

	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																	
SECONDARY LUNCH 9-12	Total	2															
ROTINI ALFREDO: SEC	1 CUP	1	248	18	211	2.97	*N/A*	*N/A*	*N/A*	*N/A*	4.49	*N/A*	11.2	36.65	7.11	3.20	0.00
CHICKEN, DICED L/S TYSON	2.3oz SERVING	1	102	43	98	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*N/A*	14.09	0.78	3.91	1.17	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, CUP	1 CUP	1	69	2	44	1.74	0.49	50.7	*0	59.72	*0.00	0.00	2.53	4.45	5.37	0.68	*0.02
FRUIT BAR : FALL SECONDARY	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	65	0	6	0.75	*0.18	*5.0	*N/A*	*5.25	13.50	*N/A*	0.25	16.25	0.0	0.00	0.00
SALAD BAR: HIGH	1 CUP	1	73	3	502	2.02	*0.49	*27.8	*4	*21.77	*4.09	*2.89	1.98	9.84	3.56	0.69	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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
ROTINI ALFREDO: SEC	1 CUP	1	248	18	211	2.97	*N/A*	*N/A*	*N/A*	*N/A*	4.49	*N/A*	11.2	36.65	7.11	3.20	0.00
CHICKEN, DICED L/S TYSON	2.3oz SERVING	1	102	43	98	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*N/A*	14.09	0.78	3.91	1.17	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, CUP	1 CUP	1	69	2	44	1.74	0.49	50.7	*0	59.72	*0.00	0.00	2.53	4.45	5.37	0.68	*0.02
FRUIT BAR : FALL SECONDARY	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	65	0	6	0.75	*0.18	*5.0	*N/A*	*5.25	13.50	*N/A*	0.25	16.25	0.0	0.00	0.00
SALAD BAR: HIGH	1 CUP	1	73	3	502	2.02	*0.49	*27.8	*4	*21.77	*4.09	*2.89	1.98	9.84	3.56	0.69	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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

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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
ALT SEC WEEKLY 1st CHO	Total	1															
SPICY CHICKEN SANDWICH	SERVING	1	420	25	660	6.00	*1.44	*60.0	*N/A*	3.6	4.00	*N/A*	21.0	44.0	17.0	3.00	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																	
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	1	181	0	389	2.59	0.47	0.0	*N/A*	6.22	0.00	*N/A*	2.59	28.51	6.48	1.94	0.00
FRUIT BAR : FALL SECONDA	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
RY																	
FRUIT, CANNED - CHOOSE	1/2 C SE	1	65	0	6	0.75	*0.18	*5.0	*N/A*	*5.25	13.50	*N/A*	0.25	16.25	0.0	0.00	0.00
ONE	RVING																
SALAD BAR: HIGH	1 CUP	1	73	3	502	2.02	*0.49	*27.8	*4	*21.77	*4.09	*2.89	1.98	9.84	3.56	0.69	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	*N/A*	0.0	1.00	*N/A*	0.0	1.0	0.0	0.00	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
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	44	0	209	0.35	*N/A*	*N/A*	*N/A*	*N/A*	8.67	*N/A*	0.42	10.13	0.07	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			1098	72	1904	13.66	*2.04	*104.0	*28	*92.79	*79.77	*2.89	51.36	161.74	28.73	7.77	*0.01
% of Calories											*29.1%	*1.1%	18.7%	58.9%	23.5%	6.4%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

Thu - 10/02/2025																	
SECONDARY LUNCH 9-12	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	12pc	1	136	0	241	3.01	*N/A*	*N/A*	*N/A*	*N/A*	1.51	*N/A*	1.51	21.1	5.28	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 : FALL SECONDA	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
RY																	
SALAD BAR: HIGH	1 CUP	1	73	3	502	2.02	*0.49	*27.8	*4	*21.77	*4.09	*2.89	1.98	9.84	3.56	0.69	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
CONDIMENTS - HOT DOG	PACKET	1	16	0	152	0.07	0.00	0.0	*N/A*	0.81	3.37	0.67	0.07	4.15	0.07	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

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

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Oct 1, 2025 thru Oct 31, 2025

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

Generated on: 9/30/2025 9:47:40 AM

	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)
ALT SEC WEEKLY 1st CHO CHEESESTEAK SANDWICH	Total SANDWICHES	1 1	399	74	662	2.00	*N/A*	*N/A*	*N/A*	*N/A*	4.34	*1.00	21.25	33.9	19.69	8.04	0.70
TATER TOTS - MCCAIN	12pc	1	136	0	241	3.01	*N/A*	*N/A*	*N/A*	*N/A*	1.51	*N/A*	1.51	21.1	5.28	0.00	0.00
CARROT & CELERY STICKS: ELE	3/4 CUP	1	53	2	119	3.05	0.84	41.9	*8	3.41	*0.75	*0.00	1.04	8.53	1.67	0.16	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 SECONDARY	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	0.0	4.0	0.50	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
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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			1069	86	1901	13.38	*1.77	*80.5	*10	*30.48	*74.61 *27.9%	*6.87 *2.6%	38.62 14.4%	151.55 56.7%	35.86 30.2%	10.11 8.5%	*0.35 *0.3%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

