

Washington County School District

Jan 6, 2025 thru Jan 31, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 12/13/2024 8:11:25 AM

	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)
Mon - 01/06/2025																
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
GREEN BEANS 1 CUP	1 CUP	1	32	0	280	4.00	*N/A*	*N/A*	*N/A*	*N/A*	2	2.0	6.0	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
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVING	1	80	0	10	0.00	0.36	0.0	*N/A*	21.0	18	0.0	19.0	0.0	0.00	0.00
SALAD BAR: 3 HIGH SCHOOL	1 CUP	1	312	*1	328	*7.66	*3.05	*46.6	*2227	*68.04	*15	12.63	39.32	12.43	1.38	*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
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
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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																
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, W/GRANOLA	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
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVING	1	80	0	10	0.00	0.36	0.0	*N/A*	21.0	18	0.0	19.0	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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			981	*64	1404	*13.01	*3.75	*590.8	*4353	*121.49	*79	45.91	151.35	20.96	6.08	*0.00
% of Calories											*32.3%	18.7%	61.7%	19.2%	5.6%	*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.

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.

Washington County School District

Jan 6, 2025 thru Jan 31, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 2

Generated on: 12/13/2024 8:11:25 AM

	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)
Tue - 01/07/2025																
SECONDARY LUNCH 9-12	Total	1														
BURRITO, BEAN & CHEESE	BURRITO	1	292	32	425	6.79	*N/A*	*N/A*	*N/A*	*N/A*	0	16.45	30.99	11.65	5.53	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 1/2 CUP	1/2 CUP	1	65	0	15	2.00	*N/A*	*N/A*	*N/A*	*N/A*	3	2.0	15.0	1.0	0.00	0.00
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
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
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	390	*11	421	*10.01	*1.10	*50.0	*2350	*62.22	*16	14.61	43.41	18.05	2.88	*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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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
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
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	35	0	13	2.57	0.68	22.7	1515	21.82	5	2.09	7.36	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
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
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			1240	*72	1714	*23.88	*1.76	*611.7	*2942	*94.43	*74	52.61	176.11	38.99	12.01	*0.00
% of Calories											*24.0%	17.0%	56.8%	28.3%	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

* - 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.

Washington County School District

Jan 6, 2025 thru Jan 31, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 3

Generated on: 12/13/2024 8:11:26 AM

	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)
Wed - 01/08/2025																
SECONDARY LUNCH 9-12	Total	1														
CHICKEN TENDERS - TYSON	2 PIECES	1	230	45	400	2.00	*N/A*	*N/A*	*N/A*	*N/A*	2	20.0	12.0	11.0	2.00	0.00
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	210	0	450	3.00	0.54	0.0	0	7.2	0	3.0	33.0	7.5	2.25	0.00
MIXED FRESH VEGETABLES:SEC	1 CUP	1	114	10	177	3.58	1.04	43.6	11874	35.44	*2	2.69	11.77	6.26	0.58	0.00
GARLIC TOAST-WG	SLICES	1	79	0	179	1.99	1.07	0.0	0	0.0	0	2.98	14.89	1.99	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 SERVING	1	60	0	8	1.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	15.0	0.0	0.00	0.00
SALAD BAR: 3 HIGH SCHOOL	1 CUP	1	312	*1	328	*7.66	*3.05	*46.6	*2227	*68.04	*15	12.63	39.32	12.43	1.38	*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
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
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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 CHOICE	Total	1														
SPICY CHICKEN PATTY - A PIECE	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	12	0	6	1.00	0.30	9.2	515	6.42	2	0.87	2.6	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
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	60	0	8	1.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	15.0	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
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			1281	*63	2623	*17.04	*4.38	*423.8	*8269	*117.44	*75	50.26	182.03	40.81	7.48	*0.00
% of Calories											*23.5%	15.7%	56.8%	28.7%	5.3%	*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.

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.

