

Washington County School District

May 1, 2024 thru May 17, 2024

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 4/25/2024 12:50:57 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 05/01/2024 | | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | | | | | | | |
| HOMESTYLE WG CHICKEN TENDER ST | 3 PC SE RVINGS | 1 | 191 | 35 | 382 | 2.01 | 2.01 | 29.2 | 73 | 11.06 | 0 | 16.09 | 14.08 | 9.05 | 2.01 | 0.00 |
| BUTTER MASHED POTATOES-sec | 2/3 cup | 1 | 130 | 5 | 420 | 9.00 | 0.36 | 20.0 | 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 | 0.0 | *1 | 0.95 | 2.86 | 0.48 | 0.00 | 0.00 |
| CARROTS, SLICED, FZ | 1/2 C SE RVINGS | 1 | 27 | 0 | 43 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 3 | 0.0 | 6.0 | 0.0 | 0.00 | 0.00 |
| ROLLS - NO EGGS | SERVINGS | 1 | 118 | 0 | 280 | 3.83 | 1.06 | 10.3 | 78 | 0.0 | *2 | 2.91 | 23.19 | 2.26 | 0.81 | *0.00 |
| MARGARINE REDDIES: (1) | 1 Patty | 1 | 35 | 0 | 40 | 0.00 | 0.00 | 0.0 | 200 | 0.0 | *N/A* | 0.0 | 0.0 | 4.0 | 1.00 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| PEACH, DICED, CANNED | 1/2 CUP | 1 | 60 | 0 | 10 | 0.00 | *N/A* | *N/A* | *N/A* | *N/A* | 11 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| BARBAQUE SAUCE: P/C | 1 Each | 1 | 50 | 0 | 430 | 0.00 | 0.36 | 20.0 | 100 | 2.4 | *N/A* | 0.0 | 13.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK F/F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT SEC WEEKLY 1st CHO | Total | 1 | | | | | | | | | | | | | | |
| SPICY CHICKEN PATTY - A PIE | SERVINGS | 1 | 410 | 25 | 640 | 6.00 | *1.44 | *60.0 | *15 | 3.6 | 4 | 21.0 | 43.0 | 16.5 | 3.00 | 0.00 |
| SHREDDED LETTUCE & TOMATO-DELI | 1/2 CUP | 1 | 13 | 0 | 6 | 1.04 | 0.31 | 9.6 | 528 | 6.48 | 2 | 0.91 | 2.67 | 0.08 | 0.01 | 0.00 |
| WAFFLE FRIES, SKIN ON McCain | 3oz SERVINGS | 1 | 160 | 0 | 320 | 1.00 | 0.00 | *N/A* | 0 | *N/A* | 0 | 2.0 | 19.0 | 10.0 | 1.50 | 0.00 |
| CARROT STICKS 1/2 CUP | 1/2 CUP | 1 | 70 | 10 | 95 | 0.00 | 0.00 | 0.0 | 5 | 0.0 | 1 | 1.0 | 2.0 | 6.0 | 0.50 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| PEACH, DICED, CANNED | 1/2 CUP | 1 | 60 | 0 | 10 | 0.00 | *N/A* | *N/A* | *N/A* | *N/A* | 11 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| PICKLE:, CHIPS | 1 OZ. | 1 | 5 | 0 | 340 | 0.00 | 0.00 | 0.0 | 5 | 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 | 202 | 2.43 | 8 | 0.0 | 10.12 | 0.0 | 0.00 | 0.00 |
| MAYONNAISE, LIGHT | POUCH | 1 | 40 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 4.0 | 0.50 | 0.00 |
| MILK : CHOCOLATE MILK F/F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average % of Calories | | | 1034 | *55 | 2097 | 15.36 | *3.08 | *699.2 | *1750 | *66.45 | *64 | 40.60 | 147.07 | 31.61 | 7.53 | *0.00 |
| | | | | | | | | | | | *24.8% | 15.7% | 56.9% | 27.5% | 6.6% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 1500 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

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.

