

Washington County School District

Sep 1, 2022 thru Sep 30, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 09/01/2022			
SECONDARY LUNCH 9-12	Total	1	
GENERAL TSO'S CHICKEN	3.9oz SERVING	1	24.0
RICE: COOKED BROWN (SEC)	1 CUP	1	32.96
NORMANDY VEGETABLES	1 CUP	1	5.0
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	16.42
SWEET CAKE	SERVING	1	44.83
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO			
CALZONE, MINI, WG	SERVINGS	1	40.01
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	33.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MARINARA SAUCE	1/2 CUP	1	11.93
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			164.75
% of Calories			63.8%
Nutrient Guideline			

Fri - 09/02/2022			
SECONDARY LUNCH 9-12	Total	1	
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	1	34.0
DINNER SALAD	1 CUP	1	7.49
PUDDING,CHOICE	SERVING	1	20.5
FRUIT BAR : SECONDARY	1 CUP	1	22.62
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			119.61
% of Calories			51.1%
Nutrient Guideline			

Tue - 09/06/2022			
SECONDARY LUNCH 9-12	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
APPLE FILLED DONUT	SERVINGS	1	33.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	19.51
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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	Portion Size	Reimb Qty	Carb (g)
ALT SEC WEEKLY 1st CHO	Total	1	
NACHOS	SERVINGS	1	48.5
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	2.86
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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			141.10
% of Calories			47.5%
Nutrient Guideline			

Wed - 09/07/2022			
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
CORN 1/2 CUP	1/2 CUP	1	15.0
WHOLE GRAIN BISCUIT: RICH'S	BISCUIT	1	23.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
HAMBURGER - OPTION LINE	SERVINGS	1	27.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
CARROTS 1 CUP	1 CUP	1	15.86
CHIPS: DORITOS	bag	1	19.62
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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	13.0
Weighted Daily Average			125.11
% of Calories			53.0%
Nutrient Guideline			

Thu - 09/08/2022			
SECONDARY LUNCH 9-12	Total	1	
TANGERINE CHICKEN	3.9oz SERVINGS	1	25.0
VEGETABLE BROWN RICE : SEC	8 OZ	1	40.42
NORMANDY VEGETABLES 1 CUP	1 CUP	1	5.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	16.42
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	28.69
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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	Portion Size	Reimb Qty	Carb (g)
ALT SEC WEEKLY 1st CHO	Total	1	
CALZONE, MINI, WG	SERVINGS	1	40.01
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	33.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MARINARA SAUCE	1/2 CUP	1	11.93
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			160.91
% of Calories			64.1%
Nutrient Guideline			

Fri - 09/09/2022			
SECONDARY LUNCH 9-12	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
DINNER SALAD	1 CUP	1	7.49
FRUIT BAR : SECONDARY	1 CUP	1	22.62
GRAHAM, TIGER BITES, CHOCOLATE	SERVINGS	1	21.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
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			125.03
% of Calories			52.0%
Nutrient Guideline			

Mon - 09/12/2022			
SECONDARY LUNCH 9-12	Total	1	
CHEESEBURGER 100 % BEEF: SEC	PATTY	1	26.1
CHEESE: PROCESS SLICE	1 oz.	1	1.98
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
TATER GEMS	SERVING	1	24.0
CHOCOLATE CHIP COOKIES	1 EACH	1	18.48
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
BREADSTICK, CHEESE WG	SERVING	1	15.0
SALAD - ALT LINE	SERVINGS	1	6.07
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MARINARA SAUCE	1/2 CUP	1	11.93
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			129.95 50.6%
Nutrient Guideline			

Tue - 09/13/2022			
SECONDARY LUNCH 9-12	Total	1	
TACO SOUP	1 CUP	1	21.65
CHEDDAR/ JACK FANCY SHRED-.5OZ	.5 OZ	1	0.51
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	35.0
MIXED FRESH VEGETABLES:ELE	3/4 CUP	1	6.31
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	19.51
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
NACHOS	SERVINGS	1	48.5
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	2.86
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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 % of Calories			123.48 46.4%
Nutrient Guideline			

Wed - 09/14/2022			
SECONDARY LUNCH 9-12	Total	1	
CHICKEN TENDER - TYSON	3 PIECES	1	15.6
POTATO, TRIPLE CHEESE TWICE BA	SERVINGS	1	25.95
SUNSHINE CARROTS 1/2 CUP	1/2 C SERVING	1	9.34
ROLLS - NO EGGS	SERVINGS	1	23.19
MARGARINE REDDIES: (1)	1 Patty	1	0.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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
ALT SEC WEEKLY 1st CHO	Total	1	
HAMBURGER - OPTION LINE	SERVINGS	1	27.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
CARROTS 1 CUP	1 CUP	1	15.86
CHIPS: DORITOS	bag	1	19.62
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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	13.0

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			137.46
% of Calories			53.9%
Nutrient Guideline			

Thu - 09/15/2022			
SECONDARY LUNCH 9-12	Total	1	
CHERRY BLOSSOM CHICKEN FRO30:S	3.92 OZ	1	24.06
VEGETABLE BROWN RICE : SEC	8 OZ	1	40.42
NORMANDY VEGETABLES 1 CUP	1 CUP	1	5.0
MUFFIN TOP, CHOC CHIP	MUFFINS	1	29.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	16.42
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
CALZONE, MINI, WG	SERVINGS	1	40.01
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	33.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MARINARA SAUCE	1/2 CUP	1	11.93
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			160.59
% of Calories			64.6%
Nutrient Guideline			

