

# Washington County School District

Oct 1, 2025 thru Oct 31, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 10/01/2025			
SECONDARY LUNCH 9-12	Total	2	
ROTINI ALFREDO: SEC	1 CUP	1	36.65
CHICKEN, DICED L/S TYSON	2.3oz SERVING	1	0.78
BREADSTICK, CHEESY GARLIC	SERVINGS	1	15.0
BROCCOLI, ROASTED, CUP	1 CUP	1	4.45
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	16.25
SALAD BAR: HIGH	1 CUP	1	9.84
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
ROTINI ALFREDO: SEC	1 CUP	1	36.65
CHICKEN, DICED L/S TYSON	2.3oz SERVING	1	0.78
BREADSTICK, CHEESY GARLIC	SERVINGS	1	15.0
BROCCOLI, ROASTED, CUP	1 CUP	1	4.45
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	16.25
SALAD BAR: HIGH	1 CUP	1	9.84
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO	Total	1	
SPICY CHICKEN SANDWICH	SERVINGS	1	44.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	1	28.51
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	16.25
SALAD BAR: HIGH	1 CUP	1	9.84
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	10.13
MILK	CARTON	1	17.0
Weighted Daily Average			161.74
% of Calories			58.9%
Nutrient Guideline			

Thu - 10/02/2025			
SECONDARY LUNCH 9-12	Total	1	
HOT DOG, BEEF CLOVERDALE	SERVINGS	1	23.0
TATER TOTS - MCCAIN	12pc	1	21.1
CARROT STICKS 1/2 CUP	1/2 CUP	1	2.0
COOKIE, OATMEAL	1 EACH	1	19.44
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
SALAD BAR: HIGH	1 CUP	1	9.84
PEARS, DICED, CANNED	1/2 CUP	1	16.0
CONDIMENTS - HOT DOG	PACKETS	1	4.15
MILK	CARTON	1	17.0

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	Portion Size	Reimb Qty	Carb (g)
ALT SEC WEEKLY 1st CHO	Total	1	
CHEESESTEAK SANDWICH	SANDWICHES	1	33.9
TATER TOTS - MCCAIN	12pc	1	21.1
CARROT & CELERY STICKS:ELE	3/4 CUP	1	8.53
PEARS, DICED, CANNED	1/2 CUP	1	16.0
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
MAYONNAISE, LIGHT	POUCH	1	0.0
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
Weighted Daily Average			151.55
% of Calories			56.7%
Nutrient Guideline			

Fri - 10/03/2025			
SECONDARY LUNCH 9-12	Total	1	
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	1	36.0
CARROTS 1 CUP	1 CUP	1	15.86
CREAMIES JR.	CREAMIE	1	14.0
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	16.0
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
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO	Total	1	
WRAP, CHICKEN - FR091	WRAP	1	39.57
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
MIXED FRESH VEGETABLES	3/4 CUP	1	8.31
SUN CHIPS	BAG	1	19.0
SALAD BAR: HIGH	1 CUP	1	9.84
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	16.0
BARBAQUE SAUCE: P/C	1 Each	1	10.13
MAYONNAISE, CHIPOTLE	1oz SERVING	1	2.03
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
Weighted Daily Average			169.44
% of Calories			51.6%
Nutrient Guideline			

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WEEKLY 1st CHOICE

## Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 10/06/2025			
SECONDARY LUNCH 9-12	Total	1	
TERIYAKI CHICKEN	2.8 oz	1	10.0
CHOW MEIN - SEC.	4.7oz SERVING	1	34.45
BROCCOLI, ROASTED, CUP	1 CUP	1	4.45
COOKIE, CELEBRATION	SERVINGS	1	17.0
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVING	1	19.0
SALAD BAR: HIGH	1 CUP	1	9.84
SOY SAUCE: PC	PC	1	1.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO	Total	1	
DOMINOS PIZZA	SLICE	1	30.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
COOKIE, CELEBRATION	SERVINGS	1	17.0
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVING	1	19.0
SALAD BAR: HIGH	1 CUP	1	9.84
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
MILK	CARTON	1	17.0
Weighted Daily Average			164.78
% of Calories			61.0%
Nutrient Guideline			

Tue - 10/07/2025			
SECONDARY LUNCH 9-12	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 : FALL SECONDARY	1 CUP	1	25.95
PEACH, DICED, CANNED	1/2 CUP	1	14.0
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	11.05
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO	Total	1	
NACHOS	SERVINGS	1	38.19
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	4.32
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
PEACH, DICED, CANNED	1/2 CUP	1	14.0
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	11.05
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average			175.95
% of Calories			56.4%
Nutrient Guideline			