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| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 05/02/2024 | | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | | | | | | | |
| ORANGE CHICKEN | 3.92 OZ | 1 | 150 | 55 | 208 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 9 | 15.04 | 17.04 | 3.01 | 3.01 | 0.00 |
| RICE: COOKED BROWN (SEC) | 1 CUP | 1 | 160 | 0 | 139 | 2.00 | 0.72 | 2.2 | 0 | 0.0 | *0 | 4.0 | 32.96 | 1.5 | 0.00 | *0.00 |
| BROCCOLI, ROASTED | 1 CUP | 1 | 69 | 2 | 44 | 1.74 | 0.49 | 50.7 | 449 | 59.72 | *0 | 2.53 | 4.45 | 5.37 | 0.68 | *0.02 |
| COOKIE: FORTUNE COOKIE | COOKIE | 1 | 35 | 0 | 10 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 7.05 | 0.0 | 0.00 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| PEARS, DICED, CANNED | 1/2 CUP | 1 | 60 | 0 | 5 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 12 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| SALAD BAR: 3 THURSDAY'S:SEC | 1 CUP | 1 | 310 | *5 | 262 | 10.71 | *1.12 | *56.2 | *2426 | *70.63 | *15 | 14.94 | 40.38 | 10.93 | 2.27 | *0.00 |
| SOY SAUCE: PC | PC | 1 | 10 | 0 | 500 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK F/F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT SEC WEEKLY 1st CHO | Total | 1 | | | | | | | | | | | | | | |
| TACO SALAD :ALT LINE | SERVING | 1 | 376 | 52 | 572 | 5.31 | *0.80 | *214.1 | *1243 | *9.21 | 2 | 18.74 | 33.3 | 18.91 | 6.67 | 0.00 |
| BEANS, CANNED, BLACK BEA N, LS | 1/2 CUP | 1 | 100 | 0 | 140 | 6.00 | *N/A* | *N/A* | *N/A* | *N/A* | 2 | 7.0 | 18.0 | 0.0 | 0.00 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| PEARS, DICED, CANNED | 1/2 CUP | 1 | 60 | 0 | 5 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 12 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| RANCH: (WILD COYOTE LITE) | PC CUP | 1 | 70 | 10 | 95 | 0.00 | 0.00 | 0.0 | 5 | 0.0 | 1 | 1.0 | 2.0 | 6.0 | 0.50 | 0.00 |
| MILK : CHOCOLATE MILK F/F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 1019 | *77 | 1302 | 18.30 | *1.87 | *785.7 | *3207 | *123.25 | *69 | 48.79 | 149.21 | 25.79 | 8.18 | *0.01 |
| % of Calories | | | | | | | | | | | *27.1% | 19.1% | 58.5% | 22.8% | 7.2% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 1500 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|----------------------------|----------------|---|-----|-----|-----|------|-------|-------|-------|-------|-------|------|-------|------|------|-------|
| Fri - 05/03/2024 | | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | | | | | | | |
| PIZZA, 7" WG BREADSTICK | BREAD S TICK | 1 | 250 | 25 | 510 | 3.00 | *N/A* | *N/A* | *N/A* | *N/A* | 3 | 11.0 | 30.0 | 9.0 | 4.50 | 0.00 |
| STRING CHEESE: 1oz M | 1 EA | 1 | 80 | 15 | 200 | 0.00 | 0.00 | 200.0 | 200 | 0.0 | *N/A* | 6.0 | 0.0 | 6.0 | 3.50 | 0.00 |
| DINNER SALAD | 1 CUP | 1 | 92 | 14 | 155 | 1.49 | 0.53 | 59.0 | 3540 | 8.97 | *2 | 1.47 | 7.49 | 6.02 | 1.01 | 0.00 |
| JELL-O | GEL CUP | 1 | 100 | 0 | 45 | 0.00 | 0.00 | 0.0 | 110 | 0.0 | 22 | 0.0 | 25.0 | 0.0 | 0.00 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| FRUIT, CANNED - CHOOSE ONE | 1/2 C SE RVING | 1 | 64 | 0 | 7 | 0.60 | *0.14 | *4.0 | *N/A* | *4.2 | 13 | 0.2 | 15.8 | 0.0 | 0.00 | 0.00 |
| RANCH: (WILD COYOTE LITE) | PC CUP | 1 | 70 | 10 | 95 | 0.00 | 0.00 | 0.0 | 5 | 0.0 | 1 | 1.0 | 2.0 | 6.0 | 0.50 | 0.00 |
| MARINARA SAUCE | 1/2 CUP | 1 | 70 | 298 | 616 | 1.99 | 1.43 | 39.7 | 745 | 8.94 | 3 | 1.99 | 11.93 | 1.49 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK F/F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |

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

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|----------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| ALT SEC WEEKLY 1st CHO | Total | 1 | | | | | | | | | | | | | | |
| WRAP, CHICKEN | WRAP | 1 | 383 | 55 | 626 | 5.04 | *1.39 | *9.6 | *533 | *6.48 | *3 | 24.91 | 43.67 | 11.08 | 2.01 | 0.00 |
| CHIPS: DORITOS | BAG | 1 | 131 | 0 | 181 | 2.01 | 0.36 | 20.0 | 53 | 0.0 | 0 | 2.01 | 19.62 | 5.03 | 0.75 | 0.00 |
| FRESH MIXED VEGETABLE CUP | 3/4 CUP | 1 | 99 | 10 | 144 | 2.36 | 0.66 | 30.1 | 6010 | 34.31 | *2 | 2.42 | 8.31 | 6.21 | 0.57 | 0.00 |
| FRUIT, CANNED - CHOOSE ONE | 1/2 C SE R Ving | 1 | 64 | 0 | 7 | 0.60 | *0.14 | *4.0 | *N/A* | *4.2 | 13 | 0.2 | 15.8 | 0.0 | 0.00 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| RANCH: (WILD COYOTE LITE) | PC CUP | 1 | 70 | 10 | 95 | 0.00 | 0.00 | 0.0 | 5 | 0.0 | 1 | 1.0 | 2.0 | 6.0 | 0.50 | 0.00 |
| MILK : CHOCOLATE MILK F/F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 1056 | *234 | 1653 | 11.46 | *2.63 | *807.3 | *6747 | *87.02 | *74 | 43.27 | 146.42 | 31.35 | 8.29 | *0.00 |
| % of Calories | | | | | | | | | | | *27.9% | 16.4% | 55.5% | 26.7% | 7.1% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 1500 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