Washington County School District

Jan 6, 2025 thru Jan 31, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 4

Generated on: 12/13/2024 8:11:26 AM

	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)
Thu - 01/09/2025																
SECONDARY LUNCH 9-12	Total	1														
CHICKEN SANDWICH	SANDWIC	1	353	46	554	6.04	*1.44	*60.0	*15	*3.6	3	25.24	36.11	11.11	1.52	0.00
SHREDDED LETTUCE & TOMA TO-DELI	1/2 CUP	1	12	0	6	1.00	0.30	9.2	515	6.42	2	0.87	2.6	0.08	0.01	0.00
TATER TOTS - MCCAIN	10 TOTS	1	115	0	210	2.10	0.19	*N/A*	*N/A*	*N/A*	1	1.05	17.85	4.2	0.53	0.00
COOKIE, CHOCOLATE CHIP	1 EACH	1	123	14	146	0.96	*0.61	*35.8	*234	*0.0	*8	1.98	17.5	5.33	2.27	*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 HIGH SCHOOL	1 CUP	1	312	*1	328	*7.66	*3.05	*46.6	*2227	*68.04	*15	12.63	39.32	12.43	1.38	*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
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
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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	392	25	546	6.00	*1.38	*9.2	*520	*6.42	3	18.87	37.6	18.58	3.51	*0.00
MIXED FRESH VEGETABLES	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
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
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
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			1208	*66	2030	*19.09	*4.47	*439.6	*5587	*114.08	*75	49.82	172.30	36.53	7.14	*0.00
% of Calories											*25.0%	16.5%	57.1%	27.2%	5.3%	*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.

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.

Washington County School District

Jan 6, 2025 thru Jan 31, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 5

Generated on: 12/13/2024 8:11:26 AM

	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)
Fri - 01/10/2025																
SECONDARY LUNCH 9-12	Total	1														
HOT DOG w/ CHILI	SERVINGS	1	345	35	684	4.75	*1.08	*60.0	*10	*2.4	5	15.0	32.5	18.25	6.27	0.00
MIXED FRESH VEGETABLES:SE	1 CUP	1	114	10	177	3.58	1.04	43.6	11874	35.44	*2	2.69	11.77	6.26	0.58	0.00
EC																
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
PINEAPPLE, TIDBITS, CAN	1/2 C SE	1	60	0	0	1.00	0.36	20.0	*N/A*	*N/A*	13	1.0	16.0	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
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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														
LUNCH BASKET	BASKET	1	484	55	854	3.80	*N/A*	*N/A*	*N/A*	*N/A*	7	26.38	47.6	20.4	7.50	0.00
WAFFLE FRIES, SKIN ON MCC	3oz SER	1	160	0	320	1.00	0.00	*N/A*	0	*N/A*	0	2.0	19.0	10.0	1.50	0.00
AIN	VINGS															
CARROT & CELERY STICKS:ELE	3/4 CUP	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	0.00
PINEAPPLE, TIDBITS, CAN	1/2 C SE	1	60	0	0	1.00	0.36	20.0	*N/A*	*N/A*	13	1.0	16.0	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
MARINARA SAUCE	1/2 CUP	1	70	0	561	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7	2.0	12.02	1.5	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
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			1125	*71	2203	14.13	*2.32	*426.8	*12767	*75.32	*74	44.35	157.43	37.60	10.25	*0.00
% of Calories											*26.5%	15.8%	56.0%	30.1%	8.2%	*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.

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.

