

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Wed - 10/01/2025																	
ELEMENTARY LUNCH	Total	1															
ROTINI ALFREDO: ELE	3/4 CUP	1	199	18	206	2.03	*N/A*	*N/A*	*N/A*	*N/A*	4.02	*N/A*	9.56	26.31	6.77	3.20	0.00
CHICKEN, DICED L/S TYSON	1.5oz SE RVING	1	66	28	64	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*N/A*	9.17	0.51	2.55	0.76	0.00
BREADSTICK, CHEESY GARL	SERVING	1	100	0	140	1.00	*N/A*	*N/A*	*N/A*	*N/A*	2.00	*N/A*	3.0	15.0	3.0	0.50	0.00
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	1	55	1	35	1.30	*0.00	*16.0	*0	*0.0	*0.85	*0.00	1.93	3.29	4.47	0.54	0.01
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	*0	3	1.72	*0.18	*12.8	*3	*28.92	11.00	*0.00	0.64	14.98	0.19	0.05	*0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			590	*54	603	6.05	*0.18	*28.8	*3	*28.92	*33.87 *23.0%	*0.00 *0.0%	32.29 21.9%	77.10 52.3%	17.80 27.2%	5.56 8.5%	*0.01 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

Thu - 10/02/2025																	
ELEMENTARY LUNCH	Total	1															
HOT DOG, BEEF CLOVERDAL	SERVING	1	280	35	550	2.00	*1.08	*60.0	*N/A*	*2.4	3.00	*N/A*	12.0	23.0	16.5	6.00	0.00
TATER TOTS - MCCAIN	8 PIECES	1	90	0	160	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	1.0	14.0	3.5	0.00	0.00
CARROT STICKS 1/2 CUP	1/2 CUP	1	70	10	95	0.00	0.00	0.0	*0	0.0	1.00	0.00	1.0	2.0	6.0	0.50	0.00
COOKIE, OATMEAL	1 EACH	1	127	14	141	0.86	*0.69	*9.4	*0	*0.0	*9.21	*9.19	2.22	19.44	4.57	1.74	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	*0	3	1.72	*0.18	*12.8	*3	*28.92	11.00	*0.00	0.64	14.98	0.19	0.05	*0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	*N/A*	2.43	8.10	*N/A*	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	*N/A*	0.0	0.00	*N/A*	0.22	0.33	0.22	0.00	0.00
SALAD BAR: 3 THURSDAY'S: ELE	.5 CUP	1	53	3	451	1.02	0.29	16.6	*2	12.09	*3.70	*2.89	0.79	7.17	2.76	0.68	0.00
RELISH- DILL PICKLE	SERVING	1	5	0	60	0.00	0.00	0.0	*N/A*	0.0	2.00	2.00	0.0	2.0	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			839	*69	2011	7.82	*2.25	*98.8	*5	*45.84	*55.02 *26.2%	*14.08 *6.7%	25.87 12.3%	110.05 52.5%	34.57 37.1%	9.47 10.2%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=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

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Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Fri - 10/03/2025																	
ELEMENTARY LUNCH	Total	1															
GRILLED CHEESE	SANDWICH	1	475	49	1326	4.00	2.88	336.3	*N/A*	0.0	*1.98	*N/A*	16.68	39.95	27.2	13.91	*0.00
CARROT STICKS 3/4 CUP	3/4 CUP	1	109	10	161	2.70	*0.00	*0.0	*N/A*	*0.0	5.58	*N/A*	1.9	11.0	6.22	0.57	0.00
CREAMIES JR.	CREAMIE	1	93	16	39	0.00	0.00	260.0	*N/A*	3.45	*N/A*	*N/A*	2.0	14.0	3.5	2.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	*0	3	1.72	*0.18	*12.8	*3	*28.92	11.00	*0.00	0.64	14.98	0.19	0.05	*0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			846	*82	1684	8.43	*3.06	*609.1	*3	*32.37	*34.56	*0.00	29.21	96.93	37.95	17.04	*0.00
% of Calories											*16.3%	*0.0%	13.8%	45.8%	40.4%	18.1%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