| Mon - 05/06/2024 | | | | | | | | | | | | | | | | |
|---------------------------|----------|---|-----|-----|------|-------|-------|--------|-------|---------|--------|-------|--------|--------|--------|-------|
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | | | | | | | |
| CHICKEN & WAFFLES | SERVINGS | 1 | 350 | 70 | 815 | 4.00 | 1.72 | 39.0 | *35 | *0.0 | *2 | 24.0 | 35.0 | 13.0 | 2.00 | 0.00 |
| TATER TOTS - MCCAIN | 9 PIECES | 1 | 110 | 0 | 201 | 2.01 | 0.18 | *N/A* | *N/A* | *N/A* | 1 | 1.0 | 17.04 | 4.01 | 0.50 | 0.00 |
| ORANGES | ORANGE | 1 | 93 | 0 | 0 | 4.76 | 0.20 | 79.4 | 407 | 105.57 | 18 | 1.87 | 23.32 | 0.24 | 0.03 | 0.00 |
| PEARS, DICED, CANNED | 1/2 CUP | 1 | 60 | 0 | 5 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 12 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| MIXED FRESH VEGETABLES: S | 1 CUP | 1 | 107 | 10 | 151 | 2.92 | 0.80 | 38.4 | 6081 | 50.91 | *2 | 3.0 | 9.73 | 6.29 | 0.60 | 0.00 |
| EC | | | | | | | | | | | | | | | | |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 202 | 2.43 | 8 | 0.0 | 10.12 | 0.0 | 0.00 | 0.00 |
| SYRUP | 1 EA | 1 | 10 | 0 | 80 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 4.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK F/F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 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 | 500 | 9.0 | 2 | 20.0 | 29.0 | 9.0 | 3.00 | 0.00 |
| DINNER SALAD - ALT LINE | SERVINGS | 1 | 29 | 0 | 24 | 2.02 | 0.60 | 34.7 | 4682 | 19.4 | *2 | 1.8 | 6.07 | 0.11 | 0.03 | 0.00 |
| COOKIE, SNICKERDOODLE, WG | SERVINGS | 1 | 104 | 7 | 69 | 0.50 | *N/A* | *N/A* | *N/A* | *N/A* | 7 | 1.0 | 16.0 | 4.0 | 1.00 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| PEARS, DICED, CANNED | 1/2 CUP | 1 | 60 | 0 | 5 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 12 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| RANCH: (WILD COYOTE LITE) | PC CUP | 1 | 70 | 10 | 95 | 0.00 | 0.00 | 0.0 | 5 | 0.0 | 1 | 1.0 | 2.0 | 6.0 | 0.50 | 0.00 |
| MILK : CHOCOLATE MILK F/F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 932 | *76 | 1425 | 13.06 | *2.80 | *932.8 | *7029 | *122.19 | *70 | 43.42 | 136.45 | 24.04 | 5.39 | *0.00 |
| % of Calories | | | | | | | | | | | *29.9% | 18.6% | 58.6% | 23.2% | 5.2% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 1500 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

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|---------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 05/07/2024 | | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total serving | 1 | | | | | | | | | | | | | | |
| SOFT FLOUR TACO:SEC | 1 | 1 | 254 | 49 | 437 | 3.00 | 1.44 | 120.1 | 418 | 0.6 | 1 | 17.01 | 23.0 | 10.0 | 3.20 | 0.00 |
| LETTUCE & TOMATO:3/4 CUP-TACOS | 3/4 CUP | 1 | 48 | 0 | 22 | 3.86 | 1.15 | 35.6 | 1965 | 24.14 | 6 | 3.38 | 9.94 | 0.3 | 0.04 | 0.00 |
| CHEDDAR/ JACK FANCY SHRE D-.5OZ | .5 OZ | 1 | 56 | 13 | 86 | 0.00 | 0.00 | 101.2 | 127 | 0.0 | 0 | 3.04 | 0.51 | 4.56 | 3.04 | 0.00 |
| REFRIED BEANS, V V | 1/2 C SE RVINGS | 1 | 140 | 0 | 320 | 7.00 | *N/A* | *N/A* | *N/A* | *N/A* | 1 | 7.0 | 24.0 | 2.5 | 0.00 | 0.00 |
| CHURRO- APPLE WG | SERVINGS | 1 | 150 | 0 | 70 | 1.00 | *N/A* | *N/A* | *N/A* | *N/A* | 8 | 2.0 | 25.0 | 5.0 | 1.00 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| PEARS, DICED, CANNED | 1/2 CUP | 1 | 60 | 0 | 5 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 12 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| SALAD BAR: 2 TUESDAY (SEC) | 1 CUP | 1 | 373 | *15 | 344 | 10.17 | *1.00 | *46.9 | *2350 | *62.19 | *16 | 15.49 | 41.02 | 16.79 | 2.75 | *0.00 |
| SALSA PICANTE | 1 OZ | 1 | 6 | 0 | 158 | 0.19 | 0.00 | 0.0 | 89 | 0.0 | 1 | 0.25 | 1.4 | 0.12 | 0.01 | 0.00 |
| MILK : CHOCOLATE MILK F/F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT SEC WEEKLY 1st CHO | Total | 1 | | | | | | | | | | | | | | |
| NACHOS | SERVINGS | 1 | 464 | 53 | 731 | 4.50 | 0.18 | *459.8 | *206 | *0.3 | 0 | 17.97 | 38.0 | 27.49 | 8.94 | 0.00 |
| LETTUCE & TOMATO:3/4 CUP-TACOS | 3/4 CUP | 1 | 48 | 0 | 22 | 3.86 | 1.15 | 35.6 | 1965 | 24.14 | 6 | 3.38 | 9.94 | 0.3 | 0.04 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| PEARS, DICED, CANNED | 1/2 CUP | 1 | 60 | 0 | 5 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 12 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| SALSA PICANTE | 1 OZ | 1 | 6 | 0 | 158 | 0.19 | 0.00 | 0.0 | 89 | 0.0 | 1 | 0.25 | 1.4 | 0.12 | 0.01 | 0.00 |
| MILK : CHOCOLATE MILK F/F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 1151 | *80 | 1491 | 21.80 | *2.76 | *1023.7 | *4751 | *109.15 | *74 | 52.06 | 158.71 | 36.52 | 11.13 | *0.00 |
| % of Calories | | | | | | | | | | | *25.7% | 18.1% | 55.1% | 28.5% | 8.7% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 1500 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