Fri - 10/03/2025																	
SECONDARY LUNCH 9-12	Total	1															
WILD MIKE'S PEPPERONI C HEESY B	SERVING	1	400	40	610	1.00	0.00	*N/A*	*N/A*	*N/A*	4.00	*0.00	19.0	36.0	17.0	7.00	0.00
CARROTS 1 CUP	1 CUP	1	130	10	227	4.92	1.53	54.0	*N/A*	4.51	*1.00	*N/A*	2.07	15.86	6.2	0.53	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 : FALL SECONDARY	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	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
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2025 thru Oct 31, 2025

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

	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)
ALT SEC WEEKLY 1st CHO	Total	1															
WRAP, CHICKEN - FR091	WRAP	1	381	45	571	7.22	*1.65	*19.4	*60	*20.39	6.26	*0.00	25.77	39.57	14.78	2.54	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																	
MIXED FRESH VEGETABLES	3/4 CUP	1	99	10	144	2.36	0.66	30.1	*7	34.31	*1.90	*0.00	2.42	8.31	6.21	0.57	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
SALAD BAR: HIGH	1 CUP	1	73	3	502	2.02	*0.49	*27.8	*4	*21.77	*4.09	*2.89	1.98	9.84	3.56	0.69	0.00
FRUIT BAR : FALL SECONDARY	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	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
BARBAQUE SAUCE: P/C	1 Each	1	44	0	209	0.35	*N/A*	*N/A*	*N/A*	*N/A*	8.67	*N/A*	0.42	10.13	0.07	0.01	0.00
MAYONNAISE, CHIPOTLE	1oz SERVING	1	182	20	162	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*0.00	0.0	2.03	20.25	3.04	*N/A*
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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			1314	102	1875	14.30	*2.75	*251.9	*39	*57.29	*86.64 *26.4%	*1.45 *0.4%	55.42 16.9%	169.44 51.6%	46.73 32.0%	11.50 7.9%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

Mon - 10/06/2025																	
SECONDARY LUNCH 9-12	Total	1															
TERIYAKI CHICKEN	2.8 oz	1	130	70	480	0.00	*N/A*	0.0	*N/A*	0.0	9.00	*N/A*	15.0	10.0	3.5	1.00	0.00
CHOW MEIN - SEC.	4.7oz SERVING	1	192	0	570	4.28	*0.18	*17.7	*143	*9.6	4.20	*0.00	4.61	34.45	4.08	0.02	0.00
BROCCOLI, ROASTED, CUP	1 CUP	1	69	2	44	1.74	0.49	50.7	*0	59.72	*0.00	0.00	2.53	4.45	5.37	0.68	*0.02
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
FRUIT BAR : FALL SECONDARY	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVING	1	80	0	10	0.00	0.36	0.0	*N/A*	21.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
SALAD BAR: HIGH	1 CUP	1	73	3	502	2.02	*0.49	*27.8	*4	*21.77	*4.09	*2.89	1.98	9.84	3.56	0.69	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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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

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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)
ALT SEC WEEKLY 1st CHO	Total	1															
DOMINOS PIZZA	SLICE	1	277	20	547	2.33	*N/A*	*N/A*	*N/A*	*N/A*	3.00	1.33	20.0	30.0	10.67	4.17	0.00
DINNER SALAD - ALT LINE	SERVING	1	29	0	24	2.02	0.60	34.7	*88	19.4	*1.87	0.00	1.8	6.07	0.11	0.03	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
FRUIT BAR : FALL SECONDARY	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVING	1	80	0	10	0.00	0.36	0.0	*N/A*	21.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
SALAD BAR: HIGH	1 CUP	1	73	3	502	2.02	*0.49	*27.8	*4	*21.77	*4.09	*2.89	1.98	9.84	3.56	0.69	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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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			1081	81	2112	11.57	*1.70	*90.3	*123	*102.20	*99.81 *36.9%	*3.56 *1.3%	51.28 19.0%	164.78 61.0%	26.22 21.8%	6.94 5.8%	*0.01 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

Tue - 10/07/2025																	
SECONDARY LUNCH 9-12	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 CHOCOLATE CHIP	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
FRUIT BAR : FALL SECONDARY	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	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
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	112	3	624	2.92	*0.47	*33.0	*3	*15.73	*4.44	*2.89	2.14	11.05	7.75	1.68	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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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

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 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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
ALT SEC WEEKLY 1st CHO	Total	1															
NACHOS	SERVING	1	485	53	792	4.52	*0.18	*59.8	*N/A*	*0.3	0.00	*0.00	18.0	38.19	29.57	8.96	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
LETTUCE & TOMATO:3/4 CU	3/4 CUP	1	21	0	9	1.63	0.47	14.9	*30	11.13	2.65	0.00	1.41	4.32	0.14	0.02	0.00
P-TACOS																	
FRUIT BAR : FALL SECONDARY	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	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
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	112	3	624	2.92	*0.47	*33.0	*3	*15.73	*4.44	*2.89	2.14	11.05	7.75	1.68	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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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			1248	70	2445	20.63	*1.28	*95.8	*22	*36.52	*84.59 *27.1%	*6.93 *2.2%	54.64 17.5%	175.95 56.4%	38.96 28.1%	13.73 9.9%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