Mon - 10/06/2025																	
ELEMENTARY LUNCH	Total	1															
TERIYAKI CHICKEN - ELEM.	2 oz	1	93	50	343	0.00	*N/A*	0.0	*N/A*	0.0	6.43	*N/A*	10.71	7.14	2.5	0.71	0.00
CHOW MEIN - ELEM	2.36oz SERVING	1	95	9	262	2.65	*0.09	*8.8	*72	*4.8	2.11	*0.00	3.32	19.31	0.04	0.01	0.00
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	1	55	1	35	1.30	*0.00	*16.0	*0	*0.0	*0.85	*0.00	1.93	3.29	4.47	0.54	0.01
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	*0	3	1.72	*0.18	*12.8	*3	*28.92	11.00	*0.00	0.64	14.98	0.19	0.05	*0.00
COOKIE, CELEBRATION	SERVING	1	110	5	100	1.00	*N/A*	*N/A*	*N/A*	*N/A*	9.00	*N/A*	1.0	17.0	4.0	1.00	0.00
SOY SAUCE: PC	PC	1	0	0	230	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	1.0	1.0	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			523	*72	1128	6.67	*0.27	*37.7	*74	*33.72	*45.39	*0.00	26.60	79.73	12.03	2.81	*0.01
% of Calories											*34.7%	*0.0%	20.4%	61.0%	20.7%	4.8%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Tue - 10/07/2025																	
ELEMENTARY LUNCH	Total	1															
QUESADILLA, THREE CHEES	SERVING	1	323	36	582	3.32	*N/A*	*N/A*	*N/A*	*N/A*	2.29	*0.00	17.43	32.51	14.2	8.62	0.00
REFRIED BEANS, V V	1/2 C SERVINGS	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	7.0	24.0	2.5	0.00	0.00
GREEN BEANS: 1/2 C.	1/2 CUP	1	16	0	140	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	1.0	3.0	0.0	0.00	0.00
COOKIE, PUMPKIN CHOCOL	COOKIE	1	147	1	137	2.85	*0.52	*29.1	*0	*0.0	*10.77	*8.07	2.03	23.08	5.66	2.39	*0.00
ATE CHIP																	
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	*0	3	1.72	*0.18	*12.8	*3	*28.92	11.00	*0.00	0.64	14.98	0.19	0.05	*0.00
SALAD BAR: 2 TUESDAY (ELE	.5 CUP	1	88	3	589	1.81	*0.35	23.2	*2	*10.87	*4.35	*2.89	1.41	9.18	5.9	1.17	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	*N/A*	0.0	0.61	*N/A*	0.25	1.4	0.12	0.01	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			890	*47	2083	18.88	*1.06	*65.1	*4	*39.79	*47.02	*10.96	37.74	125.16	29.38	12.74	*0.00
% of Calories											*21.1%	*4.9%	17.0%	56.3%	29.7%	12.9%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

Wed - 10/08/2025																	
ELEMENTARY LUNCH	Total	1															
CHICKEN NOODLE SOUP: U	1 CUP	1	199	47	451	1.92	*0.08	*20.5	*98	*1.69	*2.10	*0.00	17.21	18.34	5.05	1.23	0.00
SDA 1C.																	
BREADSTICK, CHEESE - BO	SERVING	1	150	15	220	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	10.0	17.0	5.0	2.50	0.00
SCO'S																	
TOMATOES, CUCUMBER, C	3/4 CUP	1	25	0	35	1.89	0.54	20.2	*1	6.88	*1.39	*0.00	0.77	9.38	0.17	0.03	0.00
ARROTS:EL																	
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	*0	3	1.72	*0.18	*12.8	*3	*28.92	11.00	*0.00	0.64	14.98	0.19	0.05	*0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	*N/A*	0.0	1.00	*N/A*	1.0	2.0	6.0	0.50	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			613	*79	959	7.53	*0.80	*53.5	*102	*37.49	*32.49	*0.00	37.61	78.70	17.24	4.81	*0.00
% of Calories											*21.2%	*0.0%	24.5%	51.4%	25.3%	7.1%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2025 thru Oct 31, 2025

