

# Washington County School District

Sep 1, 2022 thru Sep 30, 2022

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
<b>Thu - 09/01/2022</b>			
ELEMENTARY LUNCH	Total	1	
GENERAL TSO'S CHICKEN	3.9oz SERVING	1	24.0
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	16.48
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	3.75
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	8.2
SWEET CAKE	SERVING	1	44.83
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			144.74
% of Calories			56.1%
Nutrient Guideline			

<b>Fri - 09/02/2022</b>			
ELEMENTARY LUNCH	Total	1	
WILD MIKE'S DEEP DISH PIZZA	SERVING	1	34.0
DINNER SALAD	1 CUP	1	7.49
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PUDDING,CHOICE	SERVING	1	20.5
RANCH LITE-BASIC-Summer	1 EACH	1	3.0
MARINARA SAUCE	1/2 CUP	1	11.93
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			124.39
% of Calories			50.1%
Nutrient Guideline			

<b>Tue - 09/06/2022</b>			
ELEMENTARY LUNCH	Total	1	
BEEF TACO STICK	1 EACH	1	31.87
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	8.42
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	8.94
SALSA PICANTE	1 OZ	1	1.4
APPLE FILLED DONUT	SERVINGS	1	33.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			155.11
% of Calories			44.6%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<u>Wed - 09/07/2022</u>			
ELEMENTARY LUNCH	Total	1	
TERIYAKI BEEF NUGGETS	4 Nugget	1	6.0
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	17.03
GRAVY, BROWN LOW SODIUM	1/4 CUP	1	0.37
CORN 1/2 CUP	1/2 CUP	1	15.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
WHOLE GRAIN BISCUIT: RICH'S	BISCUIT	1	23.0
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			108.87
% of Calories			53.1%
Nutrient Guideline			

<u>Thu - 09/08/2022</u>			
ELEMENTARY LUNCH	Total	1	
TANGERINE CHICKEN	3.9oz SERVINGS	1	25.0
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	24.01
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	8.2
NORMANDY VEGETABLES 1/2 C	1/2 C SERVING	1	2.5
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	28.69
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			135.88
% of Calories			56.8%
Nutrient Guideline			

<u>Fri - 09/09/2022</u>			
ELEMENTARY LUNCH	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
DINNER SALAD	1 CUP	1	7.49
GRAHAM, TIGER BITES, CHOCOLATE	SERVINGS	1	21.0
RANCH LITE-BASIC-Summer	1 EACH	1	3.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			105.96
% of Calories			49.3%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<b>Mon - 09/12/2022</b>			
ELEMENTARY LUNCH	Total	1	
HAMBURGER 100% BEEF :ELE	PATTY	1	21.1
CHEESE: PROCESS SLICE	1 oz.	1	1.98
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
PICKLE:, CHIPS	1 OZ.	1	1.0
TATER TOTS - MCCAIN	9 PIECES	1	17.04
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
CHOCOLATE CHIP COOKIES	1 EACH	1	18.48
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
LIGHT MAYONNAISE	POUCH	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			120.19
% of Calories			48.1%
Nutrient Guideline			

<b>Tue - 09/13/2022</b>			
ELEMENTARY LUNCH	Total	1	
TACO SOUP	1 CUP	1	21.65
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	8.94
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	35.0
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			119.63
% of Calories			42.9%
Nutrient Guideline			

<b>Wed - 09/14/2022</b>			
ELEMENTARY LUNCH	Total	1	
CHICKEN TENDER - TYSON	3 PIECES	1	15.6
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	17.03
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	2.86
SUNSHINE CARROTS 1/2 CUP	1/2 C SERVING	1	9.34
ROLLS - NO EGGS	SERVINGS	1	23.19
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			128.49
% of Calories			60.1%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<b>Thu - 09/15/2022</b>			
ELEMENTARY LUNCH	Total	1	
CHERRY BLOSSOM CHICKEN FRO30:S	3.92 OZ	1	24.06
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	24.01
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	3.75
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	8.2
MUFFIN TOP, CHOC CHIP	MUFFINS	1	29.0
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			136.50
% of Calories			57.7%
Nutrient Guideline			