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

May 1, 2024 thru May 17, 2024

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 4/25/2024 12:50:57 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 05/08/2024 | | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | | | | | | | |
| COUNTRY FRIED STEAK | SERVINGS | 1 | 290 | 45 | 475 | 2.00 | 2.00 | 40.0 | 1 | 0.0 | 2 | 16.0 | 17.0 | 17.5 | 5.50 | 0.00 |
| BUTTER MASHED POTATOES-sec | 2/3 cup | 1 | 130 | 5 | 420 | 9.00 | 0.36 | 20.0 | 0 | 0.0 | 0 | 2.0 | 18.0 | 5.0 | 2.50 | 0.00 |
| GRAVY, COUNTRY: (CUSTOM) | 1/4 CUP | 1 | 30 | 0 | 147 | 0.00 | 0.04 | 7.7 | 1 | 0.0 | *1 | 0.0 | 6.0 | 0.5 | 0.50 | 0.00 |
| HUSHPUPIES (3) | 3 HUSHPUPIES | 1 | 200 | 10 | 480 | 3.00 | *N/A* | *N/A* | *N/A* | *N/A* | 7 | 3.0 | 31.0 | 6.0 | 1.50 | 0.00 |
| GREEN BEANS 3/4 CUP | 3/4 CUP | 1 | 24 | 0 | 210 | 3.00 | *N/A* | *N/A* | *N/A* | *N/A* | 2 | 1.5 | 4.5 | 0.0 | 0.00 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| PEACH, DICED, CANNED | 1/2 CUP | 1 | 60 | 0 | 10 | 0.00 | *N/A* | *N/A* | *N/A* | *N/A* | 11 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK F/F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT SEC WEEKLY 1st CHO | Total | 1 | | | | | | | | | | | | | | |
| SPICY CHICKEN PATTY - A PIE | SERVINGS | 1 | 410 | 25 | 640 | 6.00 | *1.44 | *60.0 | *15 | 3.6 | 4 | 21.0 | 43.0 | 16.5 | 3.00 | 0.00 |
| RRE | | | | | | | | | | | | | | | | |
| SHREDDED LETTUCE & TOMATO-DELI | 1/2 CUP | 1 | 13 | 0 | 6 | 1.04 | 0.31 | 9.6 | 528 | 6.48 | 2 | 0.91 | 2.67 | 0.08 | 0.01 | 0.00 |
| WAFFLE FRIES, SKIN ON MCCAIN | 3oz SERVINGS | 1 | 160 | 0 | 320 | 1.00 | 0.00 | *N/A* | 0 | *N/A* | 0 | 2.0 | 19.0 | 10.0 | 1.50 | 0.00 |
| CARROT STICKS 1/2 CUP | 1/2 CUP | 1 | 70 | 10 | 95 | 0.00 | 0.00 | 0.0 | 5 | 0.0 | 1 | 1.0 | 2.0 | 6.0 | 0.50 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| PEACH, DICED, CANNED | 1/2 CUP | 1 | 60 | 0 | 10 | 0.00 | *N/A* | *N/A* | *N/A* | *N/A* | 11 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| PICKLE:, CHIPS | 1 OZ. | 1 | 5 | 0 | 340 | 0.00 | 0.00 | 0.0 | 5 | 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 | 202 | 2.43 | 8 | 0.0 | 10.12 | 0.0 | 0.00 | 0.00 |
| MAYONNAISE, LIGHT | POUCH | 1 | 40 | 5 | 85 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 4.0 | 0.50 | 0.00 |
| MILK : CHOCOLATE MILK F/F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 1085 | *65 | 2098 | 15.44 | *2.37 | *692.7 | *1525 | *59.72 | *67 | 40.88 | 146.76 | 35.72 | 9.37 | *0.00 |
| % of Calories | | | | | | | | | | | *24.6% | 15.1% | 54.1% | 29.6% | 7.8% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 1500 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