Washington County School District

Jan 6, 2025 thru Jan 31, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 6

Generated on: 12/13/2024 8:11:26 AM

	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)
Mon - 01/13/2025																
SECONDARY LUNCH 9-12	Total	1														
TERIYAKI CHICKEN	2.8 OZ	1	130	70	480	0.00	*N/A*	0.0	0	0.0	9	15.0	10.0	3.5	1.00	0.00
VEGETABLE BROWN RICE : SEC	8 OZ	1	219	0	977	3.37	2.42	33.7	4211	8.09	*N/A*	5.05	40.42	4.21	0.00	0.00
GREEN BEANS 1 CUP	1 CUP	1	32	0	280	4.00	*N/A*	*N/A*	*N/A*	*N/A*	2	2.0	6.0	0.0	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
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVING	1	80	0	10	0.00	0.36	0.0	*N/A*	21.0	18	0.0	19.0	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
SALAD BAR: 3 HIGH SCHOOL	1 CUP	1	312	*1	328	*7.66	*3.05	*46.6	*2227	*68.04	*15	12.63	39.32	12.43	1.38	*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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVING	1	80	0	10	0.00	0.36	0.0	*N/A*	21.0	18	0.0	19.0	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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			1042	*72	2016	*14.20	*4.60	*606.6	*6458	*125.53	*83	47.42	158.53	24.56	5.57	*0.00
% of Calories											*31.8%	18.2%	60.8%	21.2%	4.8%	*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.

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.

Washington County School District

Jan 6, 2025 thru Jan 31, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 7

Generated on: 12/13/2024 8:11:26 AM

	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)
Tue - 01/14/2025																
SECONDARY LUNCH 9-12	Total	1														
TACO SOUP	1 CUP	1	256	45	1006	6.30	*1.99	*64.9	*1111	*13.95	*5	18.89	21.65	10.25	3.59	*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
CINNAMON ROLL W. W.W. BRI DGFOR	ROLL	1	210	0	250	3.00	*N/A*	*N/A*	*N/A*	*N/A*	9	6.0	34.0	5.0	1.00	0.00
MIXED FRESH VEGETABLES	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 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
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	390	*11	421	*10.01	*1.10	*50.0	*2350	*62.22	*16	14.61	43.41	18.05	2.88	*0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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
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
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	35	0	13	2.57	0.68	22.7	1515	21.82	5	2.09	7.36	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
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
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			1197	*81	1916	*20.88	*2.61	*688.5	*6349	*118.56	*73	53.31	157.93	40.16	11.65	*0.00
% of Calories											*24.2%	17.8%	52.8%	30.2%	8.8%	*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.

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.

Washington County School District

Jan 6, 2025 thru Jan 31, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 8

Generated on: 12/13/2024 8:11:26 AM

	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)
Wed - 01/15/2025																
SECONDARY LUNCH 9-12	Total	1														
TERIYAKI BEEF NUGGETS	4 Nugget	1	160	40	440	1.00	1.44	20.0	20	0.0	4	14.0	6.0	8.0	3.50	0.50
BUTTER MASHED POTATOES-sec	2/3 cup	1	120	5	430	2.00	0.36	0.0	0	0.0	0	2.0	19.0	3.5	1.50	0.00
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	19	0	133	0.00	0.01	1.1	0	0.0	*1	0.0	2.82	0.94	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
ROLLS - NO EGGS	SERVINGS	1	140	0	317	2.38	1.21	11.7	89	0.0	*2	4.34	25.63	2.58	0.89	*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
FRUIT, CANNED - CHOOSE ONE	1/2 C SE R Ving	1	60	0	8	1.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	15.0	0.0	0.00	0.00
SALAD BAR: 3 HIGH SCHOOL	1 CUP	1	312	*1	328	*7.66	*3.05	*46.6	*2227	*68.04	*15	12.63	39.32	12.43	1.38	*0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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 & TOMA	1/2 CUP	1	12	0	6	1.00	0.30	9.2	515	6.42	2	0.87	2.6	0.08	0.01	0.00
TO-DELI																
WAFFLE FRIES, SKIN ON MCC	3oz SER VINGS	1	160	0	320	1.00	0.00	*N/A*	0	*N/A*	0	2.0	19.0	10.0	1.50	0.00
AIN																
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
FRUIT, CANNED - CHOOSE ONE	1/2 C SE R Ving	1	60	0	8	1.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	15.0	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
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			1190	*59	2341	*15.31	*4.63	*433.7	*2560	*123.57	*73	47.36	163.59	39.64	8.84	*0.26
% of Calories											*24.4%	15.9%	55.0%	30.0%	6.7%	*0.2%
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.