Fri - 09/16/2022			
SECONDARY LUNCH 9-12	Total	1	
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	1	34.0
DINNER SALAD	1 CUP	1	7.49
FRUIT BAR : SECONDARY	1 CUP	1	22.62
JELL-O	GEL CUP	1	25.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			124.11
% of Calories			53.9%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Mon - 09/19/2022			
SECONDARY LUNCH 9-12	Total	1	
CHICKEN BITES-SEC	5 PIECES	1	23.01
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	33.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
DINNER SALAD	1 CUP	1	7.49
TWIN BAR, WG	SERVINGS	1	43.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
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
ALT SEC WEEKLY 1st CHO	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
BREADSTICK, CHEESE WG	SERVING	1	15.0
SALAD - ALT LINE	SERVINGS	1	6.07
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MARINARA SAUCE	1/2 CUP	1	11.93
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			153.43
% of Calories			55.5%
Nutrient Guideline			

Tue - 09/20/2022			
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, V V	1/2 C SERVINGS	1	24.0
GRAHAM, TIGER BITES ORIGINAL	SERVINGS	1	21.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	19.51
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
NACHOS	SERVINGS	1	48.5
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	2.86
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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			128.14
% of Calories			49.5%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 09/21/2022			
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	3.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
ROLLS - NO EGGS	SERVINGS	1	23.19
MARGARINE REDDIES: (1)	1 Patty	1	0.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
HAMBURGER - OPTION LINE	SERVINGS	1	27.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
CARROTS 1 CUP	1 CUP	1	15.86
CHIPS: DORITOS	bag	1	19.62
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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	13.0
Weighted Daily Average			118.19
% of Calories			54.7%
Nutrient Guideline			

Thu - 09/22/2022			
SECONDARY LUNCH 9-12	Total	1	
ORANGE CHICKEN	3.92 OZ	1	17.04
RICE: COOKED BROWN (SEC)	1 CUP	1	32.96
NORMANDY VEGETABLES 1 CUP	1 CUP	1	5.0
COOKIE, COWBOY	1 oz.	1	29.34
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	16.42
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
CALZONE, MINI, WG	SERVINGS	1	40.01
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	33.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MARINARA SAUCE	1/2 CUP	1	11.93
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			153.53
% of Calories			63.5%
Nutrient Guideline			

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<u>Fri - 09/23/2022</u>			
SECONDARY LUNCH 9-12	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
GRAHAMS, TIGER BITES CINNAMON	SERVINGS	1	21.0
DINNER SALAD	1 CUP	1	7.49
FRUIT BAR : SECONDARY	1 CUP	1	22.62
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
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			125.03
% of Calories			52.0%
Nutrient Guideline			

<u>Mon - 09/26/2022</u>			
SECONDARY LUNCH 9-12	Total	1	
MINI CORN DOG NUGGETS (SEC)	6 EACH	1	30.0
TATER TOTS - MCCAIN	9 PIECES	1	17.04
CARROT STICKS 1/2 CUP	1/2 CUP	1	8.42
MARSHMALLOW RICE TREAT	1 EACH	1	15.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
BREADSTICK, CHEESE WG	SERVING	1	15.0
SALAD - ALT LINE	SERVINGS	1	6.07
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MARINARA SAUCE	1/2 CUP	1	11.93
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			128.07
% of Calories			55.4%
Nutrient Guideline			

<u>Tue - 09/27/2022</u>			
SECONDARY LUNCH 9-12	Total	1	
CHICKEN BURRITO	SERVINGS	1	23.43
LIME CILANTRO RICE:SEC	1/2 CUP	1	18.71
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	8.42
BROWNIE CUP, WG	BROWNIE	1	26.5
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	19.51
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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Washington County School District

Sep 1, 2022 thru Sep 30, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT SEC WEEKLY 1st CHO	Total	1	
NACHOS	SERVINGS	1	48.5
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	2.86
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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			142.98
% of Calories			50.8%
Nutrient Guideline			

Wed - 09/28/2022			
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 BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	16.42
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
HAMBURGER - OPTION LINE	SERVINGS	1	27.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67
CARROTS 1 CUP	1 CUP	1	15.86
CHIPS: DORITOS	bag	1	19.62
FRUIT BAR : SECONDARY	1 CUP	1	22.62
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	13.0
Weighted Daily Average			129.82
% of Calories			55.5%
Nutrient Guideline			

Thu - 09/29/2022			
SECONDARY LUNCH 9-12	Total	1	
GENERAL TSO'S CHICKEN	3.9oz SERVING	1	24.0
RICE: COOKED BROWN (SEC)	1 CUP	1	32.96
NORMANDY VEGETABLES 1 CUP	1 CUP	1	5.0
SWEET CAKE	SERVING	1	44.83
SALAD BAR: 3 THURSDAY'S:SEC	1 CUP	1	16.42
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0

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Washington County School District

Sep 1, 2022 thru Sep 30, 2022

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT SEC WEEKLY 1st CHO	Total	1	
CALZONE, MINI, WG	SERVINGS	1	40.01
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	33.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MARINARA SAUCE	1/2 CUP	1	11.93
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			164.75
% of Calories			63.8%
Nutrient Guideline			

Fri - 09/30/2022			
SECONDARY LUNCH 9-12	Total	1	
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	1	34.0
DINNER SALAD	1 CUP	1	7.49
PUDDING,CHOICE	SERVING	1	20.5
FRUIT BAR : SECONDARY	1 CUP	1	22.62
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			119.61
% of Calories			51.1%
Nutrient Guideline			

Weighted Average			136.94
			54.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	136.94	54.82%						

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