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Washington County School District

May 1, 2024 thru May 17, 2024

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-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|---------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 05/09/2024 | | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | | | | | | | |
| TERIYAKI CHICKEN | 2.4 OZ | 1 | 115 | 70 | 330 | 0.00 | 0.72 | 0.0 | 0 | 0.0 | 6 | 15.0 | 6.0 | 3.5 | 1.00 | 0.00 |
| NOODLES, YAKISOBA WG 1 CUP | 1 CUP | 1 | 144 | 0 | 52 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 16 | 6.0 | 64.0 | 0.0 | 0.00 | 0.00 |
| BROCCOLI, ROASTED | 3/4 CUP | 1 | 55 | 1 | 35 | 1.30 | *0.00 | *16.0 | *27 | *0.0 | *1 | 1.93 | 3.29 | 4.47 | 0.54 | 0.01 |
| EGG ROLL, WG VEGETABLE | SERVINGS | 1 | 140 | 0 | 200 | 3.00 | *N/A* | *N/A* | *N/A* | *N/A* | 2 | 4.0 | 24.01 | 3.5 | 0.00 | 0.00 |
| GRAHAM, TIGER BITES, CHOC OLATE | SERVINGS | 1 | 120 | 0 | 125 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 7 | 2.0 | 21.0 | 4.0 | 1.00 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| PEARS, DICED, CANNED | 1/2 CUP | 1 | 60 | 0 | 5 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 12 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| SALAD BAR: 3 THURSDAY'S:SEC | 1 CUP | 1 | 310 | *5 | 262 | 10.71 | *1.12 | *56.2 | *2426 | *70.63 | *15 | 14.94 | 40.38 | 10.93 | 2.27 | *0.00 |
| SOY SAUCE: PC | PC | 1 | 10 | 0 | 500 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK F/F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT SEC WEEKLY 1st CHO | | | | | | | | | | | | | | | | |
| TACO SALAD :ALT LINE | SERVING | 1 | 376 | 52 | 572 | 5.31 | *0.80 | *214.1 | *1243 | *9.21 | 2 | 18.74 | 33.3 | 18.91 | 6.67 | 0.00 |
| BEANS, CANNED, BLACK BEAN, LS | 1/2 CUP | 1 | 100 | 0 | 140 | 6.00 | *N/A* | *N/A* | *N/A* | *N/A* | 2 | 7.0 | 18.0 | 0.0 | 0.00 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| PEARS, DICED, CANNED | 1/2 CUP | 1 | 60 | 0 | 5 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 12 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| RANCH: (WILD COYOTE LITE) | PC CUP | 1 | 70 | 10 | 95 | 0.00 | 0.00 | 0.0 | 5 | 0.0 | 1 | 1.0 | 2.0 | 6.0 | 0.50 | 0.00 |
| MILK : CHOCOLATE MILK F/F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 1100 | *84 | 1472 | 20.08 | *1.62 | *767.2 | *2996 | *93.39 | *81 | 52.48 | 177.61 | 28.59 | 7.61 | *0.01 |
| % of Calories | | | | | | | | | | | *29.3% | 19.1% | 64.6% | 23.4% | 6.2% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 1500 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

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Washington County School District