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.

Washington County School District

Jan 6, 2025 thru Jan 31, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 9

Generated on: 12/13/2024 8:11:26 AM

	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)
Thu - 01/16/2025																
SECONDARY LUNCH 9-12	Total	1														
CHICKEN CHUNKS, TYSON	5 NUGGETS	1	240	55	570	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1	23.0	15.0	10.0	2.00	0.00
TATER TOTS - MCCAIN	10 TOTS	1	115	0	210	2.10	0.19	*N/A*	*N/A*	*N/A*	1	1.05	17.85	4.2	0.53	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: EC	1 CUP	1	114	10	177	3.58	1.04	43.6	11874	35.44	*2	2.69	11.77	6.26	0.58	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
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	120	0	100	1.00	0.72	100.0	500	0.0	8	2.0	21.0	4.0	1.00	0.00
SALAD BAR: 3 HIGH SCHOOL	1 CUP	1	312	*1	328	*7.66	*3.05	*46.6	*2227	*68.04	*15	12.63	39.32	12.43	1.38	*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
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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														
WRAP, CHICKEN	WRAP	1	392	25	546	6.00	*1.38	*9.2	*520	*6.42	3	18.87	37.6	18.58	3.51	*0.00
MIXED FRESH VEGETABLES	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
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
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
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			1202	*66	2071	*18.28	*4.36	*468.8	*11439	*127.99	*74	49.51	173.91	36.29	6.77	*0.00
% of Calories											*24.7%	16.5%	57.9%	27.2%	5.1%	*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.

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.

Washington County School District

Jan 6, 2025 thru Jan 31, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 10

Generated on: 12/13/2024 8:11:26 AM

	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)
Fri - 01/17/2025																
SECONDARY LUNCH 9-12	Total	1														
PIZZA, CHEESE RIPPER	SERVINGS	1	260	25	520	3.00	*N/A*	*N/A*	*N/A*	*N/A*	3	14.0	29.0	10.0	5.00	0.00
COOKIE: PUMPKIN CHOCOLATE CHIP	COOKIE	1	150	12	140	4.13	*1.00	*42.3	*1248	*0.0	*8	2.99	22.35	6.23	2.47	*0.00
DINNER SALAD	1 CUP	1	101	14	157	2.06	0.68	67.1	3768	13.54	*3	1.92	9.3	6.13	1.04	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
PINEAPPLE, TIDBITS, CAN	1/2 C SE RIVING	1	60	0	0	1.00	0.36	20.0	*N/A*	*N/A*	13	1.0	16.0	0.0	0.00	0.00
MARINARA SAUCE	1/2 CUP	1	70	0	561	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7	2.0	12.02	1.5	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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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														
LUNCH BASKET	BASKET	1	484	55	854	3.80	*N/A*	*N/A*	*N/A*	*N/A*	7	26.38	47.6	20.4	7.50	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 & CELERY STICKS:EL	3/4 CUP	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	0.00
PINEAPPLE, TIDBITS, CAN	1/2 C SE RIVING	1	60	0	0	1.00	0.36	20.0	*N/A*	*N/A*	13	1.0	16.0	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
MARINARA SAUCE	1/2 CUP	1	70	0	561	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7	2.0	12.02	1.5	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
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			1133	*79	2220	14.45	*1.92	*419.7	*9208	*61.95	*78	45.34	157.59	37.65	10.95	*0.00
% of Calories											*27.5%	16.0%	55.6%	29.9%	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

* - 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.

