

Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2025 thru Oct 31, 2025

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Generated on: 9/30/2025 9:49:28 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)
Wed - 10/01/2025																	
INTERMEDIATE LUNCH 6-8	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	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
ALT INT WEEKLY 1st CHOI	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. 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
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
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
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, 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
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			860	*53	1501	9.47	*1.30	*56.8	*32	*33.46	*56.46	*0.00	41.74	119.95	23.66	6.20	*0.01
% of Calories											*26.3%	*0.0%	19.4%	55.8%	24.8%	6.5%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70			15.00		<=30.0	<10.00	

Thu - 10/02/2025																	
INTERMEDIATE LUNCH 6-8	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
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																	
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
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

Oct 1, 2025 thru Oct 31, 2025

Combined: INTERMEDIATE LUNCH 6-8/ALT INT 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 INT WEEKLY 1st CHOICE	Total SANDWICHES	1															
CHEESESTEAK SANDWICH		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	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 & 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 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 THURS. - INT ERM	1/2 CUP	1	65	3	456	1.80	0.60	33.3	*1	18.06	*5.67	*2.89	1.64	9.59	2.73	0.68	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			968	*88	2014	10.10	*1.89	*89.7	*8	*37.80	*66.34 *27.4%	*8.32 *3.4%	37.66 15.6%	127.89 52.9%	34.79 32.3%	10.43 9.7%	*0.35 *0.3%
Nutrient Guideline			783				4.50	400.00	1500	16.70			15.00		<=30.0	<10.00	

Fri - 10/03/2025																	
INTERMEDIATE LUNCH 6-8	Total SERVING	1															
WILD MIKE'S PEPPERONI C HEESY B		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
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

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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 INT WEEKLY 1st CHOI WRAP, CHICKEN - FR091	Total WRAP	1															
CHEDDAR/ JACK FANCY SH RED.25OZ	.25 OZ	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
MIXED FRESH VEGETABLES																	
SUN CHIPS	3/4 CUP BAG	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
PINEAPPLE, TIDBITS, CAN	1/2 C SE RIVING	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
		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
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			1044	*88	1368	10.01	*1.48	*199.2	*36	*47.28	*60.48 *23.2%	*0.00 *0.0%	44.66 17.1%	125.07 47.9%	40.45 34.9%	10.16 8.8%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70			15.00		<=30.0	<10.00	

Mon - 10/06/2025																	
INTERMEDIATE LUNCH 6-8	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
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 :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

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

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Oct 1, 2025 thru Oct 31, 2025

Combined: INTERMEDIATE LUNCH 6-8/ALT INT 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 INT WEEKLY 1st CHOICE	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
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
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 : 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			735	*64	1202	6.85	*0.67	*38.9	*82	*40.80	*65.40 *35.6%	*0.67 *0.4%	37.53 20.4%	107.84 58.7%	18.18 22.3%	5.27 6.4%	*0.01 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70			15.00		<=30.0	<10.00	

Tue - 10/07/2025																	
INTERMEDIATE LUNCH 6-8	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 :WINTER:ELEM.	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- IN TERM.	1 CUP	1	100	3	643	1.70	*0.35	18.6	*2	*10.87	*4.35	*2.89	1.53	9.66	7.2	1.30	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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	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 INT WEEKLY 1st CHOI	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
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
SALAD BAR: 2 TUESDAY- IN TERM.	1 CUP	1	100	3	643	1.70	*0.35	18.6	*2	*10.87	*4.35	*2.89	1.53	9.66	7.2	1.30	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			1048	*63	2284	17.75	*1.09	*79.7	*19	*34.79	*59.59 *22.8%	*6.93 *2.6%	45.35 17.3%	139.55 53.3%	36.89 31.7%	12.58 10.8%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70			15.00		<=30.0	<10.00	

Wed - 10/08/2025																	
INTERMEDIATE LUNCH 6-8	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																	
TOMATO, CUCUMBER, CAR	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
ROTS:INTE																	
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 :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

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 INT WEEKLY 1st CHOI	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. 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
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
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
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, 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
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			847	*65	1677	9.74	*1.61	*69.2	*82	*37.74	*55.53	*0.00	43.58	115.58	23.21	5.83	*0.00
% of Calories											*26.2%	*0.0%	20.6%	54.6%	24.7%	6.2%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70			15.00		<=30.0	<10.00	

