

Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 1, 2025 thru Oct 31, 2025

ELEMENTARY LUNCH

Generated on: 9/30/2025 9:40:00 AM

	Portion Size	Reimb Qty	Carb (g)
Wed - 10/01/2025			
ELEMENTARY LUNCH	Total	1	
ROTINI ALFREDO: ELE	3/4 CUP	1	26.31
CHICKEN, DICED L/S TYSON	1.5oz SERVING	1	0.51
BREADSTICK, CHEESY GARLIC	SERVINGS	1	15.0
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	1	3.29
FRUIT BAR :WINTER:ELE	1/2 CUP	1	14.98
MILK	CARTON	1	17.0
Weighted Daily Average			77.10
% of Calories			52.3%
Nutrient Guideline			

Thu - 10/02/2025			
ELEMENTARY LUNCH	Total	1	
HOT DOG, BEEF CLOVERDALE	SERVINGS	1	23.0
TATER TOTS - MCCAIN	8 PIECES	1	14.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	2.0
COOKIE, OATMEAL	1 EACH	1	19.44
FRUIT BAR :WINTER:ELE	1/2 CUP	1	14.98
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	7.17
RELISH- DILL PICKLE	SERVING	1	2.0
MILK	CARTON	1	17.0
Weighted Daily Average			110.05
% of Calories			52.5%
Nutrient Guideline			

Fri - 10/03/2025			
ELEMENTARY LUNCH	Total	1	
GRILLED CHEESE	SANDWICH	1	39.95
CARROT STICKS 3/4 CUP	3/4 CUP	1	11.0
CREAMIES JR.	CREAMIE	1	14.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	14.98
MILK	CARTON	1	17.0
Weighted Daily Average			96.93
% of Calories			45.8%
Nutrient Guideline			

Mon - 10/06/2025			
ELEMENTARY LUNCH	Total	1	
TERIYAKI CHICKEN - ELEM.	2 oz	1	7.14
CHOW MEIN - ELEM	2.36oz SERVING	1	19.31
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	1	3.29
FRUIT BAR :WINTER:ELE	1/2 CUP	1	14.98
COOKIE, CELEBRATION	SERVINGS	1	17.0
SOY SAUCE: PC	PC	1	1.0
MILK	CARTON	1	17.0

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

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

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Oct 1, 2025 thru Oct 31, 2025

ELEMENTARY LUNCH

Generated on: 9/30/2025 9:40:00 AM

	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			79.73 61.0%
Nutrient Guideline			

Tue - 10/07/2025			
ELEMENTARY LUNCH	Total	1	
QUESADILLA, THREE CHEESE	SERVINGS	1	32.51
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
COOKIE, PUMPKIN CHOCOLATE CHIP	COOKIE	1	23.08
FRUIT BAR :WINTER:ELE	1/2 CUP	1	14.98
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	9.18
SALSA PICANTE	1 OZ	1	1.4
MILK	CARTON	1	17.0
Weighted Daily Average % of Calories			125.16 56.3%
Nutrient Guideline			

Wed - 10/08/2025			
ELEMENTARY LUNCH	Total	1	
CHICKEN NOODLE SOUP: USDA 1C.	1 CUP	1	18.34
BREADSTICK, CHEESE - BOSCO'S	SERVINGS	1	17.0
TOMATOES, CUCUMBER, CARROTS:EL	3/4 CUP	1	9.38
FRUIT BAR :WINTER:ELE	1/2 CUP	1	14.98
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK	CARTON	1	17.0
Weighted Daily Average % of Calories			78.70 51.4%
Nutrient Guideline			

Tue - 10/14/2025			
ELEMENTARY LUNCH	Total	1	
BEEF TACO ENCHILADA	ENCHILADA	1	31.37
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CORN, STREET	1/2 CUP SERVING	1	21.66
CHURRO- APPLE WG	SERVINGS	1	25.0
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	9.18
SALSA PICANTE	1 OZ	1	1.4
PEACH, DICED, CANNED	1/2 CUP	1	14.0
FRUIT BAR :FALL ELEM.	1/2 CUP	1	12.89
MILK	CARTON	1	17.0
Weighted Daily Average % of Calories			156.50 54.7%
Nutrient Guideline			