Washington County School District

Jan 6, 2025 thru Jan 31, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 11

Generated on: 12/13/2024 8:11:26 AM

	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)
Tue - 01/21/2025																
SECONDARY LUNCH 9-12	Total	1														
SOFT FLOUR TACO:SEC	1 serving	1	244	49	437	3.00	1.44	120.1	418	0.6	0	17.01	21.0	10.5	3.70	0.00
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	35	0	13	2.57	0.68	22.7	1515	21.82	5	2.09	7.36	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
CORN 1/2 CUP	1/2 CUP	1	65	0	15	2.00	*N/A*	*N/A*	*N/A*	*N/A*	3	2.0	15.0	1.0	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
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
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	390	*11	421	*10.01	*1.10	*50.0	*2350	*62.22	*16	14.61	43.41	18.05	2.88	*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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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
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
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	35	0	13	2.57	0.68	22.7	1515	21.82	5	2.09	7.36	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
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
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			1234	*78	1722	*22.93	*2.35	*712.4	*3800	*105.64	*73	54.83	172.83	39.14	11.45	*0.00
% of Calories											*23.7%	17.8%	56.0%	28.5%	8.3%	*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.

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.

Washington County School District

Jan 6, 2025 thru Jan 31, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 12

Generated on: 12/13/2024 8:11:26 AM

	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)
Wed - 01/22/2025																
SECONDARY LUNCH 9-12	Total	1														
ALFREDO: SEC	1 CUP	1	248	18	211	2.97	*N/A*	*N/A*	*N/A*	*N/A*	4	11.2	36.65	7.11	3.20	0.00
CHICKEN, DICED L/S TYSON	2.30oz SERVING	1	101	43	97	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0	13.97	0.78	3.88	1.16	0.00
BREADSTICK, CHEESY GARLIC	SERVINGS	1	100	0	140	1.00	*N/A*	*N/A*	*N/A*	*N/A*	2	3.0	15.0	3.0	0.50	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
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 SERVING	1	60	0	8	1.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	15.0	0.0	0.00	0.00
SALAD BAR: 3 HIGH SCHOOL	1 CUP	1	312	*1	328	*7.66	*3.05	*46.6	*2227	*68.04	*15	12.63	39.32	12.43	1.38	*0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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	12	0	6	1.00	0.30	9.2	515	6.42	2	0.87	2.6	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
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	60	0	8	1.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	15.0	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
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			1178	*67	1885	*14.61	*3.12	*417.3	*2405	*123.57	*72	51.28	163.08	37.12	7.83	*0.01
% of Calories											*24.6%	17.4%	55.4%	28.4%	6.0%	*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.

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.

Washington County School District

Jan 6, 2025 thru Jan 31, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 13

Generated on: 12/13/2024 8:11:26 AM

	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)
Thu - 01/23/2025																
SECONDARY LUNCH 9-12	Total	1														
CORN DOG, MINI PROVIEU (6)	6 NUGGETS	1	249	60	348	2.98	*N/A*	*N/A*	*N/A*	*N/A*	1	9.95	29.85	9.95	2.49	0.00
TATER TOTS - MCCAIN	10 TOTS	1	115	0	210	2.10	0.19	*N/A*	*N/A*	*N/A*	1	1.05	17.85	4.2	0.53	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
FUN FOOD CRACKER	SERVINGS	1	130	0	120	1.00	*N/A*	*N/A*	*N/A*	*N/A*	8	2.0	21.0	4.0	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
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	90	0	0	1.00	0.00	0.0	0	0.0	18	0.0	18.0	0.0	0.00	0.00
SALAD BAR: 3 HIGH SCHOOL	1 CUP	1	312	*1	328	*7.66	*3.05	*46.6	*2227	*68.04	*15	12.63	39.32	12.43	1.38	*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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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	392	25	546	6.00	*1.38	*9.2	*520	*6.42	3	18.87	37.6	18.58	3.51	*0.00
MIXED FRESH VEGETABLES	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
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
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
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			1181	*68	1744	*16.59	*3.30	*387.0	*5205	*109.07	*77	42.25	171.12	36.25	6.48	*0.00
% of Calories											*26.0%	14.3%	58.0%	27.6%	4.9%	*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.

