

Washington County School District

Dec 3, 2024 thru Dec 20, 2024

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 12/3/2024 8:03:51 AM

	Portion Size	Reimb Qty	Carb (g)
Tue - 12/03/2024			
SECONDARY LUNCH 9-12	Total	1	
TACO SALAD	SERVING	1	33.68
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CORN 1/2 CUP	1/2 CUP	1	15.0
CORNMEAL SUPER STAR	1 EA	1	23.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEACH, DICED, CANNED	1/2 CUP	1	14.0
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	43.41
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO			
NACHOS	Total	1	
REFRIED BEANS, V V	SERVINGS	1	38.0
LETTUCE & TOMATO:3/4 CUP-TACOS	1/2 C SERVINGS	1	24.0
FRUIT BAR : SECONDARY	3/4 CUP	1	7.36
PEACH, DICED, CANNED	1 CUP	1	22.62
SALSA PICANTE	1/2 CUP	1	14.0
MILK : CHOCOLATE MILK F/F	1 OZ	1	1.4
MILK 1% WHITE	CARTON	1	19.0
	CARTON	1	13.0
Weighted Daily Average			174.24
% of Calories			55.1%
Nutrient Guideline			

Wed - 12/04/2024			
SECONDARY LUNCH 9-12	Total	1	
DUTCH WAFFLE	1 EACH	1	43.0
SAUSAGE LINK - CLOVERDALE	2 LINKS	1	2.02
SCRAMBLED EGGS: SUNNY FRESH	1oz SERVING	1	1.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
HASHBROWN PATTY:1/2 CUP	2 EACH	1	27.0
JUICE, SUN SPLASH	SERVINGS	1	15.0
SYRUP	1 EA	1	4.0
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO			
SPICY CHICKEN PATTY - A PIERRE	Total	1	
SHREDDED LETTUCE & TOMATO-DELI	SERVINGS	1	43.0
WAFFLE FRIES, SKIN ON MCCAIN	1/2 CUP	1	2.6
CARROT STICKS 1/2 CUP	3oz SERVINGS	1	19.0
FRUIT BAR : SECONDARY	1/2 CUP	1	2.0
FRUIT, CANNED - CHOOSE ONE	1 CUP	1	22.62
PICKLE:, CHIPS	1/2 C SERVING	1	15.0
KETCHUP : P/C	1 OZ.	1	1.0
MAYONNAISE, LIGHT	PC	1	10.12
BARBAQUE SAUCE: P/C	POUCH	1	0.0
MILK : CHOCOLATE MILK F/F	1 Each	1	13.0
MILK 1% WHITE	CARTON	1	19.0
	CARTON	1	13.0

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

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Page 2

Generated on: 12/3/2024 8:03:51 AM

	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			158.55 53.4%
Nutrient Guideline			

Thu - 12/05/2024			
SECONDARY LUNCH 9-12	Total	1	
HAMBURGER, RAW- SEC 85/15, 4oz	HAMBURGERS	1	27.0
CHEESE: PROCESS SLICE	1 oz.	1	1.98
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.6
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	33.0
SWEET CAKE	SERVING	1	44.51
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
SALAD BAR: 3 HIGH SCHOOL	1 CUP	1	39.32
PICKLE:, CHIPS	1 OZ.	1	1.0
MUSTARD:, P/C	1 Each	1	0.33
KETCHUP : P/C	PC	1	10.12
MAYONNAISE, LIGHT	POUCH	1	0.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
WRAP, CHICKEN	WRAP	1	37.6
MIXED FRESH VEGETABLES	3/4 CUP	1	8.31
CHIPS: DORITOS	BAG	1	19.62
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average % of Calories			189.81 53.8%
Nutrient Guideline			

Fri - 12/06/2024			
SECONDARY LUNCH 9-12	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	29.0
DINNER SALAD	1 CUP	1	9.3
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	16.0
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0
MARINARA SAUCE	1/2 CUP	1	12.02
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0