May 1, 2024 thru May 17, 2024

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 4/25/2024 12:50:57 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|-----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 05/10/2024 | | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | | | | | | | |
| GARLIC CHEESE BREAD RIPPERS | 1 EACH | 1 | 281 | 25 | 452 | 2.01 | *N/A* | *N/A* | *N/A* | 0.0 | 1 | 16.06 | 30.11 | 11.04 | 6.02 | 0.00 |
| COOKIE, SNICKERDOODLE, WG | SERVINGS | 1 | 104 | 7 | 69 | 0.50 | *N/A* | *N/A* | *N/A* | *N/A* | 7 | 1.0 | 16.0 | 4.0 | 1.00 | 0.00 |
| DINNER SALAD | 1 CUP | 1 | 92 | 14 | 155 | 1.49 | 0.53 | 59.0 | 3540 | 8.97 | *2 | 1.47 | 7.49 | 6.02 | 1.01 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| FRUIT, CANNED - CHOOSE ONE | 1/2 C SE | 1 | 64 | 0 | 7 | 0.60 | *0.14 | *4.0 | *N/A* | *4.2 | 13 | 0.2 | 15.8 | 0.0 | 0.00 | 0.00 |
| | RVING | | | | | | | | | | | | | | | |
| RANCH: (WILD COYOTE LITE) | PC CUP | 1 | 70 | 10 | 95 | 0.00 | 0.00 | 0.0 | 5 | 0.0 | 1 | 1.0 | 2.0 | 6.0 | 0.50 | 0.00 |
| MARINARA SAUCE | 1/2 CUP | 1 | 70 | 298 | 616 | 1.99 | 1.43 | 39.7 | 745 | 8.94 | 3 | 1.99 | 11.93 | 1.49 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK F/F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| ALT SEC WEEKLY 1st CHO | | | | | | | | | | | | | | | | |
| WRAP, CHICKEN | WRAP | 1 | 383 | 55 | 626 | 5.04 | *1.39 | *9.6 | *533 | *6.48 | *3 | 24.91 | 43.67 | 11.08 | 2.01 | 0.00 |
| CHIPS: DORITOS | BAG | 1 | 131 | 0 | 181 | 2.01 | 0.36 | 20.0 | 53 | 0.0 | 0 | 2.01 | 19.62 | 5.03 | 0.75 | 0.00 |
| FRESH MIXED VEGETABLE CUP | 3/4 CUP | 1 | 99 | 10 | 144 | 2.36 | 0.66 | 30.1 | 6010 | 34.31 | *2 | 2.42 | 8.31 | 6.21 | 0.57 | 0.00 |
| FRUIT, CANNED - CHOOSE ONE | 1/2 C SE | 1 | 64 | 0 | 7 | 0.60 | *0.14 | *4.0 | *N/A* | *4.2 | 13 | 0.2 | 15.8 | 0.0 | 0.00 | 0.00 |
| | RVING | | | | | | | | | | | | | | | |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| RANCH: (WILD COYOTE LITE) | PC CUP | 1 | 70 | 10 | 95 | 0.00 | 0.00 | 0.0 | 5 | 0.0 | 1 | 1.0 | 2.0 | 6.0 | 0.50 | 0.00 |
| MILK : CHOCOLATE MILK F/F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 1033 | *230 | 1535 | 11.21 | *2.63 | *707.3 | *6592 | *87.02 | *65 | 43.30 | 141.97 | 31.37 | 7.80 | *0.00 |
| % of Calories | | | | | | | | | | | *25.2% | 16.8% | 55.0% | 27.3% | 6.8% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 1500 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

| | | | | | | | | | | | | | | | | |
|---------------------------|----------|---|-----|----|-----|------|-------|-------|-------|-------|-----|------|-------|-------|------|-------|
| Mon - 05/13/2024 | | | | | | | | | | | | | | | | |
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | | | | | | | |
| CORN DOG, MINI GF | 6 MINIS | 1 | 270 | 40 | 410 | 5.00 | *N/A* | *N/A* | *N/A* | *N/A* | 5 | 10.0 | 30.0 | 12.0 | 3.50 | *N/A* |
| TATER TOTS - MCCAIN | 9 PIECES | 1 | 110 | 0 | 201 | 2.01 | 0.18 | *N/A* | *N/A* | *N/A* | 1 | 1.0 | 17.04 | 4.01 | 0.50 | 0.00 |
| CARROT STICKS 1/2 CUP | 1/2 CUP | 1 | 70 | 10 | 95 | 0.00 | 0.00 | 0.0 | 5 | 0.0 | 1 | 1.0 | 2.0 | 6.0 | 0.50 | 0.00 |
| SWEET CAKE | SERVING | 1 | 284 | 22 | 243 | 1.93 | 0.60 | 21.9 | 1225 | 0.33 | *32 | 2.16 | 44.83 | 11.43 | 4.94 | *0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| PEARS, DICED, CANNED | 1/2 CUP | 1 | 60 | 0 | 5 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 12 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| KETCHUP : P/C | PC | 1 | 40 | 0 | 334 | 0.00 | 0.00 | 0.0 | 202 | 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 | 0.22 | 0.33 | 0.22 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK F/F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |

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May 1, 2024 thru May 17, 2024

Base Menu Spreadsheet

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Portion Values - Detailed

| | Portion Size | Reimb Qty | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|----------------|----------------|-----------------|----------------|---------------|-------------------------|
| Weighted Daily Average % of Calories | | | 1157 | *87 | 1662 | 14.07 | *1.08 | *646.0 | *2579 | *56.23 | *101 *34.9% | 31.55 10.9% | 175.95 60.8% | 36.60 28.5% | 11.06 8.6% | *0.00 *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 1500 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