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.

Washington County School District

Jan 6, 2025 thru Jan 31, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 14

Generated on: 12/13/2024 8:11:26 AM

	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)
Fri - 01/24/2025																
SECONDARY LUNCH 9-12	Total	1														
CALZONE, MINI, WG	3 CALZO NES	1	350	34	496	1.04	1.88	235.0	*N/A*	*N/A*	7	17.23	40.73	13.05	5.74	0.00
DINNER SALAD	1 CUP	1	101	14	157	2.06	0.68	67.1	3768	13.54	*3	1.92	9.3	6.13	1.04	0.00
CREAMIES JR.	CREAMIE	1	93	16	39	0.00	0.00	260.0	1988	3.45	*N/A*	2.0	14.0	3.5	2.00	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
PINEAPPLE, TIDBITS, CAN	1/2 C SE R Ving	1	60	0	0	1.00	0.36	20.0	*N/A*	*N/A*	13	1.0	16.0	0.0	0.00	0.00
MARINARA SAUCE	1/2 CUP	1	70	0	561	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7	2.0	12.02	1.5	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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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														
LUNCH BASKET	BASKET	1	484	55	854	3.80	*N/A*	*N/A*	*N/A*	*N/A*	7	26.38	47.6	20.4	7.50	0.00
WAFFLE FRIES, SKIN ON MCC	3oz SER	1	160	0	320	1.00	0.00	*N/A*	0	*N/A*	0	2.0	19.0	10.0	1.50	0.00
AIN	VINGS															
CARROT & CELERY STICKS:ELE	3/4 CUP	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	0.00
PINEAPPLE, TIDBITS, CAN	1/2 C SE R Ving	1	60	0	0	1.00	0.36	20.0	*N/A*	*N/A*	13	1.0	16.0	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
MARINARA SAUCE	1/2 CUP	1	70	0	561	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7	2.0	12.02	1.5	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
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			1150	*86	2158	11.40	*2.36	*646.0	*9577	*63.68	*76	46.47	159.28	37.81	11.09	*0.00
% of Calories											*26.4%	16.2%	55.4%	29.6%	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
 *- 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.

Washington County School District

Jan 6, 2025 thru Jan 31, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 15

Generated on: 12/13/2024 8:11:26 AM

	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)
Mon - 01/27/2025																
SECONDARY LUNCH 9-12	Total	1														
TERIYAKI CHICKEN	2.8 OZ	1	130	70	480	0.00	*N/A*	0.0	0	0.0	9	15.0	10.0	3.5	1.00	0.00
VEGETABLE BROWN RICE : SEC	8 OZ	1	219	0	977	3.37	2.42	33.7	4211	8.09	*N/A*	5.05	40.42	4.21	0.00	0.00
GREEN BEANS 1 CUP	1 CUP	1	32	0	280	4.00	*N/A*	*N/A*	*N/A*	*N/A*	2	2.0	6.0	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
MANDARIN ORANGE, FESTIVA L, CAN	1/2 C SE R Ving	1	80	0	10	0.00	0.36	0.0	*N/A*	21.0	18	0.0	19.0	0.0	0.00	0.00
SALAD BAR: 3 HIGH SCHOOL	1 CUP	1	312	*1	328	*7.66	*3.05	*46.6	*2227	*68.04	*15	12.63	39.32	12.43	1.38	*0.00
CHOCOLATE CHUNK COOKIE	COOKIE	1	102	6	100	0.80	0.54	10.0	45	0.0	9	1.2	15.8	3.9	1.00	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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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																
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
MANDARIN ORANGE, FESTIVA L, CAN	1/2 C SE R Ving	1	80	0	10	0.00	0.36	0.0	*N/A*	21.0	18	0.0	19.0	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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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	*75	2003	*13.60	*4.87	*611.6	*6480	*125.53	*84	47.02	155.93	24.51	5.57	*0.00
% of Calories											*32.4%	18.2%	60.4%	21.3%	4.9%	*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.