Wed - 10/08/2025																	
SECONDARY LUNCH 9-12	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	1 CUP	1	28	0	36	2.10	0.60	24.3	*2	7.83	*1.80	*0.00	0.94	10.03	0.22	0.05	0.00
ARROTS:SE																	
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
FRUIT BAR : FALL SECONDARY	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
FRUIT, CANNED - CHOOSE																	
ONE	1/2 C SERVING	1	65	0	6	0.75	*0.18	*5.0	*N/A*	*5.25	13.50	*N/A*	0.25	16.25	0.0	0.00	0.00
SALAD BAR: HIGH	1 CUP	1	73	3	502	2.02	*0.49	*27.8	*4	*21.77	*4.09	*2.89	1.98	9.84	3.56	0.69	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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

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)
ALT SEC WEEKLY 1st CHO	Total	1															
SPICY CHICKEN SANDWICH	SERVING	1	420	25	660	6.00	*1.44	*60.0	*N/A*	3.6	4.00	*N/A*	21.0	44.0	17.0	3.00	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																	
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	1	181	0	389	2.59	0.47	0.0	*N/A*	6.22	0.00	*N/A*	2.59	28.51	6.48	1.94	0.00
FRUIT BAR : FALL SECONDA	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
RY																	
FRUIT, CANNED - CHOOSE	1/2 C SE	1	65	0	6	0.75	*0.18	*5.0	*N/A*	*5.25	13.50	*N/A*	0.25	16.25	0.0	0.00	0.00
ONE	RVING																
SALAD BAR: HIGH	1 CUP	1	73	3	502	2.02	*0.49	*27.8	*4	*21.77	*4.09	*2.89	1.98	9.84	3.56	0.69	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	*N/A*	0.0	1.00	*N/A*	0.0	1.0	0.0	0.00	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
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	44	0	209	0.35	*N/A*	*N/A*	*N/A*	*N/A*	8.67	*N/A*	0.42	10.13	0.07	0.01	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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			1176	76	2428	14.72	*2.47	*105.9	*88	*63.18	*92.73	*2.89	55.02	174.89	29.41	7.63	0.00
% of Calories											*31.5%	*1.0%	18.7%	59.5%	22.5%	5.8%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

Tue - 10/14/2025																	
SECONDARY LUNCH 9-12	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																	
FRUIT BAR :WINTER:SEC	1 CUP	1	116	0	4	4.20	*0.26	*25.0	*8	*31.82	20.66	*0.00	1.33	29.39	0.4	0.06	0.00
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	112	3	624	2.92	*0.47	*33.0	*3	*15.73	*4.44	*2.89	2.14	11.05	7.75	1.68	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

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2025 thru Oct 31, 2025

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

	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)
ALT SEC WEEKLY 1st CHO	Total	1															
NACHOS	SERVING	1	485	53	792	4.52	*0.18	*59.8	*N/A*	*0.3	0.00	*0.00	18.0	38.19	29.57	8.96	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
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	21	0	9	1.63	0.47	14.9	*30	11.13	2.65	0.00	1.41	4.32	0.14	0.02	0.00
FRUIT BAR : FALL SECONDARY	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	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
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	112	3	624	2.92	*0.47	*33.0	*3	*15.73	*4.44	*2.89	2.14	11.05	7.75	1.68	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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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			1216	78	2382	20.30	*2.43	*322.4	*27	*45.23	*68.08 *22.4%	*3.23 *1.1%	50.29 16.5%	164.40 54.1%	43.78 32.4%	14.12 10.4%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

Wed - 10/15/2025																	
SECONDARY LUNCH 9-12	Total	1															
CHICKEN PARMESIAN - SEC	2 TENDERS	1	399	54	829	6.24	*0.00	*108.9	*N/A*	*0.0	*6.59	*0.00	28.95	39.08	16.19	3.81	0.00
GREEN BEANS, ZESTY - SEC	1 CUP	1	128	9	436	4.09	*0.05	*105.1	*0	*0.01	*2.02	*0.00	5.64	6.69	9.92	3.35	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 SECONDARY	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
SALAD BAR: HIGH	1 CUP	1	73	3	502	2.02	*0.49	*27.8	*4	*21.77	*4.09	*2.89	1.98	9.84	3.56	0.69	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

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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)
ALT SEC WEEKLY 1st CHO	Total	1															
SPICY CHICKEN SANDWICH	SERVING	1	420	25	660	6.00	*1.44	*60.0	*N/A*	3.6	4.00	*N/A*	21.0	44.0	17.0	3.00	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																	
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	1	181	0	389	2.59	0.47	0.0	*N/A*	6.22	0.00	*N/A*	2.59	28.51	6.48	1.94	0.00
FRUIT BAR : FALL SECONDA	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
RY																	
FRUIT, CANNED - CHOOSE	1/2 C SE	1	65	0	6	0.75	*0.18	*5.0	*N/A*	*5.25	13.50	*N/A*	0.25	16.25	0.0	0.00	0.00
ONE	RVING																
SALAD BAR: HIGH	1 CUP	1	73	3	502	2.02	*0.49	*27.8	*4	*21.77	*4.09	*2.89	1.98	9.84	3.56	0.69	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	*N/A*	0.0	1.00	*N/A*	0.0	1.0	0.0	0.00	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
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	44	0	209	0.35	*N/A*	*N/A*	*N/A*	*N/A*	8.67	*N/A*	0.42	10.13	0.07	0.01	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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			1124	64	2549	17.00	*2.06	*188.0	*38	*55.80	*72.84	*2.89	51.12	156.97	34.83	8.57	0.01
% of Calories											*25.9%	*1.0%	18.2%	55.9%	27.9%	6.9%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

