	1	225	49	411	0	17.01	19.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	2	0.91	2.67
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	28	6	43	0	1.52	0.25
REFRIED BEANS	1/2 CUP	1	164	0	546	0	8.21	23.6
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	13	0.0	14.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	205	20	441	*1	3.32	9.75
BROWNIE CUP, WG	BROWNIE	1	146	1	72	14	1.5	26.0
SALSA PICANTE	1 OZ	1	9	0	133	0	0.89	1.77
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			1106	92	1963	*64	49.76	138.33
% of Calories						*23.1%	18.0%	50.0%
Nutrient Guideline			645				8.87	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Wed - 09/04/2019								
ELEMENTARY LUNCH	Total	1						
WG CHICKEN TENDERS STRIP	3 STRIPS	1	254	59	321	0	17.0	15.0
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	0	2.0	22.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	21	0	266	*N/A*	1.27	4.77
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	*N/A*	0.0	13.0
RANCH LITE-BASIC-Summer	1 EACH	1	70	14	141	1	0.0	3.0
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	12	0.0	15.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			883	88	2165	*56	36.68	122.40
% of Calories						*25.3%	16.6%	55.5%
Nutrient Guideline			645				8.87	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Thu - 09/05/2019								
ELEMENTARY LUNCH	Total	1						
LEMON CHICKEN - ASIAN FOOD	SERVING	1	190	45	350	10	11.0	21.0
VEGETABLE HARVEST RICE PILAF:E	3/4 CUP	1	130	0	581	*0	3.0	24.01
CASCADE BLEND VEGETABLE-3/4 CU	3/4 CUP	1	30	0	35	2	1.0	6.99
MANDARIN ORANGE, FESTIVAL, CAN	SERVING	1	40	0	5	10	0.0	10.5
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	151	20	340	*0	2.83	9.16
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	11	*N/A*	0.0	6.97
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			829	80	1627	*57	34.24	119.93
% of Calories						*27.5%	16.5%	57.9%
Nutrient Guideline			645				8.87	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Fri - 09/06/2019								
ELEMENTARY LUNCH	Total	1						
MAX STUFFED CRUST PEPPERONI PI	SLICE	1	330	20	870	4	17.0	35.0
DINNER SALAD	1 CUP	1	62	0	87	*0	3.55	11.53
PINEAPPLE, TIDBITS, CAN	SERVING	1	35	0	7	8	0.5	9.0
FROZEN JUICE CUP	1 EACH	1	70	0	7	16	0.0	19.0
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			817	55	1527	*58	37.04	106.53
% of Calories						*28.5%	18.1%	52.2%
Nutrient Guideline			645				8.87	

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Base Menu Spreadsheet

Portion Values - Detailed

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ELEMENTARY LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Mon - 09/09/2019								
ELEMENTARY LUNCH	Total	1						
CHICKEN BREAST PATTIE SAND: EL	1 each	1	340	30	470	2	17.0	33.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	2	0.91	2.67
BAKED BEANS	3/4 CUP	1	150	0	613	*21	4.83	36.04
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	12	0.0	16.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	157	20	383	*1	2.98	10.48
CHIPS: DORITOS	bag	1	131	0	181	0	2.01	19.62
PICKLE:, CHIPS	1 OZ.	1	5	0	340	1	0.0	1.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			1151	70	2389	*74	44.15	160.11
% of Calories						*25.7%	15.3%	55.6%
Nutrient Guideline			645				8.87	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Tue - 09/10/2019								
ELEMENTARY LUNCH	Total	1						
BEAN & CHEESE BURRITO-ELE.	BURRITO	1	270	0	410	2	15.0	43.0
CORN, ELE	1/2 CUP	1	65	0	15	3	2.0	15.0
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	13	0.0	14.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	205	20	441	*1	3.32	9.75
CREAMIES JR.	CREAMIE	1	93	16	39	*N/A*	2.0	14.0
SALSA PICANTE	1 OZ	1	9	0	133	0	0.89	1.77
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			958	51	1349	*53	39.62	138.81
% of Calories						*22.3%	16.5%	58.0%
Nutrient Guideline			645				8.87	