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.

Washington County School District

Jan 6, 2025 thru Jan 31, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 16

Generated on: 12/13/2024 8:11:26 AM

	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)
Tue - 01/28/2025																
SECONDARY LUNCH 9-12	Total	1														
TACO SALAD	SERVING	1	399	62	626	5.50	*0.87	*236.7	*1321	*9.33	2	21.38	33.68	20.23	7.18	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 1/2 CUP	1/2 CUP	1	65	0	15	2.00	*N/A*	*N/A*	*N/A*	*N/A*	3	2.0	15.0	1.0	0.00	0.00
CORNMEAL SUPER STAR	1 EA	1	148	11	91	1.50	1.10	15.0	40	0.0	12	2.8	23.0	5.0	0.90	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
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	390	*11	421	*10.01	*1.10	*50.0	*2350	*62.22	*16	14.61	43.41	18.05	2.88	*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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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
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
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	35	0	13	2.57	0.68	22.7	1515	21.82	5	2.09	7.36	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
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
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			1266	*84	1778	*23.14	*2.27	*716.2	*3450	*99.10	*74	54.85	174.24	41.58	11.60	*0.00
% of Calories											*23.4%	17.3%	55.1%	29.6%	8.2%	*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.

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.

Washington County School District

Jan 6, 2025 thru Jan 31, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 17

Generated on: 12/13/2024 8:11:26 AM

	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)
Wed - 01/29/2025																
SECONDARY LUNCH 9-12	Total	1														
DUTCH WAFFLE	1 EACH	1	300	20	350	3.00	1.80	40.0	60	0.0	12	4.0	43.0	13.0	3.00	0.00
SAUSAGE LINK - CLOVERDALE	2 LINKS	1	233	40	344	0.00	0.73	*N/A*	*N/A*	*N/A*	0	8.1	2.02	21.26	7.09	0.00
SCRAMBLED EGGS: SUNNY FRESH	1oz SERVING	1	45	110	125	0.00	0.40	17.0	165	0.0	*N/A*	3.0	1.0	3.0	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
HASHBROWN PATTY:1/2 CUP	2 EACH	1	220	0	450	2.00	0.72	0.0	5	2.4	1	2.0	27.0	11.0	1.50	0.00
JUICE, PARADISE PUNCH SYRUP	CARTON	1	60	0	5	0.00	0.00	*N/A*	*N/A*	*N/A*	13	0.0	14.0	0.0	0.00	0.00
KETCHUP : P/C	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	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
MILK 1% WHITE	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	0.0	0.00	0.00
	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 CHOICE	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	12	0	6	1.00	0.30	9.2	515	6.42	2	0.87	2.6	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
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	60	0	8	1.00	*N/A*	*N/A*	*N/A*	*N/A*	11	0.0	15.0	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
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			1187	*120	2315	9.92	*3.17	*397.2	*1284	*62.10	*73	38.16	158.05	45.35	10.67	*0.00
% of Calories											*24.5%	12.9%	53.2%	34.4%	8.1%	*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.

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.