Thu - 10/16/2025																	
SECONDARY LUNCH 9-12	Total	1															
CHICKEN SANDWICH	SANDWI	1	353	46	554	6.04	*1.44	*60.0	*N/A*	*3.6	3.00	*N/A*	25.24	36.11	11.11	1.52	0.00
	CH																
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																	
TATER TOTS - MCCAIN	12pc	1	136	0	241	3.01	*N/A*	*N/A*	*N/A*	*N/A*	1.51	*N/A*	1.51	21.1	5.28	0.00	0.00
COLESLAW	1/2 C. S	1	34	1	40	1.58	0.29	24.7	*44	21.21	*3.56	*1.26	0.8	6.02	1.15	0.21	*0.00
	ERVINGS																
TERIYAKI SAUCE - KIKKOMA	2oz SER	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
	VING																
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
FRUIT BAR : FALL SECONDA	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
RY																	
SALAD BAR: HIGH	1 CUP	1	73	3	502	2.02	*0.49	*27.8	*4	*21.77	*4.09	*2.89	1.98	9.84	3.56	0.69	0.00
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

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)
ALT SEC WEEKLY 1st CHO CHEESESTEAK SANDWICH	Total SANDWICHES	1 1	399	74	662	2.00	*N/A*	*N/A*	*N/A*	*N/A*	4.34	*1.00	21.25	33.9	19.69	8.04	0.70
TATER TOTS - MCCAIN	12pc	1	136	0	241	3.01	*N/A*	*N/A*	*N/A*	*N/A*	1.51	*N/A*	1.51	21.1	5.28	0.00	0.00
CARROT & CELERY STICKS: ELE	3/4 CUP	1	53	2	119	3.05	0.84	41.9	*8	3.41	*0.75	*0.00	1.04	8.53	1.67	0.16	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 SECONDARY	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	0.0	4.0	0.50	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
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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			1107	81	2516	16.32	*2.30	*112.5	*62	*52.52	*78.98 *28.5%	*5.52 *2.0%	46.91 16.9%	162.91 58.8%	31.33 25.5%	7.90 6.4%	*0.36 *0.3%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

Fri - 10/17/2025																	
SECONDARY LUNCH 9-12	Total	1															
SLOPPY JOE: GREEK SECONDARY	3.63oz SERVING	1	322	52	1077	3.01	*0.29	*54.6	*12	*0.27	*9.52	*1.00	19.69	35.75	11.35	3.97	*0.40
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
CARROTS 1 CUP	1 CUP	1	130	10	227	4.92	1.53	54.0	*N/A*	4.51	*1.00	*N/A*	2.07	15.86	6.2	0.53	0.00
FRUIT BAR : FALL SECONDARY	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	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

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2025 thru Oct 31, 2025

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

	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)
ALT SEC WEEKLY 1st CHO	Total	1															
WRAP, CHICKEN - FR091	WRAP	1	381	45	571	7.22	*1.65	*19.4	*60	*20.39	6.26	*0.00	25.77	39.57	14.78	2.54	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																	
MIXED FRESH VEGETABLES	3/4 CUP	1	99	10	144	2.36	0.66	30.1	*7	34.31	*1.90	*0.00	2.42	8.31	6.21	0.57	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
SALAD BAR: HIGH	1 CUP	1	73	3	502	2.02	*0.49	*27.8	*4	*21.77	*4.09	*2.89	1.98	9.84	3.56	0.69	0.00
FRUIT BAR : FALL SECONDA	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
RY																	
PINEAPPLE, TIDBITS, CAN	1/2 C SE	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
	RIVING																
BARBAQUE SAUCE: P/C	1 Each	1	44	0	209	0.35	*N/A*	*N/A*	*N/A*	*N/A*	8.67	*N/A*	0.42	10.13	0.07	0.01	0.00
MAYONNAISE, CHIPOTLE	1oz SER	1	182	20	162	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*0.00	0.0	2.03	20.25	3.04	*N/A*
	VING																
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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			1184	97	2060	16.57	*3.21	*173.4	*159	*58.86	*69.62	*1.95	48.42	149.81	45.44	9.13	*0.20
% of Calories											*23.5%	*0.7%	16.4%	50.6%	34.5%	6.9%	*0.2%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