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ELEMENTARY LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Wed - 09/11/2019								
ELEMENTARY LUNCH	Total	1						
TERIYAKI BEEF NUGGETS	5 NUGGETS	1	201	50	552	5	17.56	7.53
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1	2.0	17.03
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	25	0	326	*N/A*	0.98	3.93
SUNSHINE CARROTS;ELE	3/4 CUP	1	30	0	51	*N/A*	0.0	5.75
WG DINNER ROLL	ROLL	1	90	0	160	2	4.0	17.0
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	*N/A*	0.0	0.0
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	12	0.0	15.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			777	65	1753	*55	40.96	107.52
% of Calories						*28.1%	21.1%	55.4%
Nutrient Guideline			645				8.87	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Thu - 09/12/2019								
ELEMENTARY LUNCH	Total	1						
ORANGE CHICKEN	3.6 OZ SERVING	1	150	40	280	10	11.0	19.0
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	80	0	70	*0	2.0	16.48
NORMANDY VEGETABLES	3/4 CUP	1	23	0	23	2	0.75	3.75
MANDARIN ORANGE, FESTIVAL, CAN	SERVING	1	40	0	5	10	0.0	10.5
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	151	20	340	*0	2.83	9.16
COOKIE, COWBOY	1 oz.	1	202	15	164	*15	3.31	29.34
SOY SAUCE: PC	PC	1	10	0	500	*N/A*	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			911	90	1688	*72	36.30	129.53
% of Calories						*31.8%	15.9%	56.9%
Nutrient Guideline			645				8.87	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Fri - 09/13/2019								
ELEMENTARY LUNCH	Total	1						
PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3	16.0	27.0
MARINARA SAUCE	1/2 CUP	1	70	298	616	3	1.99	11.93
GARLIC TWIST	2 OZ	1	141	11	384	*1	4.18	27.29
DINNER SALAD	1 CUP	1	62	0	87	*0	3.55	11.53
PINEAPPLE, TIDBITS, CAN	SERVING	1	35	0	7	8	0.5	9.0
FROZEN JUICE CUP	1 EACH	1	70	0	7	16	0.0	19.0
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			987	369	2207	*61	42.21	137.75
% of Calories						*24.9%	17.1%	55.8%
Nutrient Guideline			645				8.87	

Mon - 09/16/2019								
ELEMENTARY LUNCH	Total	1						
MINI CORN DOG NUGGETS (ELEM)	4 EACH	1	167	40	280	1	6.67	20.0
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	280	0	2.0	16.0
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	12	0.0	16.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	157	20	383	*1	2.98	10.48
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34
MUSTARD:, P/C	1 Each	1	3	0	63	0	0.22	0.33
JELL-O	GEL CUP	1	100	0	45	22	0.0	25.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			914	75	1758	*79	28.28	137.44
% of Calories						*34.3%	12.4%	60.1%
Nutrient Guideline			645				8.87	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Tue - 09/17/2019								
ELEMENTARY LUNCH	Total	8345						
NACHO BITES-ELE	8 BITES	8345	270	15	440	1	11.0	32.0
REFRIED BEANS	1/2 CUP	1	164	0	546	0	8.21	23.6
CORN, ELE	1/2 CUP	1	65	0	15	3	2.0	15.0
SALSA PICANTE	1 OZ	3821	9	0	133	0	0.89	1.77
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	13	0.0	14.0
FRUIT BAR :FALL:ELE	1/2 CUP	6000	36	0	1	*5	0.41	9.29
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	3730	205	20	441	*1	3.32	9.75
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	158	10	180	*10	1.89	22.26
MILK : CHOCOLATE MILK FAT FREE	CARTON	7438	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	897	100	10	125	12	8.0	12.0
Weighted Daily Average			509	29	872	*22	21.18	62.97
% of Calories						*17.3%	16.6%	49.5%
Nutrient Guideline			645				8.87	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Wed - 09/18/2019								
ELEMENTARY LUNCH	Total	1						
BREADED PORK STEAK	1 EACH	1	293	51	424	1	16.17	17.18
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1	2.0	17.03
GRAVY, COUNTRY: (CUSTOM)	1/4 Cup	1	45	0	222	*N/A*	1.0	5.0
CORN, ELE	1/2 CUP	1	65	0	15	3	2.0	15.0
WG DINNER ROLL	ROLL	1	90	0	160	2	4.0	17.0
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	*N/A*	0.0	0.0
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	12	0.0	15.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			924	66	1486	*54	41.58	127.49
% of Calories						*23.2%	18.0%	55.2%
Nutrient Guideline			645				8.87	

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Thu - 09/19/2019								
ELEMENTARY LUNCH	Total	1						
CHICKEN NOODLE SOUP:ELE	3/4 CUP	1	134	36	325	*2	8.75	19.73
CORNMEAL SUPER STAR	1 EA	1	148	11	91	12	2.8	23.0
TOMATOES, CUCUMBER, CARROTS:EL	3/4 CUP	1	125	20	285	*1	0.77	9.38
MANDARIN ORANGE, FESTIVAL, CAN	SERVING	1	40	0	5	10	0.0	10.5
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	151	20	340	*0	2.83	9.16
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			854	102	1352	*60	31.56	113.07
% of Calories						*28.2%	14.8%	53.0%
Nutrient Guideline			645				8.87	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Fri - 09/20/2019								
ELEMENTARY LUNCH	Total	1						
WILD MIKE'S DEEP DISH PIZZA	SERVING	1	360	35	570	4	20.0	34.0
DINNER SALAD	1 CUP	1	62	0	87	*0	3.55	11.53
PINEAPPLE, TIDBITS, CAN	SERVING	1	35	0	7	8	0.5	9.0
FROZEN JUICE CUP	1 EACH	1	70	0	7	16	0.0	19.0
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			847	70	1227	*58	40.04	105.53
% of Calories						*27.5%	18.9%	49.9%
Nutrient Guideline			645				8.87	