Wed - 10/08/2025			
SECONDARY LUNCH 9-12	Total	1	
CHICKEN NOODLE SOUP: USDA 1C.	1 CUP	1	18.34
BREADSTICK, CHEESE - BOSCO'S	SERVINGS	1	17.0
TOMATOES, CUCUMBER, CARROTS:SE	1 CUP	1	10.03
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	16.25
SALAD BAR: HIGH	1 CUP	1	9.84
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO	Total	1	
SPICY CHICKEN SANDWICH	SERVINGS	1	44.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	1	28.51
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	16.25
SALAD BAR: HIGH	1 CUP	1	9.84
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	10.13
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
Weighted Daily Average			174.89
% of Calories			59.5%
Nutrient Guideline			

Tue - 10/14/2025			
SECONDARY LUNCH 9-12	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
FRUIT BAR : WINTER:SEC	1 CUP	1	29.39
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	11.05
SALSA PICANTE	1 OZ	1	1.4
MILK	CARTON	1	17.0

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	Portion Size	Reimb Qty	Carb (g)
ALT SEC WEEKLY 1st CHO	Total	1	
NACHOS	SERVINGS	1	38.19
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	4.32
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
PEACH, DICED, CANNED	1/2 CUP	1	14.0
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	11.05
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
Weighted Daily Average			164.40
% of Calories			54.1%
Nutrient Guideline			

Wed - 10/15/2025			
SECONDARY LUNCH 9-12	Total	1	
CHICKEN PARMESIAN - SEC	2 TENDERS	1	39.08
GREEN BEANS, ZESTY - SEC	1 CUP	1	6.69
GARLIC TOAST - WG - BC	SERVINGS	1	14.0
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
SALAD BAR: HIGH	1 CUP	1	9.84
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO	Total	1	
SPICY CHICKEN SANDWICH	SERVINGS	1	44.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	1	28.51
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	16.25
SALAD BAR: HIGH	1 CUP	1	9.84
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	10.13
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
Weighted Daily Average			156.97
% of Calories			55.9%
Nutrient Guideline			

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## Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 10/16/2025			
SECONDARY LUNCH 9-12	Total	1	
CHICKEN SANDWICH	SANDWICH	1	36.11
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
TATER TOTS - MCCAIN	12pc	1	21.1
COLESLAW	1/2 C. SERVINGS	1	6.02
TERIYAKI SAUCE - KIKKOMAN	2oz SERVING	1	16.2
COOKIE, CHOCOLATE CHIP	1 EACH	1	13.5
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
SALAD BAR: HIGH	1 CUP	1	9.84
CONDIMENT - CHICKEN SAND.	SERVING	1	8.93
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO	Total	1	
CHEESESTEAK SANDWICH	SANDWICHES	1	33.9
TATER TOTS - MCCAIN	12pc	1	21.1
CARROT & CELERY STICKS:ELE	3/4 CUP	1	8.53
PEARS, DICED, CANNED	1/2 CUP	1	16.0
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
MAYONNAISE, LIGHT	POUCH	1	0.0
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
Weighted Daily Average			162.91
% of Calories			58.8%
Nutrient Guideline			

Fri - 10/17/2025			
SECONDARY LUNCH 9-12	Total	1	
SLOPPY JOE: GREEK SECONDARY	3.63oz SERVING	1	35.75
DINNER SALAD, GREEK	1 CUP	1	3.97
SUN CHIPS	BAG	1	19.0
CARROTS 1 CUP	1 CUP	1	15.86
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO	Total	1	
WRAP, CHICKEN - FR091	WRAP	1	39.57
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
MIXED FRESH VEGETABLES	3/4 CUP	1	8.31
SUN CHIPS	BAG	1	19.0
SALAD BAR: HIGH	1 CUP	1	9.84
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	16.0
BARBAQUE SAUCE: P/C	1 Each	1	10.13
MAYONNAISE, CHIPOTLE	1oz SERVING	1	2.03
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
Weighted Daily Average			149.81
% of Calories			50.6%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Mon - 10/20/2025			
SECONDARY LUNCH 9-12	Total	1	
TERIYAKI CHICKEN	2.8 oz	1	10.0
CHOW MEIN - SEC.	4.7oz SERVING	1	34.45
GREEN BEANS 1 CUP	1 CUP	1	6.0
BISCUIT	BISCUIT	1	14.0
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVING	1	19.0
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
SALAD BAR: HIGH	1 CUP	1	9.84
SOY SAUCE: PC	PC	1	1.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO	Total	1	
DOMINOS PIZZA	SLICE	1	30.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
COOKIE, CELEBRATION	SERVINGS	1	17.0
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVING	1	19.0
SALAD BAR: HIGH	1 CUP	1	9.84
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
MILK	CARTON	1	17.0
Weighted Daily Average			164.06
% of Calories			62.4%
Nutrient Guideline			

