

Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Sep 1, 2025 thru Sep 30, 2025

ELEMENTARY LUNCH

Generated on: 9/2/2025 6:40:30 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)
Tue - 09/02/2025																	
ELEMENTARY LUNCH	Total	1															
SOFT FLOUR TACO: ELE	servings	1	244	49	447	4.00	1.44	120.1	*N/A*	0.6	0.00	*N/A*	18.01	23.0	10.5	3.20	0.00
SHREDDED LETTUCE & TO 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
CHEDDAR/ JACK FANCY SH RED.25OZ	.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
REFRIED BEANS, V V	1/2 C SE RVINGS	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
JELL-O	GEL CUP	1	100	0	45	0.00	0.00	0.0	*N/A*	0.0	22.00	*N/A*	0.0	25.0	0.0	0.00	0.00
SALAD BAR: 2 TUESDAY (ELE	.5 CUP	1	148	10	292	2.62	0.96	9.8	*2	*7.26	*1.09	*0.00	2.23	5.32	12.17	1.50	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	60	*0	1	2.33	0.20	14.4	*5	28.17	*8.83	0.00	0.84	15.12	0.3	0.07	*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, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			1147	*85	1792	18.36	*3.17	*214.3	*66	*56.42	*96.79 *33.8%	*0.00 *0.0%	55.61 19.4%	165.66 57.8%	30.66 24.1%	7.84 6.2%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

Wed - 09/03/2025																	
ELEMENTARY LUNCH	Total	1															
ROTINI ALFREDO: ELE	3/4 CUP	1	199	18	206	2.03	*N/A*	*N/A*	*N/A*	*N/A*	4.02	*N/A*	9.56	26.31	6.77	3.20	0.00
CHICKEN, DICED L/S TYSON	1.5oz SE RVING	1	66	28	64	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*N/A*	9.17	0.51	2.55	0.76	0.00
BREADSTICK, CHEESY GARL	SERVING	1	100	0	140	1.00	*N/A*	*N/A*	*N/A*	*N/A*	2.00	*N/A*	3.0	15.0	3.0	0.50	0.00
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	1	55	1	35	1.30	*0.00	*16.0	*0	*0.0	*0.85	*0.00	1.93	3.29	4.47	0.54	0.01
FRUIT BAR :FALL ELEM.	1/2 CUP	1	60	*0	1	2.33	0.20	14.4	*5	28.17	*8.83	0.00	0.84	15.12	0.3	0.07	*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, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			810	*67	911	6.65	*0.20	*30.4	*5	*28.17	*63.70 *31.5%	*0.00 *0.0%	48.49 23.9%	111.23 54.9%	19.58 21.8%	6.58 7.3%	*0.01 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Sep 1, 2025 thru Sep 30, 2025

ELEMENTARY LUNCH

Generated on: 9/2/2025 6:40:30 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)
Thu - 09/04/2025																	
ELEMENTARY LUNCH	Total	1															
HOT DOG, BEEF CLOVERDAL	SERVING	1	280	35	550	2.00	*1.08	*60.0	*N/A*	*2.4	3.00	*N/A*	12.0	23.0	16.5	6.00	0.00
TATER TOTS - MCCAIN	8 PIECES	1	90	0	160	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	1.0	14.0	3.5	0.00	0.00
CARROT STICKS 1/2 CUP	1/2 CUP	1	70	10	95	0.00	0.00	0.0	*0	0.0	1.00	0.00	1.0	2.0	6.0	0.50	0.00
COOKIE, OATMEAL	1 EACH	1	127	14	141	0.86	*0.69	*9.4	*0	*0.0	*9.21	*9.19	2.22	19.44	4.57	1.74	*0.00
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																
SALAD BAR: 3 THURSDAY'S: ELE	.5 CUP	1	79	10	108	0.66	0.17	9.9	*2	9.09	*1.12	*0.00	1.45	3.76	6.08	0.51	0.00
FRUIT BAR :FALL ELEM.	1/2 CUP	1	60	*0	1	2.33	0.20	14.4	*5	28.17	*8.83	0.00	0.84	15.12	0.3	0.07	*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
RELISH- DILL PICKLE	SERVING	1	0	0	45	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	0.0	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, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			1140	*89	1962	9.07	*2.50	*113.7	*7	*42.09	*93.26 *32.7%	*9.19 *3.2%	43.73 15.3%	154.78 54.3%	39.67 31.3%	10.32 8.1%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

Fri - 09/05/2025																	
ELEMENTARY LUNCH	Total	1															
CALZONE, MINI, WG	3 CALZONES	1	325	23	490	4.00	1.80	225.0	*N/A*	*N/A*	6.00	*N/A*	16.5	40.01	11.5	5.00	0.00
CARROT STICKS 1/2 CUP	1/2 CUP	1	70	10	95	0.00	0.00	0.0	*0	0.0	1.00	0.00	1.0	2.0	6.0	0.50	0.00
CREAMIES JR.	CREAMIE	1	93	16	39	0.00	0.00	260.0	*N/A*	3.45	*N/A*	*N/A*	2.0	14.0	3.5	2.00	0.00
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	60	*0	1	2.33	0.20	14.4	*5	28.17	*8.83	0.00	0.84	15.12	0.3	0.07	*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
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, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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
NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Sep 1, 2025 thru Sep 30, 2025