ELEMENTARY LUNCH

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Tue - 10/14/2025																	
ELEMENTARY LUNCH	Total	1															
BEEF TACO ENCHILADA	ENCHILADA	1	393	59	916	3.25	2.79	420.1	*5	*0.67	*2.01	0.67	21.68	31.37	19.9	10.74	*0.00
REFRIED BEANS, V V	1/2 C SERVINGS	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	7.0	24.0	2.5	0.00	0.00
CORN, STREET	1/2 CUP SERVING	1	147	9	101	2.42	*0.01	*48.2	*1	*0.0	*4.56	*0.00	4.08	21.66	7.16	1.55	*0.00
CHURRO- APPLE WG	SERVING	1	150	0	70	1.00	*N/A*	*N/A*	*N/A*	*N/A*	8.00	*N/A*	2.0	25.0	5.0	1.00	0.00
SALAD BAR: 2 TUESDAY (ELE	.5 CUP	1	88	3	589	1.81	*0.35	23.2	*2	*10.87	*4.35	*2.89	1.41	9.18	5.9	1.17	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	*N/A*	0.0	0.61	*N/A*	0.25	1.4	0.12	0.01	0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	10	0.00	*N/A*	*N/A*	*N/A*	*N/A*	11.00	*N/A*	0.0	14.0	0.0	0.00	0.00
FRUIT BAR :FALL ELEM.	1/2 CUP	1	52	0	5	1.67	*0.11	*5.4	*2	*7.48	*6.54	*0.00	0.66	12.89	0.23	0.02	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			1145	78	2324	17.34	*3.26	*496.9	*9	*19.02	*54.07 *18.9%	*3.56 *1.2%	45.08 15.7%	156.50 54.7%	41.64 32.7%	14.99 11.8%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	
Wed - 10/15/2025																	
ELEMENTARY LUNCH	Total	1															
CHICKEN PARMESAN - ELEM	3 TENDERS	1	411	34	722	7.00	*0.00	*108.9	*N/A*	*0.0	*4.40	*0.00	23.64	39.6	20.1	4.31	*0.00
GREEN BEANS, ZESTY- ELE	1/2 CUP SERVING	1	64	4	218	2.04	*0.03	*52.6	*0	*0.01	*1.01	*0.00	2.82	3.35	4.96	1.68	0.01
GARLIC TOAST - WG - BC	SERVING	1	100	0	125	1.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*0.00	3.0	14.0	3.5	0.50	0.00
FRUIT BAR :FALL ELEM.	1/2 CUP	1	52	0	5	1.67	*0.11	*5.4	*2	*7.48	*6.54	*0.00	0.66	12.89	0.23	0.02	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			737	45	1225	11.71	*0.14	*166.9	*2	*7.49	*28.95 *15.7%	*0.00 *0.0%	38.12 20.7%	86.84 47.1%	29.63 36.2%	7.01 8.6%	*0.01 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

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Thu - 10/16/2025																	
ELEMENTARY LUNCH	Total	1															
CHICKEN SANDWICH	SANDWICH	1	323	46	504	5.04	*1.08	*60.0	*N/A*	*2.4	2.00	*N/A*	24.24	31.11	10.61	1.52	0.00
LETTUCE & TOMATO:1/2 CU	1/2 CUP	1	9	0	5	0.79	0.25	7.5	*9	4.02	1.11	0.00	0.72	1.92	0.04	0.01	0.00
P-TACOS																	
TERIYAKI SAUCE - KIKKOMA	2oz SERVING	1	68	0	1103	0.00	*N/A*	*N/A*	*N/A*	*N/A*	13.40	*N/A*	2.6	16.2	0.0	0.00	0.00
TATER TOTS - MCCAIN	8 PIECES	1	90	0	160	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	1.0	14.0	3.5	0.00	0.00
COOKIE, CHOCOLATE CHIP	1 EACH	1	96	1	123	0.73	*0.46	*25.5	*0	*0.0	*5.90	*5.90	1.24	13.5	4.34	1.85	*0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12.00	*N/A*	0.0	16.0	0.0	0.00	0.00
FRUIT BAR :FALL ELEM.	1/2 CUP	1	52	0	5	1.67	*0.11	*5.4	*2	*7.48	*6.54	*0.00	0.66	12.89	0.23	0.02	0.00
SALAD BAR: 3 THURSDAY'S:	.5 CUP	1	53	3	451	1.02	0.29	16.6	*2	12.09	*3.70	*2.89	0.79	7.17	2.76	0.68	0.00
ELE																	
CONDIMENT - CHICKEN SAN	SERVING	1	48	2	345	0.23	0.07	3.8	*N/A*	2.09	7.19	*0.00	0.22	8.93	1.21	0.19	0.03
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			909	58	2854	13.48	*2.26	*118.8	*13	*28.08	*68.85	*8.79	39.48	138.72	23.53	4.77	*0.03
% of Calories											*30.3%	*3.9%	17.4%	61.1%	23.3%	4.7%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