Tue - 10/21/2025			
SECONDARY LUNCH 9-12	Total	1	
TACO SOUP - RAW - 1 CUP	1 CUP	1	22.68
CHEDDAR/ JACK FANCY SHRED-.5OZ	.5 OZ	1	0.51
VEGETABLES, EDAMAME & CARROTS	3/4 CUP	1	7.49
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	52.46
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
PEACH, DICED, CANNED	1/2 CUP	1	14.0
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	11.05
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0

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ALT SEC WEEKLY 1st CHO	Total	1	
NACHOS	SERVINGS	1	38.19
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	4.32
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
PEACH, DICED, CANNED	1/2 CUP	1	14.0
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	11.05
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
Weighted Daily Average			176.52
% of Calories			52.3%
Nutrient Guideline			

Wed - 10/22/2025			
SECONDARY LUNCH 9-12	Total	1	
TERIYAKI BEEF NUGGETS	4 Nugget	1	6.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	2.82
BROCCOLI, ROASTED, CUP	1 CUP	1	4.45
ROLLS - NO EGGS	SERVINGS	1	25.63
MARGARINE REDDIES: (1)	1 Patty	1	0.0
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	16.25
SALAD BAR: HIGH	1 CUP	1	9.84
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO	Total	1	
SPICY CHICKEN SANDWICH	SERVINGS	1	44.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	1	28.51
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	16.25
SALAD BAR: HIGH	1 CUP	1	9.84
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	10.13
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
Weighted Daily Average			179.66
% of Calories			58.8%
Nutrient Guideline			

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# Washington County School District

Oct 1, 2025 thru Oct 31, 2025

## Base Menu Spreadsheet

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

## Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 10/23/2025			
SECONDARY LUNCH 9-12	Total	1	
HAMBURGER - TYSON -SEC	SERVINGS	1	27.0
CHEESE: PROCESS SLICE	1 oz.	1	1.98
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	1	28.51
SWEET CAKE	SERVING	1	44.38
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
PEARS, DICED, CANNED	1/2 CUP	1	16.0
SALAD BAR: HIGH	1 CUP	1	9.84
CONDIMENT - BURGER	SERVING	1	4.64
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO			
CHEESESTEAK SANDWICH	Total	1	
TATER TOTS - MCCAIN	SANDWICHES	1	33.9
CARROT & CELERY STICKS:ELE	12pc	1	21.1
PEARS, DICED, CANNED	3/4 CUP	1	8.53
FRUIT BAR : FALL SECONDARY	1/2 CUP	1	16.0
MAYONNAISE, LIGHT	1 CUP	1	25.95
KETCHUP : P/C	POUCH	1	0.0
MILK : CHOCOLATE MILK F/F	PC	1	10.12
MILK 1% WHITE	CARTON	1	19.0
MILK	CARTON	1	13.0
	CARTON	1	17.0
Weighted Daily Average			189.24
% of Calories			56.9%
Nutrient Guideline			

Fri - 10/24/2025			
SECONDARY LUNCH 9-12	Total	1	
CORN DOG, MINI PROVIEW (6)	6 NUGGETS	1	29.85
CARROTS 1 CUP	1 CUP	1	15.86
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0

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# Washington County School District

Oct 1, 2025 thru Oct 31, 2025

## Base Menu Spreadsheet

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

## Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT SEC WEEKLY 1st CHO	Total	1	
WRAP, CHICKEN - FR091	WRAP	1	39.57
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
MIXED FRESH VEGETABLES	3/4 CUP	1	8.31
SUN CHIPS	BAG	1	19.0
SALAD BAR: HIGH	1 CUP	1	9.84
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	16.0
BARBAQUE SAUCE: P/C	1 Each	1	10.13
MAYONNAISE, CHIPOTLE	1oz SERVING	1	2.03
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
Weighted Daily Average			172.60
% of Calories			55.4%
Nutrient Guideline			