***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**

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

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Oct 1, 2025 thru Oct 31, 2025

ELEMENTARY LUNCH

Generated on: 9/30/2025 9:40:00 AM

	Portion Size	Reimb Qty	Carb (g)
Wed - 10/15/2025			
ELEMENTARY LUNCH	Total	1	
CHICKEN PARMESAN - ELEM	3 TENDERS	1	39.6
GREEN BEANS, ZESTY- ELEM	1/2 CUP	1	3.35
GARLIC TOAST - WG - BC	SERVINGS	1	14.0
FRUIT BAR :FALL ELEM.	1/2 CUP	1	12.89
MILK	CARTON	1	17.0
Weighted Daily Average			86.84
% of Calories			47.1%
Nutrient Guideline			

Thu - 10/16/2025			
ELEMENTARY LUNCH	Total	1	
CHICKEN SANDWICH	SANDWICH	1	31.11
LETTUCE & TOMATO:1/2 CUP-TACOS	1/2 CUP	1	1.92
TERIYAKI SAUCE - KIKKOMAN	2oz SERVING	1	16.2
TATER TOTS - MCCAIN	8 PIECES	1	14.0
COOKIE, CHOCOLATE CHIP	1 EACH	1	13.5
PEARS, DICED, CANNED	1/2 CUP	1	16.0
FRUIT BAR :FALL ELEM.	1/2 CUP	1	12.89
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	7.17
CONDIMENT - CHICKEN SAND.	SERVING	1	8.93
MILK	CARTON	1	17.0
Weighted Daily Average			138.72
% of Calories			61.1%
Nutrient Guideline			

Fri - 10/17/2025			
ELEMENTARY LUNCH	Total	1	
SLOPPY JOE: GREEK - ELEM	2 OZ	1	31.08
DINNER SALAD, GREEK	1 CUP	1	3.97
SUN CHIPS	BAG	1	19.0
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	16.0
FRUIT BAR :FALL ELEM.	1/2 CUP	1	12.89
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK	CARTON	1	17.0
Weighted Daily Average			101.94
% of Calories			55.3%
Nutrient Guideline			

Mon - 10/20/2025			
ELEMENTARY LUNCH	Total	1	
TERIYAKI CHICKEN - ELEM.	2 oz	1	7.14
CHOW MEIN - ELEM	2.36oz SERVING	1	19.31
GREEN BEANS 3/4 CUP	3/4 CUP	1	4.5
BISCUIT	BISCUIT	1	14.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	14.98
SOY SAUCE: PC	PC	1	1.0
MILK	CARTON	1	17.0

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

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

Base Menu Spreadsheet

Portion Values - Detailed

Page 4

Oct 1, 2025 thru Oct 31, 2025

ELEMENTARY LUNCH

Generated on: 9/30/2025 9:40:00 AM

	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			77.93
% of Calories			66.1%
Nutrient Guideline			

Tue - 10/21/2025			
ELEMENTARY LUNCH	Total	1	
TACO SOUP - RAW - 3/4 CUP	1 CUP	1	22.55
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
VEGETABLES, EDAMAME & CARROTS	3/4 CUP	1	7.49
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	52.46
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	9.18
FRUIT BAR :WINTER:ELE	1/2 CUP	1	14.98
MILK	CARTON	1	17.0
Weighted Daily Average			123.92
% of Calories			54.0%
Nutrient Guideline			

Wed - 10/22/2025			
ELEMENTARY LUNCH	Total	1	
TERIYAKI BEEF NUGGETS	4 Nugget	1	6.0
MASHED POTATOES, Dry mix,1/2	1/2 CUP	1	17.03
GRAVY, BROWN LOW SODIUM	1/4 CUP	1	0.37
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	1	3.29
FRUIT BAR :WINTER:ELE	1/2 CUP	1	14.98
ROLLS - NO EGGS	SERVINGS	1	25.63
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK	CARTON	1	17.0
Weighted Daily Average			84.30
% of Calories			53.8%
Nutrient Guideline			