Tue - 10/14/2025																	
INTERMEDIATE LUNCH 6-8	Total	1															
BEEF TACO ENCHILADA	ENCHIL	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
	ADA																
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																
CORN, STREET	1/2 CUP	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
	SERVING																
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
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
SALAD BAR: 2 TUESDAY- IN	1 CUP	1	100	3	643	1.70	*0.35	18.6	*2	*10.87	*4.35	*2.89	1.53	9.66	7.2	1.30	0.00
TERM.																	
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

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: INTERMEDIATE LUNCH 6-8/ALT INT 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 INT WEEKLY 1st CHOI	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
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
SALAD BAR: 2 TUESDAY- IN TERM.	1 CUP	1	100	3	643	1.70	*0.35	18.6	*2	*10.87	*4.35	*2.89	1.53	9.66	7.2	1.30	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			1175	78	2404	16.97	*2.19	*295.6	*21	*24.40	*63.11 *21.5%	*3.23 *1.1%	49.02 16.7%	155.22 52.8%	43.02 32.9%	13.71 10.5%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70			15.00		<=30.0	<10.00	

Wed - 10/15/2025																	
INTERMEDIATE LUNCH 6-8	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 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

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Oct 1, 2025 thru Oct 31, 2025

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Generated on: 9/30/2025 9:49:29 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 INT WEEKLY 1st CHOI	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. 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
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
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
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, 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
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			934	61	1972	12.47	*1.30	*152.1	*32	*22.75	*55.37	*0.00	47.90	121.06	29.93	7.52	0.01
% of Calories											*23.7%	*0.0%	20.5%	51.8%	28.8%	7.2%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70			15.00		<=30.0	<10.00	

Thu - 10/16/2025																	
INTERMEDIATE LUNCH 6-8 CHICKEN SANDWICH	Total SANDWICH	1															
		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
SHREDDED LETTUCE & TO MATO-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
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
TERIYAKI SAUCE - KIKKOM	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
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 THURS. - INT ERM	1/2 CUP	1	65	3	456	1.80	0.60	33.3	*1	18.06	*5.67	*2.89	1.64	9.59	2.73	0.68	0.00
CONDIMENT - CHICKEN SANDWICH	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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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2025 thru Oct 31, 2025

Combined: INTERMEDIATE LUNCH 6-8/ALT INT 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 INT WEEKLY 1st CHOICE	Total SANDWICHES	1															
CHEESESTEAK SANDWICH		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	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 & 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 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 THURS. - INT ERM	1/2 CUP	1	65	3	456	1.80	0.60	33.3	*1	18.06	*5.67	*2.89	1.64	9.59	2.73	0.68	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			1036	82	2593	14.11	*2.22	*114.0	*37	*40.91	*79.18 *30.6%	*6.34 *2.4%	45.49 17.6%	149.90 57.9%	29.45 25.6%	8.10 7.0%	*0.37 *0.3%
Nutrient Guideline			783				4.50	400.00	1500	16.70			15.00		<=30.0	<10.00	

Fri - 10/17/2025																	
INTERMEDIATE LUNCH 6-8	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 SE R Ving	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

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2025 thru Oct 31, 2025

Combined: INTERMEDIATE LUNCH 6-8/ALT INT 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 INT WEEKLY 1st CHOI	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
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																
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
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			1027	80	1540	11.68	*2.22	*135.1	*155	*38.07	*65.25	*0.50	43.22	129.55	39.01	7.99	*0.11
% of Calories											*25.4%	*0.2%	16.8%	50.5%	34.2%	7.0%	*0.1%
Nutrient Guideline			783				4.50	400.00	1500	16.70			15.00		<=30.0	<10.00	

Mon - 10/20/2025																	
INTERMEDIATE LUNCH 6-8	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																
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
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

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 INT WEEKLY 1st CHOI	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
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	RVING																
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 : 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			710	*61	1319	7.70	*0.67	*30.9	*82	*40.80	*62.23	*1.67	37.81	106.95	15.20	5.00	*0.00
% of Calories											*35.1%	*0.9%	21.3%	60.3%	19.3%	6.3%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70			15.00		<=30.0	<10.00	