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Portion Values - Detailed

Page 3

Generated on: 12/3/2024 8:03:51 AM

	Portion Size	Reimb Qty	Carb (g)
ALT SEC WEEKLY 1st CHO	Total	1	
LUNCH BASKET	BASKET	1	47.6
WAFFLE FRIES - LAMB WESTON	2.19oz SERVING	1	13.86
CARROT STICKS 1/2 CUP	1/2 CUP	1	2.0
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	16.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
KETCHUP : P/C	PC	1	10.12
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			147.07
% of Calories			57.8%
Nutrient Guideline			

Mon - 12/09/2024			
SECONDARY LUNCH 9-12	Total	1	
ORANGE CHICKEN	3.92 OZ	1	17.04
RICE: COOKED BROWN (SEC)	1 CUP	1	32.96
GREEN BEANS 1 CUP	1 CUP	1	6.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVING	1	19.0
SALAD BAR: 3 HIGH SCHOOL	1 CUP	1	39.32
SOY SAUCE: PC	PC	1	0.0
COOKIE: FORTUNE COOKIE	COOKIE	1	7.05
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVING	1	19.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			151.35
% of Calories			61.7%
Nutrient Guideline			

Tue - 12/10/2024			
SECONDARY LUNCH 9-12	Total	1	
BURRITO, BEAN & CHEESE	BURRITO	1	30.99
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CORN 1/2 CUP	1/2 CUP	1	15.0
COOKIE, COWBOY	1 oz.	1	29.43
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEACH, DICED, CANNED	1/2 CUP	1	14.0
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	43.41
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0

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Page 4

Generated on: 12/3/2024 8:03:51 AM

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ALT SEC WEEKLY 1st CHO	Total	1	
NACHOS	SERVINGS	1	38.0
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	7.36
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEACH, DICED, CANNED	1/2 CUP	1	14.0
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			176.11
% of Calories			56.8%
Nutrient Guideline			

Wed - 12/11/2024			
SECONDARY LUNCH 9-12	Total	1	
CHICKEN TENDERS - TYSON	2 PIECES	1	12.0
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	33.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	11.77
GARLIC TOAST-WG	SLICES	1	14.89
FRUIT BAR : SECONDARY	1 CUP	1	22.62
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.0
SALAD BAR: 3 HIGH SCHOOL	1 CUP	1	39.32
BARBAQUE SAUCE: P/C	1 Each	1	13.0
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
SPICY CHICKEN PATTY - A PIERRE	SERVINGS	1	43.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.6
WAFFLE FRIES, SKIN ON MCCAIN	3oz SERVINGS	1	19.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	2.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.0
PICKLE:, CHIPS	1 OZ.	1	1.0
KETCHUP : P/C	PC	1	10.12
MAYONNAISE, LIGHT	POUCH	1	0.0
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			182.03
% of Calories			56.8%
Nutrient Guideline			

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Page 5

Generated on: 12/3/2024 8:03:51 AM

	Portion Size	Reimb Qty	Carb (g)
Thu - 12/12/2024			
SECONDARY LUNCH 9-12	Total	1	
CHICKEN SANDWICH	SANDWICH	1	36.11
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.6
TATER TOTS - MCCAIN	10 TOTS	1	17.85
COOKIE, CHOCOLATE CHIP	1 EACH	1	13.55
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
SALAD BAR: 3 HIGH SCHOOL	1 CUP	1	39.32
PICKLE:, CHIPS	1 OZ.	1	1.0
MUSTARD:, P/C	1 Each	1	0.33
KETCHUP : P/C	PC	1	10.12
MAYONNAISE, LIGHT	POUCH	1	0.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
WRAP, CHICKEN	WRAP	1	37.6
MIXED FRESH VEGETABLES	3/4 CUP	1	8.31
CHIPS: DORITOS	BAG	1	19.62
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			170.32
% of Calories			57.0%
Nutrient Guideline			

Fri - 12/13/2024			
SECONDARY LUNCH 9-12	Total	1	
PIZZA, 7" WG BREADSTICK	BREAD STICK	1	30.0
STRING CHEESE: 1oz M	1 EA	1	0.0
DINNER SALAD	1 CUP	1	9.3
JELL-O	GEL CUP	1	25.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	16.0
MARINARA SAUCE	1/2 CUP	1	12.02
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
LUNCH BASKET	BASKET	1	47.6
WAFFLE FRIES - LAMB WESTON	2.19oz SERVING	1	13.86
CARROT STICKS 1/2 CUP	1/2 CUP	1	2.0
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	16.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
KETCHUP : P/C	PC	1	10.12
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			152.07
% of Calories			58.1%
Nutrient Guideline			