Thu - 10/23/2025			
ELEMENTARY LUNCH	Total	1	
HAMBURGER, TYSON	HAMBURGERS	1	22.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	1	18.76
SWEET CAKE	SERVING	1	44.38
FRUIT BAR :WINTER:ELE	1/2 CUP	1	14.98
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	7.17
CONDIMENT - BURGER	SERVING	1	4.64
MILK	CARTON	1	17.0
Weighted Daily Average			135.50
% of Calories			56.7%
Nutrient Guideline			

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

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

Base Menu Spreadsheet

Portion Values - Detailed

Page 5

Oct 1, 2025 thru Oct 31, 2025

ELEMENTARY LUNCH

Generated on: 9/30/2025 9:40:00 AM

	Portion Size	Reimb Qty	Carb (g)
Fri - 10/24/2025			
ELEMENTARY LUNCH	Total	1	
CORN DOG, MINI PROVIEW (4)	4 NUGGETS	1	19.9
CARROT STICKS 3/4 CUP	3/4 CUP	1	11.0
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	14.98
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
MILK	CARTON	1	17.0
Weighted Daily Average			89.34
% of Calories			60.3%
Nutrient Guideline			

Mon - 10/27/2025			
ELEMENTARY LUNCH	Total	1	
ORANGE CHICKEN	2.94 OZ	1	16.45
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	16.12
GREEN BEANS 3/4 CUP	3/4 CUP	1	4.5
FRUIT BAR :WINTER:ELE	1/2 CUP	1	14.98
BROWNIE MIX, SHIRLEY J	SERVINGS	1	23.0
MILK	CARTON	1	17.0
Weighted Daily Average			92.06
% of Calories			71.5%
Nutrient Guideline			

Tue - 10/28/2025			
ELEMENTARY LUNCH	Total	1	
SOFT FLOUR TACO: ELE	servings	1	23.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CHURRO- APPLE WG	SERVINGS	1	25.0
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	9.18
FRUIT BAR :WINTER:ELE	1/2 CUP	1	14.98
SALSA PICANTE	1 OZ	1	1.4
MILK	CARTON	1	17.0
Weighted Daily Average			121.38
% of Calories			56.7%
Nutrient Guideline			

Wed - 10/29/2025			
ELEMENTARY LUNCH	Total	1	
ROTINI ALFREDO: ELE	3/4 CUP	1	26.31
CHICKEN, DICED L/S TYSON	1.5oz SERVING	1	0.51
BREADSTICK, CHEESY GARLIC	SERVINGS	1	15.0
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	1	3.29
FRUIT BAR :WINTER:ELE	1/2 CUP	1	14.98
MILK	CARTON	1	17.0

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

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

Base Menu Spreadsheet

Portion Values - Detailed

Page 6

Oct 1, 2025 thru Oct 31, 2025

ELEMENTARY LUNCH

Generated on: 9/30/2025 9:40:00 AM

	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			77.10 52.3%
Nutrient Guideline			

Thu - 10/30/2025			
ELEMENTARY LUNCH	Total	1	
CALZONE, MINI, WG	3 CALZONES	1	40.01
CARROT STICKS 1/2 CUP	1/2 CUP	1	2.0
CREAMIES JR.	CREAMIE	1	14.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	14.98
MARINARA SAUCE	1/2 CUP	1	12.02
MILK	CARTON	1	17.0
Weighted Daily Average % of Calories			100.01 55.0%
Nutrient Guideline			

Fri - 10/31/2025			
ELEMENTARY LUNCH	Total	1	
MUMMY DOG	MUMMY DOGS	1	17.0
COOKIE: HALLOWEEN	1 EACH	1	28.0
DINNER SALAD ELEM.	1 CUP	1	8.34
FRUIT BAR :FALL ELEM.	1/2 CUP	1	12.89
PEARS, DICED, CANNED	1/2 CUP	1	16.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK	CARTON	1	17.0
Weighted Daily Average % of Calories			101.22 51.2%
Nutrient Guideline			

Weighted Average			102.72 55.3%
------------------	--	--	-----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	102.72	55.25%						

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

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.