Tue - 10/21/2025																	
INTERMEDIATE LUNCH 6-8	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 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- IN	1 CUP	1	100	3	643	1.70	*0.35	18.6	*2	*10.87	*4.35	*2.89	1.53	9.66	7.2	1.30	0.00
TERM.																	
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

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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 INT WEEKLY 1st CHOI	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
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
SALAD BAR: 2 TUESDAY- IN TERM.	1 CUP	1	100	3	643	1.70	*0.35	18.6	*2	*10.87	*4.35	*2.89	1.53	9.66	7.2	1.30	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			1099	*77	2205	16.87	*2.06	*132.9	*25	*42.36	*68.66 *25.0%	*11.77 *4.3%	48.23 17.5%	138.99 50.6%	40.85 33.4%	12.28 10.1%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70			15.00		<=30.0	<10.00	

Wed - 10/22/2025																	
INTERMEDIATE LUNCH 6-8	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, 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
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

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 INT WEEKLY 1st CHOI	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. 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
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
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
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, 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
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			887	*52	1964	13.68	*2.81	*83.2	*32	*33.46	*56.76	*1.07	40.23	120.10	26.84	7.42	*0.26
% of Calories											*25.6%	*0.5%	18.1%	54.1%	27.2%	7.5%	*0.3%
Nutrient Guideline			783				4.50	400.00	1500	16.70			15.00		<=30.0	<10.00	

Thu - 10/23/2025																	
INTERMEDIATE LUNCH 6-8	Total	1															
HAMBURGER, TYSON	HAMBU	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
	RGERS																
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. 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: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: 3 THURS. - INT	1/2 CUP	1	65	3	456	1.80	0.60	33.3	*1	18.06	*5.67	*2.89	1.64	9.59	2.73	0.68	0.00
ERM																	
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

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 INT WEEKLY 1st CHOICE	Total SANDWICHES	1															
CHEESESTEAK SANDWICH		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	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 & 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 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 THURS. - INT ERM	1/2 CUP	1	65	3	456	1.80	0.60	33.3	*1	18.06	*5.67	*2.89	1.64	9.59	2.73	0.68	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			1103	*97	2306	11.65	*2.41	*185.6	*38	*53.25	*79.75 *28.9%	*10.18 *3.7%	43.79 15.9%	146.96 53.3%	38.69 31.6%	14.22 11.6%	*0.62 *0.5%
Nutrient Guideline			783				4.50	400.00	1500	16.70			15.00		<=30.0	<10.00	

Fri - 10/24/2025																	
INTERMEDIATE LUNCH 6-8	Total	1															
CORN DOG, MINI PROVUEW (	5 NUGGETS	1	207	50	290	2.49	*N/A*	*N/A*	*N/A*	*N/A*	0.83	*N/A*	8.29	24.88	8.29	2.07	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
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

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 INT WEEKLY 1st CHOI WRAP, CHICKEN - FR091	Total WRAP	1															
CHEDDAR/ JACK FANCY SH RED.25OZ	.25 OZ	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
MIXED FRESH VEGETABLES																	
SUN CHIPS	3/4 CUP BAG	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
PINEAPPLE, TIDBITS, CAN	1/2 C SE RVING	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
			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
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 VING	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			975	*88	1421	11.12	*1.48	*69.2	*36	*46.77	*66.44 *27.3%	*0.00 *0.0%	38.92 16.0%	125.74 51.6%	36.46 33.7%	7.20 6.6%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70			15.00		<=30.0	<10.00	

Mon - 10/27/2025																	
INTERMEDIATE LUNCH 6-8	Total	1															
GENERAL TSO - YANGS	3.6oz SE RVING	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
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
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
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

**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 INT WEEKLY 1st CHOI	Total SLICE	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
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	RVING																
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 : 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			750	*52	1175	6.86	*0.62	*27.1	*46	*38.40	*70.50	*0.67	36.81	117.36	16.31	4.71	*0.00
% of Calories											*37.6%	*0.4%	19.6%	62.6%	19.6%	5.7%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70			15.00		<=30.0	<10.00	