Mon - 10/20/2025																	
SECONDARY LUNCH 9-12	Total	1															
TERIYAKI CHICKEN	2.8 oz	1	130	70	480	0.00	*N/A*	0.0	*N/A*	0.0	9.00	*N/A*	15.0	10.0	3.5	1.00	0.00
CHOW MEIN - SEC.	4.7oz SE	1	192	0	570	4.28	*0.18	*17.7	*143	*9.6	4.20	*0.00	4.61	34.45	4.08	0.02	0.00
	RIVING																
GREEN BEANS 1 CUP	1 CUP	1	32	0	280	4.00	*N/A*	*N/A*	*N/A*	*N/A*	2.00	*N/A*	2.0	6.0	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
MANDARIN ORANGE, FESTI	1/2 C SE	1	80	0	10	0.00	0.36	0.0	*N/A*	21.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
VAL, CAN	RIVING																
FRUIT BAR : FALL SECONDA	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
RY																	
SALAD BAR: HIGH	1 CUP	1	73	3	502	2.02	*0.49	*27.8	*4	*21.77	*4.09	*2.89	1.98	9.84	3.56	0.69	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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2025 thru Oct 31, 2025

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

	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)
ALT SEC WEEKLY 1st CHO	Total	1															
DOMINOS PIZZA	SLICE	1	277	20	547	2.33	*N/A*	*N/A*	*N/A*	*N/A*	3.00	1.33	20.0	30.0	10.67	4.17	0.00
DINNER SALAD - ALT LINE	SERVING	1	29	0	24	2.02	0.60	34.7	*88	19.4	*1.87	0.00	1.8	6.07	0.11	0.03	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
FRUIT BAR : FALL SECONDARY	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVING	1	80	0	10	0.00	0.36	0.0	*N/A*	21.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
SALAD BAR: HIGH	1 CUP	1	73	3	502	2.02	*0.49	*27.8	*4	*21.77	*4.09	*2.89	1.98	9.84	3.56	0.69	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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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			1052	78	2260	12.70	*1.46	*64.9	*123	*72.34	*97.31 *37.0%	*4.56 *1.7%	51.51 19.6%	164.06 62.4%	22.79 19.5%	6.60 5.6%	0.00 0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

Tue - 10/21/2025																	
SECONDARY LUNCH 9-12	Total	1															
TACO SOUP - RAW - 1 CUP	1 CUP	1	318	55	812	6.68	*2.07	*67.3	*11	*14.03	*5.37	*0.00	18.62	22.68	16.78	6.04	*0.00
CHEDDAR/ JACK FANCY SHRED-.5OZ	.5 OZ	1	56	13	86	0.00	0.00	101.2	*N/A*	0.0	0.00	*N/A*	3.04	0.51	4.56	3.04	0.00
VEGETABLES, EDAMAME & CARROTS	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
CINNAMON ROLL W. W.W. B RIDGFOR	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
FRUIT BAR : FALL SECONDARY	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	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
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
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	112	3	624	2.92	*0.47	*33.0	*3	*15.73	*4.44	*2.89	2.14	11.05	7.75	1.68	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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

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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)
ALT SEC WEEKLY 1st CHO	Total	1															
NACHOS	SERVING	1	485	53	792	4.52	*0.18	*59.8	*N/A*	*0.3	0.00	*0.00	18.0	38.19	29.57	8.96	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
LETTUCE & TOMATO:3/4 CUP	3/4 CUP	1	21	0	9	1.63	0.47	14.9	*30	11.13	2.65	0.00	1.41	4.32	0.14	0.02	0.00
P-TACOS																	
FRUIT BAR : FALL SECONDARY	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	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
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	112	3	624	2.92	*0.47	*33.0	*3	*15.73	*4.44	*2.89	2.14	11.05	7.75	1.68	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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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			1349	93	2436	19.75	*2.25	*174.4	*28	*44.10	*94.16	*11.77	58.78	176.52	47.05	14.43	*0.00
% of Calories											*27.9%	*3.5%	17.4%	52.3%	31.4%	9.6%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

Wed - 10/22/2025																	
SECONDARY LUNCH 9-12	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
BUTTER MASHED POTATOE	2/3 cup	1	130	5	420	9.00	0.36	20.0	*N/A*	0.0	0.00	*N/A*	2.0	18.0	5.0	2.50	0.00
S-sec																	
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	19	0	133	0.00	0.01	1.1	*N/A*	0.0	*0.94	*N/A*	0.0	2.82	0.94	0.00	0.00
BROCCOLI, ROASTED, CUP	1 CUP	1	69	2	44	1.74	0.49	50.7	*0	59.72	*0.00	0.00	2.53	4.45	5.37	0.68	*0.02
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
FRUIT BAR : FALL SECONDARY	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	65	0	6	0.75	*0.18	*5.0	*N/A*	*5.25	13.50	*N/A*	0.25	16.25	0.0	0.00	0.00
SALAD BAR: HIGH	1 CUP	1	73	3	502	2.02	*0.49	*27.8	*4	*21.77	*4.09	*2.89	1.98	9.84	3.56	0.69	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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