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Mon - 09/23/2019								
ELEMENTARY LUNCH	Total	1						
POPCORN CHICKEN SMACKERS	4.3 OZ SERVIN	1	269	60	590	0	18.0	20.0
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	0	2.0	22.0
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	12	0.0	16.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	157	20	383	*1	2.98	10.48
PUDDING,CHOICE	SERVING	1	115	0	133	15	1.0	20.5
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	*N/A*	0.0	13.0
KETCHUP : P/C	PC	1	31	0	396	8	0.0	8.34
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			1078	95	2543	*71	40.39	151.61
% of Calories						*26.3%	15.0%	56.2%
Nutrient Guideline			645				8.87	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Tue - 09/24/2019								
ELEMENTARY LUNCH	Total	1						
BEEF TACO STICK	1 EACH	1	345	52	631	1	20.07	31.87
REFRIED BEANS	1/2 CUP	1	164	0	546	0	8.21	23.6
PEACH, DICED, CANNED	1/2 CUP	1	60	0	5	13	0.0	14.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	205	20	441	*1	3.32	9.75
SALSA PICANTE	1 OZ	1	9	0	133	0	0.89	1.77
SWEET POTATO CAKE: NEUFCHATEL	SERVING	1	217	11	162	*26	1.56	35.9
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			1256	98	2224	*76	50.46	158.18
% of Calories						*24.1%	16.1%	50.4%
Nutrient Guideline			645				8.87	

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Washington County School District

Base Menu Spreadsheet

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Sep 3, 2019 thru Sep 30, 2019

ELEMENTARY LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Wed - 09/25/2019								
ELEMENTARY LUNCH	Total	1						
HAM - COBBLE STREET	SLICE	1	140	45	840	1	13.0	2.0
SCALLOPED POTATOES:ELE	1/2 CUP	1	160	0	502	*3	3.0	23.99
SUNSHINE CARROTS;ELE	3/4 CUP	1	30	0	51	*N/A*	0.0	5.75
ROLL: 2 OZ SCHOOL MADE	ROLL	1	138	11	376	*1	3.93	27.16
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	*N/A*	0.0	0.0
MIXED FRUIT, CANNED	1/2 CUP	1	60	0	5	12	0.0	15.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			818	71	2119	*52	36.34	115.20
% of Calories						*25.3%	17.8%	56.3%
Nutrient Guideline			645				8.87	

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Thu - 09/26/2019								
ELEMENTARY LUNCH	Total	1						
TERIYAKI CHICKEN	2.8 OZ	1	90	40	320	*N/A*	12.0	6.0
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	0	580	*N/A*	3.0	24.01
NORMANDY VEGETABLES	3/4 CUP	1	23	0	23	2	0.75	3.75
MANDARIN ORANGE, FESTIVAL, CAN	SERVING	1	40	0	5	10	0.0	10.5
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	151	20	340	*0	2.83	9.16
BUG BITES	BAG	1	120	0	1151	8	2.0	21.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			809	75	2725	*55	36.99	115.72
% of Calories						*27.3%	18.3%	57.2%
Nutrient Guideline			645				8.87	

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ELEMENTARY LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)
Fri - 09/27/2019								
ELEMENTARY LUNCH	Total	1						
PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3	16.0	27.0
MARINARA SAUCE	1/2 CUP	1	70	298	616	3	1.99	11.93
DINNER SALAD	1 CUP	1	62	0	87	*0	3.55	11.53
PINEAPPLE, TIDBITS, CAN	SERVING	1	35	0	7	8	0.5	9.0
FROZEN JUICE CUP	1 EACH	1	70	0	7	16	0.0	19.0
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0	0.0	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			846	358	1823	*60	38.03	110.45
% of Calories						*28.5%	18.0%	52.2%
Nutrient Guideline			645				8.87	

Mon - 09/30/2019								
ELEMENTARY LUNCH	Total	1						
MACARONI & CHEESE-E.S.FOODS	6 OZ SERVING	1	298	41	564	6	17.45	28.74
LIL SMOKIES	5 LINKS	1	140	30	350	1	8.0	1.0
TEXAS TOAST BC	SLICE	1	90	0	100	1	3.0	14.0
GREEN BEANS	3/4 CUP	1	24	0	210	2	1.5	4.5
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	12	0.0	16.0
FRUIT BAR :FALL:ELE	1/2 CUP	1	36	0	1	*5	0.41	9.29
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	157	20	383	*1	2.98	10.48
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	18	8.0	20.0
MILK 1% WHITE	CARTON	1	100	10	125	12	8.0	12.0
Weighted Daily Average			1025	106	1918	*57	49.34	116.01
% of Calories						*22.3%	19.3%	45.3%
Nutrient Guideline			645				8.87	

Weighted Average			915	105	1836	*60	38.76	123.73
						*58.7%	16.9%	54.1%

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Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Cholst (mg) Shortfall	Sodm (mg) Overage	Sugars (g)	Protn (g)	Carb (g)	Error Messages (if any)
Calories	915		645	142%							
Cholesterol (mg)	105										
Sodium 1 (mg)	1836							1836			
Sodium 2 (mg)	1836							1836			
Sugars (g)	60	26.10%			Missing						
Protein (g)	38.76	16.94%	8.87	437%							
Carbohydrate (g)	123.73	54.09%									

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