Tue - 10/28/2025																	
INTERMEDIATE LUNCH 6-8	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 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																	
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
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- IN	1 CUP	1	100	3	643	1.70	*0.35	18.6	*2	*10.87	*4.35	*2.89	1.53	9.66	7.2	1.30	0.00
TERM.																	
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

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

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Oct 1, 2025 thru Oct 31, 2025

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Generated on: 9/30/2025 9:49:29 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 INT WEEKLY 1st CHOI	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 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																
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																	
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
SALAD BAR: 2 TUESDAY- IN	1 CUP	1	100	3	643	1.70	*0.35	18.6	*2	*10.87	*4.35	*2.89	1.53	9.66	7.2	1.30	0.00
TERM.																	
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			1026	*72	2139	16.98	*1.78	*157.9	*34	*40.65	*57.88	*2.89	46.60	136.54	35.93	9.95	*0.00
% of Calories											*22.6%	*1.1%	18.2%	53.2%	31.5%	8.7%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70			15.00		<=30.0	<10.00	

Wed - 10/29/2025																	
INTERMEDIATE LUNCH 6-8	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	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
ALT INT WEEKLY 1st CHOI	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. 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
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
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

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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)
Weighted Daily Average % of Calories			709	*44	1019	9.41	*1.34	*58.7	*32	*33.29	*36.17 *20.4%	*0.00 *0.0%	33.64 19.0%	97.79 55.2%	20.98 26.6%	5.30 6.7%	*0.02 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70			15.00		<=30.0	<10.00	

Thu - 10/30/2025																	
INTERMEDIATE LUNCH 6-8 CALZONE, MINI, WG	Total 3 CALZONES	1															
		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
ALT INT WEEKLY 1st CHOICE 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	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 & 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 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 THURS. - INTERM	1/2 CUP	1	65	3	456	1.80	0.60	33.3	*1	18.06	*5.67	*2.89	1.64	9.59	2.73	0.68	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	0.0	*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	0.0	*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			929	*81	1832	10.13	*1.76	*289.2	*7	*31.88	*62.71 *27.0%	*1.95 *0.8%	39.87 17.2%	127.02 54.7%	29.34 28.4%	9.73 9.4%	*0.35 *0.3%
Nutrient Guideline			783				4.50	400.00	1500	16.70			15.00		<=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)
Fri - 10/31/2025																	
INTERMEDIATE LUNCH 6-8	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
PINEAPPLE, TIDBITS, CAN	1/2 C SE RVING	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 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
ALT INT WEEKLY 1st CHOI	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
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
PINEAPPLE, TIDBITS, CAN	1/2 C SE RVING	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
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 VING	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	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			1028	78	1370	10.98	*1.90	*90.6	*143	*37.70	*62.40	*15.45	33.68	125.19	46.14	10.46	*0.00
% of Calories											*24.3%	*6.0%	13.1%	48.7%	40.4%	9.2%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70			15.00		<=30.0	<10.00	
Weighted Average			944	*71	1765	11.73	*1.64	*117.8	*49	*37.83	*62.51	*3.58	41.79	126.71	31.27	8.70	*0.10
											*59.6%	*3.4%	17.7%	53.7%	29.8%	8.3%	*0.1%

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Oct 1, 2025 thru Oct 31, 2025

Combined: INTERMEDIATE LUNCH 6-8/ALT INT 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	944		783		121%													
Cholesterol (mg)	71					Missing												
Sodium 1 (mg)	1765								1765									
Fiber (g)	11.73																	
Iron (mg)	1.64			4.50	36%	Missing		2.86										
Calcium (mg)	117.8			400.00	29%	Missing		282.22										
Vitamin A (RAE)	49			1500	3%	Missing		1451										
Total Sugars (g)	62.51	26.48%				Missing												
Added Sugars (g)	3.58	1.52%				Missing												
Vitamin C (mg)	37.83			16.70	227%	Missing												
Protein (g)	41.79	17.70%		15.00	279%													
Carbohydrate (g)	126.71	53.67%																
Total Fat (g)	31.27	29.80%		<=30.00%														
Saturated Fat (g)	8.70	8.29%		<10.00%														
Trans Fat (g)	0.10	0.10%				Missing												

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