Fri - 10/17/2025																	
ELEMENTARY LUNCH	Total	1															
SLOPPY JOE: GREEK - ELEM	2 OZ	1	256	33	775	2.55	*0.19	*50.8	*12	*0.15	*6.14	*1.00	13.68	31.08	8.72	2.97	*0.22
DINNER SALAD, GREEK	1 CUP	1	50	8	142	1.54	1.00	68.5	*227	*6.33	*1.44	*0.00	2.31	3.97	3.07	1.29	*0.00
SUN CHIPS	BAG	1	140	0	140	2.00	0.00	0.0	*N/A*	0.0	2.00	*N/A*	2.0	19.0	6.0	0.50	0.00
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	60	0	0	1.00	0.36	20.0	*N/A*	*N/A*	13.00	*N/A*	1.0	16.0	0.0	0.00	0.00
FRUIT BAR :FALL ELEM.	1/2 CUP	1	52	0	5	1.67	*0.11	*5.4	*2	*7.48	*6.54	*0.00	0.66	12.89	0.23	0.02	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	*N/A*	0.0	1.00	*N/A*	1.0	2.0	6.0	0.50	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			738	58	1312	8.76	*1.66	*144.7	*241	*13.96	*46.12	*1.00	28.66	101.94	24.86	5.78	*0.22
% of Calories											*25.0%	*0.5%	15.5%	55.3%	30.3%	7.1%	*0.3%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2025 thru Oct 31, 2025

ELEMENTARY LUNCH

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Mon - 10/20/2025																	
ELEMENTARY LUNCH	Total	1															
TERIYAKI CHICKEN - ELEM.	2 oz	1	93	50	343	0.00	*N/A*	0.0	*N/A*	0.0	6.43	*N/A*	10.71	7.14	2.5	0.71	0.00
CHOW MEIN - ELEM	2.36oz S	1	95	9	262	2.65	*0.09	*8.8	*72	*4.8	2.11	*0.00	3.32	19.31	0.04	0.01	0.00
ERVING	3/4 CUP	1	24	0	210	3.00	*N/A*	*N/A*	*N/A*	*N/A*	1.50	*N/A*	1.5	4.5	0.0	0.00	0.00
BISCUIT	BISCUIT	1	90	0	160	1.00	*N/A*	*N/A*	*N/A*	*N/A*	2.00	*2.00	2.0	14.0	2.5	1.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	*0	3	1.72	*0.18	*12.8	*3	*28.92	11.00	*0.00	0.64	14.98	0.19	0.05	*0.00
SOY SAUCE: PC	PC	1	0	0	230	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	1.0	1.0	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			471	*66	1363	8.37	*0.27	*21.7	*74	*33.72	*39.04	*2.00	27.17	77.93	6.06	2.27	*0.00
% of Calories											*33.1%	*1.7%	23.1%	66.1%	11.6%	4.3%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