<b>Fri - 09/16/2022</b>			
ELEMENTARY LUNCH	Total	1	
WILD MIKE'S DEEP DISH PIZZA	SERVING	1	34.0
DINNER SALAD	1 CUP	1	7.49
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
JELL-O	GEL CUP	1	25.0
RANCH LITE-BASIC-Summer	1 EACH	1	3.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			116.96
% of Calories			51.4%
Nutrient Guideline			

<b>Mon - 09/19/2022</b>			
ELEMENTARY LUNCH	Total	1	
POPCORN CHICKEN: FR100	10 PIECES	1	17.57
SMILE FRIES	SERVINGS	1	25.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31
TWIN BAR, WG	SERVINGS	1	43.0
BARBAQUE SAUCE: P/C	1 Each	1	13.0
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			162.48
% of Calories			54.4%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Tue - 09/20/2022			
ELEMENTARY LUNCH	Total	1	
SOFT FLOUR TACO: ELE	servings	1	19.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	8.94
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
GRAHAM, TIGER BITES ORIGINAL	SERVINGS	1	21.0
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			124.74
% of Calories			48.7%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Wed - 09/21/2022			
ELEMENTARY LUNCH	Total	1	
ROASTED TURKEY: VIP	2.9 OZ	1	1.34
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	17.03
GRAVY, TURKEY	1/4 Cup	1	3.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
ROLLS - NO EGGS	SERVINGS	1	23.19
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			95.02
% of Calories			57.7%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
Thu - 09/22/2022			
ELEMENTARY LUNCH	Total	1	
ORANGE CHICKEN	3.92 OZ	1	17.04
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	16.48
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	3.75
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	8.2
COOKIE, COWBOY	1 oz.	1	29.34
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			122.29
% of Calories			54.3%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
<u>Fri - 09/23/2022</u>			
ELEMENTARY LUNCH	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
DINNER SALAD	1 CUP	1	7.49
GRAHAMS, TIGER BITES CINNAMON	SERVINGS	1	21.0
RANCH LITE-BASIC-Summer	1 EACH	1	3.0
MARINARA SAUCE	1/2 CUP	1	11.93
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			117.89
% of Calories			50.8%
Nutrient Guideline			

<u>Mon - 09/26/2022</u>			
ELEMENTARY LUNCH	Total	1	
HOT DOG W/ BUN	1 EACH	1	21.0
TATER TOTS - MCCAIN	9 PIECES	1	17.04
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
RELISH- DILL PICKLE	SERVING	1	0.0
MARSHMALLOW RICE TREAT	1 EACH	1	15.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			117.28
% of Calories			53.9%
Nutrient Guideline			

<u>Tue - 09/27/2022</u>			
ELEMENTARY LUNCH	Total	1	
CHEESY BITES, LIL WG	4 BITES	1	30.11
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	8.42
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	8.94
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
BROWNIE CUP, WG	BROWNIE	1	26.5
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			146.84
% of Calories			46.4%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
<u>Wed - 09/28/2022</u>			
ELEMENTARY LUNCH	Total	1	
CHICKEN NOODLE SOUP: USDA 1C.	1 CUP	1	28.35
BREADSTICK, CHEESE WG	SERVING	1	15.0
TOMATOES, CUCUMBER, CARROTS:EL	3/4 CUP	1	9.38
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	8.2
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			108.41
% of Calories			46.6%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<u>Thu - 09/29/2022</u>			
ELEMENTARY LUNCH	Total	1	
GENERAL TSO'S CHICKEN	3.9oz SERVING	1	24.0
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	16.48
NORMANDY VEGETABLES 3/4 C	3/4 CUP	1	3.75
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	8.2
SWEET CAKE	SERVING	1	44.83
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			144.74
% of Calories			56.1%
Nutrient Guideline			

	Portion Size	Reimb Qty	Carb (g)
<u>Fri - 09/30/2022</u>			
ELEMENTARY LUNCH	Total	1	
WILD MIKE'S DEEP DISH PIZZA	SERVING	1	34.0
DINNER SALAD	1 CUP	1	7.49
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48
PUDDING,CHOICE	SERVING	1	20.5
RANCH LITE-BASIC-Summer	1 EACH	1	3.0
MARINARA SAUCE	1/2 CUP	1	11.93
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			124.39
% of Calories			50.1%
Nutrient Guideline			

Weighted Average			126.70
			51.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	126.70	51.46%						

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