| Tue - 05/14/2024 | | | | | | | | | | | | | | | | |
|--------------------------------------|-----------------|---|------|-----|------|-------|-------|---------|-------|---------|---------------|----------------|-----------------|----------------|---------------|----------------|
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | | | | | | | |
| BEEF TACO STICK | 1 EACH | 1 | 345 | 52 | 631 | 3.85 | 2.77 | 328.8 | 252 | 6.37 | 1 | 20.07 | 31.87 | 12.82 | 8.35 | 0.00 |
| REFRIED BEANS, V V | 1/2 C SE RVINGS | 1 | 140 | 0 | 320 | 7.00 | *N/A* | *N/A* | *N/A* | *N/A* | 1 | 7.0 | 24.0 | 2.5 | 0.00 | 0.00 |
| CORN, STREET | 1/2 CUP SERVING | 1 | 147 | 9 | 101 | 2.42 | *0.01 | *48.2 | *100 | *0.0 | *5 | 4.08 | 21.66 | 7.16 | 1.55 | *0.00 |
| BROWNIE MIX, SHIRLEY J | SERVINGS | 1 | 120 | 0 | 65 | 1.00 | *0.00 | *0.2 | *0 | *0.0 | *15 | 1.0 | 23.0 | 3.5 | 1.15 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| PEARS, DICED, CANNED | 1/2 CUP | 1 | 60 | 0 | 5 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 12 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| SALAD BAR: 2 TUESDAY (SEC) | 1 CUP | 1 | 373 | *15 | 344 | 10.17 | *1.00 | *46.9 | *2350 | *62.19 | *16 | 15.49 | 41.02 | 16.79 | 2.75 | *0.00 |
| SALSA PICANTE | 1 OZ | 1 | 6 | 0 | 158 | 0.19 | 0.00 | 0.0 | 89 | 0.0 | 1 | 0.25 | 1.4 | 0.12 | 0.01 | 0.00 |
| MILK : CHOCOLATE MILK F/F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average % of Calories | | | 1510 | *92 | 1935 | 29.55 | *4.09 | *1048.2 | *3937 | *122.02 | *93 *24.6% | 65.06 17.2% | 214.58 56.8% | 45.83 27.3% | 15.42 9.2% | *0.00 *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 1500 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

| Wed - 05/15/2024 | | | | | | | | | | | | | | | | |
|---------------------------------|----------|---|-----|----|-----|------|-------|-------|-------|-------|-----|-------|-------|------|------|-------|
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | | | | | | | |
| CHICKEN NOODLE SOUP: US DA 1C. | 1 CUP | 1 | 169 | 57 | 594 | 1.92 | *0.08 | *20.5 | *1956 | *1.69 | *2 | 16.95 | 17.53 | 3.11 | 0.43 | 0.00 |
| BREADSTICK, CHEESE - BOS CO'S | SERVINGS | 1 | 150 | 15 | 220 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 1 | 10.0 | 17.0 | 5.0 | 2.50 | 0.00 |
| TOMATOES, CUCUMBER, CAR ROTS:SE | 1 CUP | 1 | 98 | 10 | 131 | 2.10 | 0.60 | 24.3 | 6224 | 7.83 | *3 | 1.94 | 12.03 | 6.22 | 0.55 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| PEACH, DICED, CANNED | 1/2 CUP | 1 | 60 | 0 | 10 | 0.00 | *N/A* | *N/A* | *N/A* | *N/A* | 11 | 0.0 | 14.0 | 0.0 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK F/F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |

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.

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Washington County School District

May 1, 2024 thru May 17, 2024

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-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average | | | 796 | *97 | 1267 | 8.94 | *0.98 | *668.9 | *9326 | *62.99 | *59 | 46.06 | 116.17 | 17.26 | 5.10 | *0.00 |
| % of Calories | | | | | | | | | | | *29.7% | 23.1% | 58.4% | 19.5% | 5.8% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 1500 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

| Thu - 05/16/2024 | | | | | | | | | | | | | | | | |
|-----------------------------|----------|---|------|-----|------|-------|-------|--------|-------|---------|--------|-------|--------|--------|--------|-------|
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | | | | | | | |
| ORANGE CHICKEN | 3.92 OZ | 1 | 150 | 55 | 208 | 1.00 | 0.00 | 0.0 | 0 | 0.0 | 9 | 15.04 | 17.04 | 3.01 | 3.01 | 0.00 |
| RICE: COOKED BROWN (SEC) | 1 CUP | 1 | 160 | 0 | 139 | 2.00 | 0.72 | 2.2 | 0 | 0.0 | *0 | 4.0 | 32.96 | 1.5 | 0.00 | *0.00 |
| BROCCOLI, ROASTED | 1 CUP | 1 | 69 | 2 | 44 | 1.74 | 0.49 | 50.7 | 449 | 59.72 | *0 | 2.53 | 4.45 | 5.37 | 0.68 | *0.02 |
| COOKIE, COWBOY | 1 oz. | 1 | 203 | 17 | 164 | 1.69 | *0.95 | *42.8 | *344 | *0.0 | *15 | 3.25 | 29.43 | 8.41 | 3.36 | *0.00 |
| EGG ROLL, WG VEGETABLE | SERVINGS | 1 | 140 | 0 | 200 | 3.00 | *N/A* | *N/A* | *N/A* | *N/A* | 2 | 4.0 | 24.01 | 3.5 | 0.00 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| PEARS, DICED, CANNED | 1/2 CUP | 1 | 60 | 0 | 5 | 2.00 | *N/A* | *N/A* | *N/A* | *N/A* | 12 | 0.0 | 16.0 | 0.0 | 0.00 | 0.00 |
| SALAD BAR: 3 THURSDAY'S:SEC | 1 CUP | 1 | 310 | *5 | 262 | 10.71 | *1.12 | *56.2 | *2426 | *70.63 | *15 | 14.94 | 40.38 | 10.93 | 2.27 | *0.00 |
| MILK : CHOCOLATE MILK F/F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 1412 | *93 | 1334 | 25.06 | *3.58 | *775.9 | *4365 | *183.82 | *96 | 60.93 | 219.90 | 35.65 | 10.93 | *0.02 |
| % of Calories | | | | | | | | | | | *27.1% | 17.3% | 62.3% | 22.7% | 7.0% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 1500 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