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 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)
ALT SEC WEEKLY 1st CHO	Total	1															
SPICY CHICKEN SANDWICH	SERVING	1	420	25	660	6.00	*1.44	*60.0	*N/A*	3.6	4.00	*N/A*	21.0	44.0	17.0	3.00	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																	
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	1	181	0	389	2.59	0.47	0.0	*N/A*	6.22	0.00	*N/A*	2.59	28.51	6.48	1.94	0.00
FRUIT BAR : FALL SECONDA	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
RY																	
FRUIT, CANNED - CHOOSE	1/2 C SE	1	65	0	6	0.75	*0.18	*5.0	*N/A*	*5.25	13.50	*N/A*	0.25	16.25	0.0	0.00	0.00
ONE	RVING																
SALAD BAR: HIGH	1 CUP	1	73	3	502	2.02	*0.49	*27.8	*4	*21.77	*4.09	*2.89	1.98	9.84	3.56	0.69	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	*N/A*	0.0	1.00	*N/A*	0.0	1.0	0.0	0.00	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
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	44	0	209	0.35	*N/A*	*N/A*	*N/A*	*N/A*	8.67	*N/A*	0.42	10.13	0.07	0.01	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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			1222	63	2720	18.77	*3.88	*135.2	*38	*88.28	*93.33	*3.96	51.89	179.66	33.47	9.27	*0.26
% of Calories											*30.6%	*1.3%	17.0%	58.8%	24.7%	6.8%	*0.2%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

Thu - 10/23/2025																	
SECONDARY LUNCH 9-12	Total	1															
HAMBURGER - TYSON -SEC	SERVING	1	303	46	525	3.00	*1.44	*60.0	*N/A*	*3.6	3.00	*N/A*	18.23	27.0	13.21	4.59	0.51
CHEESE: PROCESS SLICE	1 oz.	1	109	25	395	0.00	0.00	148.2	*N/A*	0.0	0.99	*N/A*	4.94	1.98	8.89	4.94	*N/A*
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																	
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	1	181	0	389	2.59	0.47	0.0	*N/A*	6.22	0.00	*N/A*	2.59	28.51	6.48	1.94	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 : FALL SECONDA	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
RY																	
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
SALAD BAR: HIGH	1 CUP	1	73	3	502	2.02	*0.49	*27.8	*4	*21.77	*4.09	*2.89	1.98	9.84	3.56	0.69	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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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

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

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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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
ALT SEC WEEKLY 1st CHO	Total	1															
CHEESESTEAK SANDWICH	SANDWICHES	1	399	74	662	2.00	*N/A*	*N/A*	*N/A*	*N/A*	4.34	*1.00	21.25	33.9	19.69	8.04	0.70
TATER TOTS - MCCAIN	12pc	1	136	0	241	3.01	*N/A*	*N/A*	*N/A*	*N/A*	1.51	*N/A*	1.51	21.1	5.28	0.00	0.00
CARROT & CELERY STICKS: ELE	3/4 CUP	1	53	2	119	3.05	0.84	41.9	*8	3.41	*0.75	*0.00	1.04	8.53	1.67	0.16	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 SECONDARY	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	0.0	4.0	0.50	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
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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			1331	102	2411	14.97	*2.39	*168.0	*40	*44.61	*102.29 *30.7%	*8.74 *2.6%	53.01 15.9%	189.24 56.9%	41.50 28.1%	14.99 10.1%	*0.62 *0.4%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

Fri - 10/24/2025																	
SECONDARY LUNCH 9-12	Total	1															
CORN DOG, MINI PROVIEU (	6 NUGGETS	1	249	60	348	2.98	*N/A*	*N/A*	*N/A*	*N/A*	0.99	*N/A*	9.95	29.85	9.95	2.49	0.00
CARROTS 1 CUP	1 CUP	1	130	10	227	4.92	1.53	54.0	*N/A*	4.51	*1.00	*N/A*	2.07	15.86	6.2	0.53	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 : FALL SECONDARY	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	90	0	0	1.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	18.0	0.0	0.00	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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2025 thru Oct 31, 2025

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

	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)
ALT SEC WEEKLY 1st CHO	Total	1															
WRAP, CHICKEN - FR091	WRAP	1	381	45	571	7.22	*1.65	*19.4	*60	*20.39	6.26	*0.00	25.77	39.57	14.78	2.54	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																	
MIXED FRESH VEGETABLES	3/4 CUP	1	99	10	144	2.36	0.66	30.1	*7	34.31	*1.90	*0.00	2.42	8.31	6.21	0.57	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
SALAD BAR: HIGH	1 CUP	1	73	3	502	2.02	*0.49	*27.8	*4	*21.77	*4.09	*2.89	1.98	9.84	3.56	0.69	0.00
FRUIT BAR : FALL SECONDA	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
RY																	
PINEAPPLE, TIDBITS, CAN	1/2 C SE	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
	RIVING																
BARBAQUE SAUCE: P/C	1 Each	1	44	0	209	0.35	*N/A*	*N/A*	*N/A*	*N/A*	8.67	*N/A*	0.42	10.13	0.07	0.01	0.00
MAYONNAISE, CHIPOTLE	1oz SER	1	182	20	162	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*0.00	0.0	2.03	20.25	3.04	*N/A*
	VING																
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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			1246	102	1910	15.65	*2.57	*111.9	*39	*56.78	*94.69	*1.45	49.50	172.60	40.56	8.49	*0.00
% of Calories											*30.4%	*0.5%	15.9%	55.4%	29.3%	6.1%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