Tue - 10/21/2025																	
ELEMENTARY LUNCH	Total	1															
TACO SOUP - RAW - 3/4 CUP	1 CUP	1	244	34	792	6.65	*2.07	*67.3	*11	*13.98	*5.27	*0.00	13.6	22.55	10.95	3.81	*0.00
CHEDDAR/ JACK FANCY SH	.25 OZ	1	28	6	43	0.00	0.00	50.6	*N/A*	0.0	0.00	*N/A*	1.52	0.25	2.28	1.52	0.00
RED.25OZ																	
VEGETABLES, EDAMAME &	3/4 CUP	1	75	0	36	3.91	*0.38	*13.5	*N/A*	*1.13	*1.34	*N/A*	6.97	7.49	2.73	0.01	0.00
CARROTS																	
CINNAMON ROLL W. W.W. B	ROLL	1	315	5	287	3.00	*0.01	*4.2	*0	*0.0	*27.10	17.75	6.34	52.46	8.58	2.84	*0.00
RIDGFOR																	
SALAD BAR: 2 TUESDAY (ELE	.5 CUP	1	88	3	589	1.81	*0.35	23.2	*2	*10.87	*4.35	*2.89	1.41	9.18	5.9	1.17	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	*0	3	1.72	*0.18	*12.8	*3	*28.92	11.00	*0.00	0.64	14.98	0.19	0.05	*0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			919	*55	1906	17.09	*2.99	*171.6	*16	*54.89	*65.07	*20.64	38.48	123.92	31.46	9.90	*0.00
% of Calories											*28.3%	*9.0%	16.8%	54.0%	30.8%	9.7%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Wed - 10/22/2025																	
ELEMENTARY LUNCH	Total	1															
TERIYAKI BEEF NUGGETS	4 Nugget	1	160	40	440	1.00	1.44	20.0	*N/A*	0.0	4.00	*N/A*	14.0	6.0	8.0	3.50	0.50
MASHED POTATOES, Dry mix, 1/2	1/2 CUP	1	80	0	314	1.00	0.37	22.4	*N/A*	30.04	1.00	*N/A*	2.0	17.03	1.0	0.00	*0.00
GRAVY, BROWN LOW SODIUM	1/4 CUP	1	2	0	19	0.00	0.01	1.1	*N/A*	0.0	0.12	*N/A*	0.0	0.37	0.0	0.00	*0.00
BROCCOLI, ROASTED, 3/4 CUP	3/4 CUP	1	55	1	35	1.30	*0.00	*16.0	*0	*0.0	*0.85	*0.00	1.93	3.29	4.47	0.54	0.01
FRUIT BAR :WINTER:ELEMENTARY	1/2 CUP	1	60	*0	3	1.72	*0.18	*12.8	*3	*28.92	11.00	*0.00	0.64	14.98	0.19	0.05	*0.00
ROLLS - NO EGGS	SERVING	1	140	0	317	2.38	1.21	11.7	*0	0.0	*2.14	2.14	4.34	25.63	2.58	0.89	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	20	0	30	0.00	0.00	0.0	*N/A*	0.0	0.00	0.00	0.0	0.0	2.5	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			627	*48	1313	7.40	*3.20	*84.1	*3	*58.96	*35.12 *22.4%	*2.14 *1.4%	30.92 19.7%	84.30 53.8%	19.57 28.1%	5.48 7.9%	*0.51 *0.7%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

Thu - 10/23/2025																	
ELEMENTARY LUNCH	Total	1															
HAMBURGER, TYSON	HAMBURGER	1	273	46	475	2.00	*1.08	*60.0	*N/A*	*2.4	2.00	*N/A*	17.23	22.0	12.71	4.59	0.51
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	31	0	11	2.22	0.57	19.4	*60	20.39	4.26	0.00	1.77	6.57	0.28	0.04	0.00
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	1	119	0	256	1.71	0.31	0.0	*N/A*	4.09	0.00	*N/A*	1.71	18.76	4.26	1.28	0.00
SWEET CAKE	SERVING	1	279	5	223	1.23	*0.54	*16.9	*0	*0.31	*31.70	*13.58	1.94	44.38	11.07	4.80	*0.00
FRUIT BAR :WINTER:ELEMENTARY	1/2 CUP	1	60	*0	3	1.72	*0.18	*12.8	*3	*28.92	11.00	*0.00	0.64	14.98	0.19	0.05	*0.00
SALAD BAR: 3 THURSDAY'S: ELEMENTARY	.5 CUP	1	53	3	451	1.02	0.29	16.6	*2	12.09	*3.70	*2.89	0.79	7.17	2.76	0.68	0.00
CONDIMENT - BURGER	SERVING	1	31	2	316	0.09	0.00	0.0	*N/A*	0.93	3.50	0.00	0.12	4.64	1.27	0.18	0.02
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			956	*62	1889	9.99	*2.97	*125.7	*65	*69.14	*72.16 *30.2%	*16.47 *6.9%	32.19 13.5%	135.50 56.7%	33.37 31.4%	12.11 11.4%	*0.53 *0.5%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

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Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Fri - 10/24/2025																	
ELEMENTARY LUNCH	Total	1															
CORN DOG, MINI PROVIEU (	4 NUGG	1	166	40	232	1.99	*N/A*	*N/A*	*N/A*	*N/A*	0.66	*N/A*	6.63	19.9	6.63	1.66	0.00
ETS																	
CARROT STICKS 3/4 CUP	3/4 CUP	1	109	10	161	2.70	*0.00	*0.0	*N/A*	*0.0	5.58	*N/A*	1.9	11.0	6.22	0.57	0.00
COOKIE, SNICKERDOODLE, WG	SERVING	1	104	7	69	0.50	*N/A*	*N/A*	*N/A*	*N/A*	7.00	*N/A*	1.0	16.0	4.0	1.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	*0	3	1.72	*0.18	*12.8	*3	*28.92	11.00	*0.00	0.64	14.98	0.19	0.05	*0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	*N/A*	2.43	8.10	*N/A*	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	*N/A*	0.0	0.00	*N/A*	0.22	0.33	0.22	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			592	*63	1017	7.14	*0.18	*12.8	*3	*31.35	48.34 32.7%	*0.00 *0.0%	18.39 12.4%	89.34 60.3%	18.10 27.5%	3.78 5.7%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