| Fri - 05/17/2024 | | | | | | | | | | | | | | | | |
|----------------------------|----------------|---|------|------|------|-------|-------|---------|-------|--------|--------|-------|--------|--------|--------|-------|
| SECONDARY LUNCH 9-12 | Total | 1 | | | | | | | | | | | | | | |
| CALZONE, MINI, WG | 3 CALZO NES | 1 | 325 | 23 | 490 | 4.00 | 1.80 | 225.0 | *N/A* | *N/A* | 6 | 16.5 | 40.01 | 11.5 | 5.00 | 0.00 |
| DINNER SALAD | 1 CUP | 1 | 92 | 14 | 155 | 1.49 | 0.53 | 59.0 | 3540 | 8.97 | *2 | 1.47 | 7.49 | 6.02 | 1.01 | 0.00 |
| PUDDING,CHOICE | SERVING | 1 | 115 | 0 | 133 | 0.50 | 0.54 | 225.0 | 75 | 0.0 | 15 | 1.0 | 20.5 | 3.0 | 1.75 | 0.00 |
| FRUIT BAR : SECONDARY | 1 CUP | 1 | 89 | *0 | 2 | 2.92 | 0.30 | 24.1 | 146 | 49.87 | *12 | 1.18 | 22.62 | 0.43 | 0.12 | *0.00 |
| FRUIT, CANNED - CHOOSE ONE | 1/2 C SE RVING | 1 | 64 | 0 | 7 | 0.60 | *0.14 | *4.0 | *N/A* | *4.2 | 13 | 0.2 | 15.8 | 0.0 | 0.00 | 0.00 |
| RANCH: (WILD COYOTE LITE) | PC CUP | 1 | 70 | 10 | 95 | 0.00 | 0.00 | 0.0 | 5 | 0.0 | 1 | 1.0 | 2.0 | 6.0 | 0.50 | 0.00 |
| MARINARA SAUCE | 1/2 CUP | 1 | 70 | 298 | 616 | 1.99 | 1.43 | 39.7 | 745 | 8.94 | 3 | 1.99 | 11.93 | 1.49 | 0.00 | 0.00 |
| MILK : CHOCOLATE MILK F/F | CARTON | 1 | 120 | 5 | 180 | 0.00 | 0.00 | 300.0 | 500 | 1.2 | 18 | 8.0 | 20.0 | 0.0 | 0.00 | 0.00 |
| MILK 1% WHITE | CARTON | 1 | 110 | 10 | 130 | 0.00 | 0.00 | 300.0 | 500 | 2.4 | 12 | 8.0 | 13.0 | 2.5 | 1.50 | 0.00 |
| Weighted Daily Average | | | 1055 | *360 | 1808 | 11.50 | *4.74 | *1176.9 | *5512 | *75.58 | *82 | 39.33 | 153.34 | 30.94 | 9.87 | *0.00 |
| % of Calories | | | | | | | | | | | *31.1% | 14.9% | 58.1% | 26.4% | 8.4% | *0.0% |
| Nutrient Guideline | | | 846 | | | | 4.50 | 400.00 | 1500 | 19.20 | | 16.70 | | <=30.0 | <10.00 | |

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.

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Washington County School District

May 1, 2024 thru May 17, 2024

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-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|---------------|----------------|-----------------|----------------|--------------|-------------------------|
| Weighted Average | | | 1103 | *125 | 1621 | 16.60 | *2.63 | *825.5 | *4639 | *96.06 | *76 *62.3% | 46.75 17.0% | 160.32 58.1% | 31.64 25.8% | 9.05 7.4% | *0.00 *0.0% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-----------------------------------|
| Calories | 1103 | | 846 | 130% | | | | |
| Cholesterol (mg) | 125 | | | | Missing | | | |
| Sodium 1 (mg) | 1621 | | | | | | 1621 | |
| Sodium 1a (mg) | 1621 | | | | | | 1621 | |
| Fiber (g) | 16.60 | | | | | | | |
| Iron (mg) | 2.63 | | 4.50 | 58% | Missing | 1.87 | | Correction Required - Iron is Low |
| Calcium (mg) | 825.5 | | 400.00 | 206% | Missing | | | |
| Vitamin A (IU) | 4639 | | 1500 | 309% | Missing | | | |
| Sugars (g) | 76 | 27.71% | | | Missing | | | |
| Vitamin C (mg) | 96.06 | | 19.20 | 500% | Missing | | | |
| Protein (g) | 46.75 | 16.95% | 16.70 | 280% | | | | |
| Carbohydrate (g) | 160.32 | 58.13% | | | | | | |
| Total Fat (g) | 31.64 | 25.81% | <=30.00% | | | | | |
| Saturated Fat (g) | 9.05 | 7.39% | <10.00% | | | | | |
| Trans Fat ¹ (g) | 0.00 | 0.00% | | | Missing | | | |

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

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