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Page 6

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	Portion Size	Reimb Qty	Carb (g)
Mon - 12/16/2024			
SECONDARY LUNCH 9-12	Total	1	
TERIYAKI CHICKEN	2.8 OZ	1	10.0
VEGETABLE BROWN RICE : SEC	8 OZ	1	40.42
GREEN BEANS 1 CUP	1 CUP	1	6.0
GRAHAM, TIGER BITES, CHOCOLATE	SERVINGS	1	21.0
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVING	1	19.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SALAD BAR: 3 HIGH SCHOOL	1 CUP	1	39.32
SOY SAUCE: PC	PC	1	0.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
DOMINOS PIZZA	SLICE	1	29.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVING	1	19.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			158.53
% of Calories			60.8%
Nutrient Guideline			

Tue - 12/17/2024			
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	34.0
MIXED FRESH VEGETABLES	3/4 CUP	1	8.31
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEACH, DICED, CANNED	1/2 CUP	1	14.0
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	43.41
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
NACHOS	SERVINGS	1	38.0
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	7.36
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEACH, DICED, CANNED	1/2 CUP	1	14.0
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			157.93
% of Calories			52.8%
Nutrient Guideline			

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Page 7

Generated on: 12/3/2024 8:03:51 AM

	Portion Size	Reimb Qty	Carb (g)
Wed - 12/18/2024			
SECONDARY LUNCH 9-12	Total	1	
HAM, PATTY LS SLICED	3 oz	1	1.5
SCALLOPED POTATOES:SEC	3/4 CUP	1	24.21
ROLLS - NO EGGS	SERVINGS	1	25.63
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
CAKE, JELLO	SLICE	1	24.98
FRUIT BAR :WINTER:SEC	1 CUP	1	25.18
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			136.51
% of Calories			55.1%
Nutrient Guideline			

Thu - 12/19/2024			
SECONDARY LUNCH 9-12	Total	1	
CHICKEN CHUNKS, TYSON	5 NUGGETS	1	15.0
TATER TOTS - MCCAIN	10 TOTS	1	17.85
PEARS, DICED, CANNED	1/2 CUP	1	16.0
MIXED FRESH VEGETABLES:SEC	1 CUP	1	11.77
FRUIT BAR : SECONDARY	1 CUP	1	22.62
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	21.0
SALAD BAR: 3 HIGH SCHOOL	1 CUP	1	39.32
KETCHUP : P/C	PC	1	10.12
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
ALT SEC WEEKLY 1st CHO	Total	1	
WRAP, CHICKEN	WRAP	1	37.6
MIXED FRESH VEGETABLES	3/4 CUP	1	8.31
CHIPS: DORITOS	BAG	1	19.62
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PEARS, DICED, CANNED	1/2 CUP	1	16.0
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			173.91
% of Calories			57.9%
Nutrient Guideline			

Fri - 12/20/2024			
SECONDARY LUNCH 9-12	Total	1	
PIZZA, CHEESE RIPPER	SERVINGS	1	29.0
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	22.35
DINNER SALAD	1 CUP	1	9.3
FRUIT BAR : SECONDARY	1 CUP	1	22.62
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	16.0
MARINARA SAUCE	1/2 CUP	1	12.02
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0

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WEEKLY 1st CHOICE

Portion Values - Detailed

Page 8

Generated on: 12/3/2024 8:03:51 AM

	Portion Size	Reimb Qty	Carb (g)
ALT SEC WEEKLY 1st CHO	Total	1	
LUNCH BASKET	BASKET	1	47.6
WAFFLE FRIES - LAMB WESTON	2.19oz SERVING	1	13.86
CARROT STICKS 1/2 CUP	1/2 CUP	1	2.0
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	16.0
FRUIT BAR : SECONDARY	1 CUP	1	22.62
KETCHUP : P/C	PC	1	10.12
BARBAQUE SAUCE: P/C	1 Each	1	13.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
Weighted Daily Average			150.25
% of Calories			58.0%
Nutrient Guideline			

Weighted Average			162.76
			56.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	162.76	56.63%						

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.