Mon - 10/27/2025																	
ELEMENTARY LUNCH	Total	1															
ORANGE CHICKEN	2.94 OZ	1	123	33	247	0.00	*N/A*	0.0	*N/A*	*N/A*	9.05	*N/A*	9.05	16.45	2.47	0.41	0.00
RICE: COOKED BROWN RIC E (ELE)	1/2 CUP	1	78	0	70	0.98	*0.00	1.1	*0	0.0	*0.00	0.00	1.95	16.12	0.73	0.00	*0.00
GREEN BEANS 3/4 CUP	3/4 CUP	1	24	0	210	3.00	*N/A*	*N/A*	*N/A*	*N/A*	1.50	*N/A*	1.5	4.5	0.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	*0	3	1.72	*0.18	*12.8	*3	*28.92	11.00	*0.00	0.64	14.98	0.19	0.05	*0.00
BROWNIE MIX, SHIRLEY J	SERVING	1	120	0	65	1.00	*0.00	*0.2	*N/A*	*0.0	*15.00	*N/A*	1.0	23.0	3.5	1.15	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			515	*40	750	6.70	*0.18	*14.1	*3	*28.92	*52.56 *40.8%	*0.00 *0.0%	22.14 17.2%	92.06 71.5%	7.72 13.5%	2.11 3.7%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2025 thru Oct 31, 2025

ELEMENTARY LUNCH

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Tue - 10/28/2025																	
ELEMENTARY LUNCH	Total	1															
SOFT FLOUR TACO: ELE	servings	1	244	49	447	4.00	1.44	120.1	*N/A*	0.6	0.00	*N/A*	18.01	23.0	10.5	3.20	0.00
SHREDDED LETTUCE & TO	1/2 CUP	1	31	0	11	2.22	0.57	19.4	*60	20.39	4.26	0.00	1.77	6.57	0.28	0.04	0.00
MATO-DELI																	
CHEDDAR/ JACK FANCY SH	.25 OZ	1	28	6	43	0.00	0.00	50.6	*N/A*	0.0	0.00	*N/A*	1.52	0.25	2.28	1.52	0.00
RED.25OZ																	
REFRIED BEANS, V V	1/2 C SE	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	7.0	24.0	2.5	0.00	0.00
RVINGS																	
CHURRO- APPLE WG	SERVING	1	150	0	70	1.00	*N/A*	*N/A*	*N/A*	*N/A*	8.00	*N/A*	2.0	25.0	5.0	1.00	0.00
SALAD BAR: 2 TUESDAY (ELE	.5 CUP	1	88	3	589	1.81	*0.35	23.2	*2	*10.87	*4.35	*2.89	1.41	9.18	5.9	1.17	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	*0	3	1.72	*0.18	*12.8	*3	*28.92	11.00	*0.00	0.64	14.98	0.19	0.05	*0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	*N/A*	0.0	0.61	*N/A*	0.25	1.4	0.12	0.01	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			856	*65	1795	17.94	*2.54	*226.1	*64	*60.78	*45.22	*2.89	40.59	121.38	27.60	7.49	*0.00
% of Calories											*21.1%	*1.4%	19.0%	56.7%	29.0%	7.9%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	
Wed - 10/29/2025																	
ELEMENTARY LUNCH	Total	1															
ROTINI ALFREDO: ELE	3/4 CUP	1	199	18	206	2.03	*N/A*	*N/A*	*N/A*	*N/A*	4.02	*N/A*	9.56	26.31	6.77	3.20	0.00
CHICKEN, DICED L/S TYSON	1.5oz SE	1	66	28	64	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*N/A*	9.17	0.51	2.55	0.76	0.00
RVING																	
BREADSTICK, CHEESY GARL	SERVING	1	100	0	140	1.00	*N/A*	*N/A*	*N/A*	*N/A*	2.00	*N/A*	3.0	15.0	3.0	0.50	0.00
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	1	55	1	35	1.30	*0.00	*16.0	*0	*0.0	*0.85	*0.00	1.93	3.29	4.47	0.54	0.01
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	*0	3	1.72	*0.18	*12.8	*3	*28.92	11.00	*0.00	0.64	14.98	0.19	0.05	*0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			590	*54	603	6.05	*0.18	*28.8	*3	*28.92	*33.87	*0.00	32.29	77.10	17.80	5.56	*0.01
% of Calories											*23.0%	*0.0%	21.9%	52.3%	27.2%	8.5%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