Mon - 10/27/2025																	
SECONDARY LUNCH 9-12	Total	1															
GENERAL TSO - YANGS	3.6oz SE	1	161	40	342	0.00	*N/A*	*N/A*	*N/A*	*N/A*	12.08	*N/A*	11.08	22.15	3.02	0.00	0.00
	RIVING																
RICE: COOKED BROWN (SE	1 CUP	1	156	0	139	1.95	*0.00	2.2	*0	0.0	*0.00	0.00	3.91	32.23	1.46	0.00	*0.00
GREEN BEANS 1 CUP	1 CUP	1	32	0	280	4.00	*N/A*	*N/A*	*N/A*	*N/A*	2.00	*N/A*	2.0	6.0	0.0	0.00	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
MANDARIN ORANGE, FESTI	1/2 C SE	1	80	0	10	0.00	0.36	0.0	*N/A*	21.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
VAL, CAN	RIVING																
FRUIT BAR : FALL SECONDA	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
RY																	
SALAD BAR: HIGH	1 CUP	1	73	3	502	2.02	*0.49	*27.8	*4	*21.77	*4.09	*2.89	1.98	9.84	3.56	0.69	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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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

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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
ALT SEC WEEKLY 1st CHO	Total	1															
DOMINOS PIZZA	SLICE	1	277	20	547	2.33	*N/A*	*N/A*	*N/A*	*N/A*	3.00	1.33	20.0	30.0	10.67	4.17	0.00
DINNER SALAD - ALT LINE	SERVING	1	29	0	24	2.02	0.60	34.7	*88	19.4	*1.87	0.00	1.8	6.07	0.11	0.03	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
FRUIT BAR : FALL SECONDARY	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
MANDARIN ORANGE, FESTIVAL, CAN	1/2 C SERVING	1	80	0	10	0.00	0.36	0.0	*N/A*	21.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
SALAD BAR: HIGH	1 CUP	1	73	3	502	2.02	*0.49	*27.8	*4	*21.77	*4.09	*2.89	1.98	9.84	3.56	0.69	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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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			1065	63	1928	11.54	*1.37	*57.3	*52	*67.55	*103.25 *38.8%	*3.56 *1.3%	48.70 18.3%	173.53 65.2%	21.74 18.4%	6.16 5.2%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

Tue - 10/28/2025																	
SECONDARY LUNCH 9-12	Total	1															
SOFT FLOUR TACO:SEC	serving	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
LETTUCE & TOMATO:3/4 CUP	3/4 CUP	1	21	0	9	1.63	0.47	14.9	*30	11.13	2.65	0.00	1.41	4.32	0.14	0.02	0.00
P-TACOS																	
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 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
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
FRUIT BAR : FALL SECONDARY	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	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
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	112	3	624	2.92	*0.47	*33.0	*3	*15.73	*4.44	*2.89	2.14	11.05	7.75	1.68	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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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

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 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)
ALT SEC WEEKLY 1st CHO	Total	1															
NACHOS	SERVING	1	485	53	792	4.52	*0.18	*59.8	*N/A*	*0.3	0.00	*0.00	18.0	38.19	29.57	8.96	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
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	21	0	9	1.63	0.47	14.9	*30	11.13	2.65	0.00	1.41	4.32	0.14	0.02	0.00
FRUIT BAR : FALL SECONDARY	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	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
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	112	3	624	2.92	*0.47	*33.0	*3	*15.73	*4.44	*2.89	2.14	11.05	7.75	1.68	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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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			1227	79	2301	19.87	*1.97	*174.1	*37	*42.39	*82.88 *27.0%	*2.89 *0.9%	55.88 18.2%	172.95 56.4%	37.99 27.9%	11.09 8.1%	0.00 0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

Wed - 10/29/2025																	
SECONDARY LUNCH 9-12	Total	1															
ROTINI ALFREDO: SEC	1 CUP	1	248	18	211	2.97	*N/A*	*N/A*	*N/A*	*N/A*	4.49	*N/A*	11.2	36.65	7.11	3.20	0.00
CHICKEN, DICED L/S TYSON	2.3oz SERVING	1	102	43	98	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*N/A*	14.09	0.78	3.91	1.17	0.00
BREADSTICK, CHEESY GARL	1 CUP	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, CUP	1 CUP	1	69	2	44	1.74	0.49	50.7	*0	59.72	*0.00	0.00	2.53	4.45	5.37	0.68	*0.02
FRUIT BAR : FALL SECONDARY	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
SALAD BAR: HIGH	1 CUP	1	73	3	502	2.02	*0.49	*27.8	*4	*21.77	*4.09	*2.89	1.98	9.84	3.56	0.69	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

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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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2025 thru Oct 31, 2025

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

	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)
ALT SEC WEEKLY 1st CHO	Total	1															
SPICY CHICKEN SANDWICH	SERVING	1	420	25	660	6.00	*1.44	*60.0	*N/A*	3.6	4.00	*N/A*	21.0	44.0	17.0	3.00	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																	
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	1	181	0	389	2.59	0.47	0.0	*N/A*	6.22	0.00	*N/A*	2.59	28.51	6.48	1.94	0.00
FRUIT BAR : FALL SECONDA	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
RY																	
FRUIT, CANNED - CHOOSE	1/2 C SE	1	65	0	6	0.75	*0.18	*5.0	*N/A*	*5.25	13.50	*N/A*	0.25	16.25	0.0	0.00	0.00
ONE	RVING																
SALAD BAR: HIGH	1 CUP	1	73	3	502	2.02	*0.49	*27.8	*4	*21.77	*4.09	*2.89	1.98	9.84	3.56	0.69	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	*N/A*	0.0	1.00	*N/A*	0.0	1.0	0.0	0.00	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
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	44	0	209	0.35	*N/A*	*N/A*	*N/A*	*N/A*	8.67	*N/A*	0.42	10.13	0.07	0.01	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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			1070	64	2100	14.19	*2.28	*106.3	*38	*85.65	*71.28	*2.89	47.73	155.52	29.72	7.51	*0.01
% of Calories											*26.7%	*1.1%	17.8%	58.2%	25.0%	6.3%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