Mon - 10/27/2025			
SECONDARY LUNCH 9-12	Total	1	
GENERAL TSO - YANGS	3.6oz SERVING	1	22.15
RICE: COOKED BROWN (SEC)	1 CUP	1	32.23
GREEN BEANS 1 CUP	1 CUP	1	6.0
BROWNIE MIX, SHIRLEY J	SERVINGS	1	23.0
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVING	1	19.0
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
SALAD BAR: HIGH	1 CUP	1	9.84
SOY SAUCE: PC	PC	1	1.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO	Total	1	
DOMINOS PIZZA	SLICE	1	30.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
COOKIE, CELEBRATION	SERVINGS	1	17.0
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVING	1	19.0
SALAD BAR: HIGH	1 CUP	1	9.84
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
MILK	CARTON	1	17.0
Weighted Daily Average			173.53
% of Calories			65.2%
Nutrient Guideline			

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# Washington County School District

Oct 1, 2025 thru Oct 31, 2025

## Base Menu Spreadsheet

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

## Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 10/28/2025			
SECONDARY LUNCH 9-12	Total	1	
SOFT FLOUR TACO:SEC	serving	1	23.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	4.32
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
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
PEACH, DICED, CANNED	1/2 CUP	1	14.0
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	11.05
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO	Total	1	
NACHOS	SERVINGS	1	38.19
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	4.32
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
PEACH, DICED, CANNED	1/2 CUP	1	14.0
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	11.05
SALSA PICANTE	1 OZ	1	1.4
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
Weighted Daily Average			172.95
% of Calories			56.4%
Nutrient Guideline			

Wed - 10/29/2025			
SECONDARY LUNCH 9-12	Total	1	
ROTINI ALFREDO: SEC	1 CUP	1	36.65
CHICKEN, DICED L/S TYSON	2.3oz SERVING	1	0.78
BREADSTICK, CHEESY GARLIC	SERVINGS	1	15.0
BROCCOLI, ROASTED, CUP	1 CUP	1	4.45
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
SALAD BAR: HIGH	1 CUP	1	9.84
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO	Total	1	
SPICY CHICKEN SANDWICH	SERVINGS	1	44.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	1	28.51
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	16.25
SALAD BAR: HIGH	1 CUP	1	9.84
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	10.13
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0

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# Washington County School District

Oct 1, 2025 thru Oct 31, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Weighted Daily Average % of Calories			155.52 58.2%
Nutrient Guideline			

Thu - 10/30/2025			
SECONDARY LUNCH 9-12	Total	1	
CALZONE, MINI, WG	3 CALZONES	1	40.01
CARROT STICKS 3/4 CUP	3/4 CUP	1	11.0
CREAMIES JR.	CREAMIE	1	14.0
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
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
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO	Total	1	
CHEESESTEAK SANDWICH	SANDWICHES	1	33.9
TATER TOTS - MCCAIN	12pc	1	21.1
CARROT & CELERY STICKS:ELE	3/4 CUP	1	8.53
PEARS, DICED, CANNED	1/2 CUP	1	16.0
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
MAYONNAISE, LIGHT	POUCH	1	0.0
KETCHUP : P/C	PC	1	10.12
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
Weighted Daily Average % of Calories			166.30 59.0%
Nutrient Guideline			

Fri - 10/31/2025			
SECONDARY LUNCH 9-12	Total	1	
MUMMY DOG	MUMMY DOGS	1	17.0
COOKIE: HALLOWEEN	1 EACH	1	28.0
DINNER SALAD SEC.	1.62 CUP	1	5.65
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	16.0
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0

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Base Menu Spreadsheet

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WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT SEC WEEKLY 1st CHO	Total	1	
WRAP, CHICKEN - FR091	WRAP	1	39.57
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.25
MIXED FRESH VEGETABLES	3/4 CUP	1	8.31
SUN CHIPS	BAG	1	19.0
SALAD BAR: HIGH	1 CUP	1	9.84
FRUIT BAR : FALL SECONDARY	1 CUP	1	25.95
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	16.0
BARBAQUE SAUCE: P/C	1 Each	1	10.13
MAYONNAISE, CHIPOTLE	1oz SERVING	1	2.03
MILK : CHOCOLATE MILK F/F	CARTON	1	19.0
MILK 1% WHITE	CARTON	1	13.0
MILK	CARTON	1	17.0
Weighted Daily Average			152.34
% of Calories			53.2%
Nutrient Guideline			

Weighted Average			166.76
			56.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	166.76	56.88%						

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