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Thu - 10/30/2025																	
ELEMENTARY LUNCH	Total	1															
CALZONE, MINI, WG	3 CALZONES	1	325	23	490	4.00	1.80	225.0	*N/A*	*N/A*	6.00	*N/A*	16.5	40.01	11.5	5.00	0.00
CARROT STICKS 1/2 CUP	1/2 CUP	1	70	10	95	0.00	0.00	0.0	*0	0.0	1.00	0.00	1.0	2.0	6.0	0.50	0.00
CREAMIES JR.	CREAMIE	1	93	16	39	0.00	0.00	260.0	*N/A*	3.45	*N/A*	*N/A*	2.0	14.0	3.5	2.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	*0	3	1.72	*0.18	*12.8	*3	*28.92	11.00	*0.00	0.64	14.98	0.19	0.05	*0.00
MARINARA SAUCE	1/2 CUP	1	70	0	561	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.01	*N/A*	2.0	12.02	1.5	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			728	*55	1343	7.73	*1.98	*497.9	*3	*32.37	*41.02 *22.5%	*0.00 *0.0%	30.14 16.6%	100.01 55.0%	23.53 29.1%	8.05 10.0%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	
Fri - 10/31/2025																	
ELEMENTARY LUNCH	Total	1															
MUMMY DOG	MUMMY DOGS	1	270	35	500	1.00	*N/A*	*N/A*	*N/A*	*N/A*	3.00	*N/A*	10.0	17.0	18.0	6.50	0.00
COOKIE: HALLOWEEN	1 EACH	1	170	5	55	1.00	0.00	0.0	0	0.0	15.00	14.00	2.0	28.0	6.0	1.50	0.00
DINNER SALAD ELEM.	1 CUP	1	59	3	472	1.69	0.56	30.2	*216	*5.74	*4.89	*2.89	0.9	8.34	2.89	0.71	0.00
FRUIT BAR :FALL ELEM.	1/2 CUP	1	52	0	5	1.67	*0.11	*5.4	*2	*7.48	*6.54	*0.00	0.66	12.89	0.23	0.02	0.00
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12.00	*N/A*	0.0	16.0	0.0	0.00	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	70	10	95	0.00	0.00	0.0	*N/A*	0.0	1.00	*N/A*	1.0	2.0	6.0	0.50	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	*N/A*	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			791	60	1286	7.36	*0.67	*35.7	*218	*13.22	*58.43 *29.6%	*16.89 *8.5%	22.57 11.4%	101.22 51.2%	33.96 38.7%	9.73 11.1%	0.00 0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	
Weighted Average			744	*60	1472	10.12	*1.50	*151.9	*45	*34.95	*46.86 *56.7%	*4.97 *6.0%	31.78 17.1%	102.72 55.3%	24.39 29.5%	7.57 9.2%	*0.07 *0.1%

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	744		645		115%													
Cholesterol (mg)	60					Missing												
Sodium 1 (mg)	1472								1472									
Fiber (g)	10.12																	
Iron (mg)	1.50			3.30	46%	Missing		1.80										
Calcium (mg)	151.9			267.00	57%	Missing		115.06										
Vitamin A (RAE)	45			1055	4%	Missing		1010										
Total Sugars (g)	46.86	25.21%				Missing												
Added Sugars (g)	4.97	2.67%				Missing												
Vitamin C (mg)	34.95			15.00	233%	Missing												
Protein (g)	31.78	17.09%		8.87	358%													
Carbohydrate (g)	102.72	55.25%																
Total Fat (g)	24.39	29.52%		<=30.00%														
Saturated Fat (g)	7.57	9.17%		<10.00%														
Trans Fat (g)	0.07	0.08%				Missing												

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*
** - denotes combined nutrient totals with either missing or incomplete nutrient data*
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