Washington County School District

Jan 6, 2025 thru Jan 31, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 18

Generated on: 12/13/2024 8:11:27 AM

	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)
Thu - 01/30/2025																
SECONDARY LUNCH 9-12	Total	1														
HAMBURGER, RAW- SEC 85/1	HAMBUR	1	393	76	336	*3.00	4.17	*60.0	*15	*3.6	*3	27.26	27.0	19.21	6.07	*0.00
5, 4oz	GERS															
CHEESE: PROCESS SLICE	1 oz.	1	109	25	395	0.00	0.00	148.2	395	0.0	1	4.94	1.98	8.89	4.94	*N/A*
SHREDDED LETTUCE & TOMA	1/2 CUP	1	12	0	6	1.00	0.30	9.2	515	6.42	2	0.87	2.6	0.08	0.01	0.00
TO-DELI																
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	210	0	450	3.00	0.54	0.0	0	7.2	0	3.0	33.0	7.5	2.25	0.00
SWEET CAKE	SERVING	1	288	32	232	1.23	*0.54	*16.9	*1200	*0.31	*32	2.71	44.51	11.65	4.99	*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 HIGH SCHOOL	1 CUP	1	312	*1	328	*7.66	*3.05	*46.6	*2227	*68.04	*15	12.63	39.32	12.43	1.38	*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
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
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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														
WRAP, CHICKEN	WRAP	1	392	25	546	6.00	*1.38	*9.2	*520	*6.42	3	18.87	37.6	18.58	3.51	*0.00
MIXED FRESH VEGETABLES	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
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
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
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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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	*102	2281	*18.16	*5.98	*504.2	*6268	*117.83	*87	54.65	189.81	49.83	14.10	*0.00
% of Calories											*24.8%	15.5%	53.8%	31.8%	9.0%	*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.

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.

Washington County School District

Jan 6, 2025 thru Jan 31, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 19

Generated on: 12/13/2024 8:11:27 AM

	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)
Fri - 01/31/2025																
SECONDARY LUNCH 9-12	Total	1														
PEPPERONI PIZZA RIPPERS	SERVING	1	270	30	580	3.00	*N/A*	*N/A*	*N/A*	0.0	3	14.0	29.0	11.0	5.00	0.00
DINNER SALAD	1 CUP	1	101	14	157	2.06	0.68	67.1	3768	13.54	*3	1.92	9.3	6.13	1.04	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
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	60	0	0	1.00	0.36	20.0	*N/A*	*N/A*	13	1.0	16.0	0.0	0.00	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
MARINARA SAUCE	1/2 CUP	1	70	0	561	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7	2.0	12.02	1.5	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	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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														
LUNCH BASKET	BASKET	1	484	55	854	3.80	*N/A*	*N/A*	*N/A*	*N/A*	7	26.38	47.6	20.4	7.50	0.00
WAFFLE FRIES, SKIN ON MCC	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 & CELERY STICKS:ELE	3/4 CUP	1	123	12	214	3.05	0.84	41.9	11900	3.41	*2	2.04	10.53	7.67	0.66	0.00
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	60	0	0	1.00	0.36	20.0	*N/A*	*N/A*	13	1.0	16.0	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
MARINARA SAUCE	1/2 CUP	1	70	0	561	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7	2.0	12.02	1.5	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
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18	8.0	19.0	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			1115	*79	2215	12.63	*1.42	*398.6	*8584	*61.95	*77	44.35	154.42	37.03	10.22	*0.00
% of Calories											*27.8%	15.9%	55.4%	29.9%	8.2%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		16.70		<=30.0	<10.00	

Weighted Average			1177	*76	2034	*16.49	*3.35	*521.1	*6157	*102.57	*76	48.41	165.76	36.94	9.25	*0.01
											*58.5%	16.5%	56.4%	28.3%	7.1%	*0.0%

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.

Washington County School District

Jan 6, 2025 thru Jan 31, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 20

Generated on: 12/13/2024 8:11:27 AM

Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	1177		846	139%													
Cholesterol (mg)	76				Missing				2034								
Sodium 1 (mg)	2034																
Fiber (g)	16.49				Missing												
Iron (mg)	3.35		4.50	74%	Missing	1.15											
Calcium (mg)	521.1		400.00	130%	Missing												
Vitamin A (IU)	6157		1500	410%	Missing												
Sugars (g)	76	25.99%			Missing												
Vitamin C (mg)	102.57		19.20	534%	Missing												
Protein (g)	48.41	16.46%	16.70	290%													
Carbohydrate (g)	165.76	56.35%															
Total Fat (g)	36.94	28.25%	<=30.00%														
Saturated Fat (g)	9.25	7.08%	<10.00%														
Trans Fat ¹ (g)	0.01	0.01%			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

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.