Thu - 10/30/2025																	
SECONDARY LUNCH 9-12	Total	1															
CALZONE, MINI, WG	3 CALZO	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
	NES																
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 : FALL SECONDA	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
RY																	
PINEAPPLE, TIDBITS, CAN	1/2 C SE	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
	RVING																
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 : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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

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

Base Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2025 thru Oct 31, 2025

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

	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)
ALT SEC WEEKLY 1st CHO CHEESESTEAK SANDWICH	Total SANDWICHES	1 1	399	74	662	2.00	*N/A*	*N/A*	*N/A*	*N/A*	4.34	*1.00	21.25	33.9	19.69	8.04	0.70
TATER TOTS - MCCAIN	12pc	1	136	0	241	3.01	*N/A*	*N/A*	*N/A*	*N/A*	1.51	*N/A*	1.51	21.1	5.28	0.00	0.00
CARROT & CELERY STICKS: ELE	3/4 CUP	1	53	2	119	3.05	0.84	41.9	*8	3.41	*0.75	*0.00	1.04	8.53	1.67	0.16	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 SECONDARY	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	0.0	4.0	0.50	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
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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			1127	87	1853	13.25	*1.72	*284.4	*8	*19.71	*88.32 *31.4%	*0.50 *0.2%	48.93 17.4%	166.30 59.0%	30.48 24.4%	10.19 8.1%	0.35 0.3%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

Fri - 10/31/2025																	
SECONDARY LUNCH 9-12	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 SEC.	1.62 CUP	1	28	0	66	2.14	0.61	40.8	*224	*8.58	2.97	*0.00	1.07	5.65	0.26	0.04	0.00
FRUIT BAR : FALL SECONDARY	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	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
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00

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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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
ALT SEC WEEKLY 1st CHO	Total	1															
WRAP, CHICKEN - FR091	WRAP	1	381	45	571	7.22	*1.65	*19.4	*60	*20.39	6.26	*0.00	25.77	39.57	14.78	2.54	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																	
MIXED FRESH VEGETABLES	3/4 CUP	1	99	10	144	2.36	0.66	30.1	*7	34.31	*1.90	*0.00	2.42	8.31	6.21	0.57	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
SALAD BAR: HIGH	1 CUP	1	73	3	502	2.02	*0.49	*27.8	*4	*21.77	*4.09	*2.89	1.98	9.84	3.56	0.69	0.00
FRUIT BAR : FALL SECONDA	1 CUP	1	104	0	9	3.37	*0.22	*10.9	*4	*15.07	*13.18	*0.00	1.33	25.95	0.47	0.05	0.00
RY																	
PINEAPPLE, TIDBITS, CAN	1/2 C SE	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
	RVING																
BARBAQUE SAUCE: P/C	1 Each	1	44	0	209	0.35	*N/A*	*N/A*	*N/A*	*N/A*	8.67	*N/A*	0.42	10.13	0.07	0.01	0.00
MAYONNAISE, CHIPOTLE	1oz SER	1	182	20	162	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*0.00	0.0	2.03	20.25	3.04	*N/A*
	VING																
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	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			1146	81	1623	13.41	*2.29	*115.3	*152	*57.60	*86.13	*8.45	45.92	152.34	42.09	10.25	*0.00
% of Calories											*30.0%	*2.9%	16.0%	53.2%	33.0%	8.0%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	
Weighted Average			1173	81	2186	15.63	*2.21	*145.8	*57	*58.69	*86.07	*4.35	50.75	166.76	35.43	9.82	*0.11
											*66.1%	*3.3%	17.3%	56.9%	27.2%	7.5%	*0.1%

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2025 thru Oct 31, 2025

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

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	1173		846		139%													
Cholesterol (mg)	81																	
Sodium 1 (mg)	2186								2186									
Fiber (g)	15.63																	
Iron (mg)	2.21			4.50	49%	Missing		2.29										
Calcium (mg)	145.8			400.00	36%	Missing		254.17										
Vitamin A (RAE)	57			1500	4%	Missing		1443										
Total Sugars (g)	86.07	29.36%				Missing												
Added Sugars (g)	4.35	1.48%				Missing												
Vitamin C (mg)	58.69			19.20	306%	Missing												
Protein (g)	50.75	17.31%		16.70	304%													
Carbohydrate (g)	166.76	56.88%																
Total Fat (g)	35.43	27.20%		<=30.00%														
Saturated Fat (g)	9.82	7.54%		<10.00%														
Trans Fat (g)	0.11	0.08%				Missing												

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