ELEMENTARY LUNCH

Generated on: 9/2/2025 6:40:30 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)
Weighted Daily Average % of Calories			1078	*79	1746	9.33	*2.36	*519.4	*5	*31.62	*84.84 *31.5%	*0.00 *0.0%	48.35 17.9%	152.15 56.5%	31.31 26.1%	9.57 8.0%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	
Mon - 09/08/2025																	
ELEMENTARY LUNCH	Total	1															
TERIYAKI CHICKEN - ELEM.	2 oz	1	93	50	343	0.00	*N/A*	0.0	*N/A*	0.0	6.43	*N/A*	10.71	7.14	2.5	0.71	0.00
CHOW MEIN - 1.4oz	1.4 oz S	1	95	9	262	2.65	*0.09	*8.8	*72	*4.8	2.11	*0.00	3.32	19.31	0.04	0.01	0.00
ERVING	3/4 CUP	1	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
BROCCOLI, ROASTED, 3/4 C	1/2 CUP	1	60	*0	1	2.33	0.20	14.4	*5	28.17	*8.83	0.00	0.84	15.12	0.3	0.07	*0.00
FRUIT BAR :FALL ELEM.	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
MANDARIN ORANGE, FESTI	RVING																
VAL, CAN	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
COOKIE, CELEBRATION	PC	1	10	0	500	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.0	0.0	0.0	0.00	0.00
SOY SAUCE: PC	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 : CHOCOLATE MILK F/F	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 1% WHITE	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK, STRAWBERRY FF																	
Weighted Daily Average % of Calories			833	*85	1717	7.27	*0.65	*39.2	*77	*53.97	*93.21 *44.8%	*0.00 *0.0%	41.80 20.1%	131.86 63.3%	13.81 14.9%	3.83 4.1%	*0.01 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Tue - 09/09/2025																	
ELEMENTARY LUNCH	Total	1															
QUESADILLA, THREE CHEES	SERVING	1	323	36	582	3.32	*N/A*	*N/A*	*N/A*	*N/A*	2.29	*0.00	17.43	32.51	14.2	8.62	0.00
REFRIED BEANS, V V	1/2 C SE RVINGS	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	7.0	24.0	2.5	0.00	0.00
GREEN BEANS: 1/2 C.	1/2 CUP	1	16	0	140	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	1.0	3.0	0.0	0.00	0.00
COOKIE, PUMPKIN CHOCOL	COOKIE	1	146	1	137	4.13	*1.00	*42.3	*0	*0.0	*8.09	*8.07	2.67	22.3	5.99	2.39	*0.00
ATE CHIP																	
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	60	*0	1	2.33	0.20	14.4	*5	28.17	*8.83	0.00	0.84	15.12	0.3	0.07	*0.00
SALAD BAR: 2 TUESDAY (ELE	.5 CUP	1	148	10	292	2.62	0.96	9.8	*2	*7.26	*1.09	*0.00	2.23	5.32	12.17	1.50	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, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average			1229	*67	2104	21.58	*2.16	*66.5	*7	*35.44	*81.91	*8.07	55.41	168.65	37.78	14.09	*0.00
% of Calories											*26.6%	*2.6%	18.0%	54.9%	27.7%	10.3%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

Wed - 09/10/2025																	
ELEMENTARY LUNCH	Total	1															
CHICKEN NOODLE SOUP: U	1 CUP	1	199	47	451	1.92	*0.08	*20.5	*98	*1.69	*2.10	*0.00	17.21	18.34	5.05	1.23	0.00
SDA 1C.																	
BREADSTICK, CHEESE - BO	SERVING	1	150	15	220	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	10.0	17.0	5.0	2.50	0.00
SCO'S																	
TOMATOES, CUCUMBER, C	3/4 CUP	1	25	0	35	1.89	0.54	20.2	*1	6.88	*1.39	*0.00	0.77	9.38	0.17	0.03	0.00
ARROTS:EL																	
FRUIT BAR :FALL ELEM.	1/2 CUP	1	60	*0	1	2.33	0.20	14.4	*5	28.17	*8.83	0.00	0.84	15.12	0.3	0.07	*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, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average			763	*82	1172	8.14	*0.82	*55.0	*104	*36.74	*61.31	*0.00	52.81	110.84	13.03	5.32	*0.00
% of Calories											*32.1%	*0.0%	27.7%	58.1%	15.4%	6.3%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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)
Thu - 09/11/2025																	
ELEMENTARY LUNCH	Total	1															
POPCORN CHICKEN - FR100	10 PIECE	1	240	75	480	3.00	*N/A*	*N/A*	*N/A*	0.0	0.00	*N/A*	18.0	19.0	11.0	2.00	0.00
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
SCOOBY-DOO GRAHAM CR	BAG	1	120	0	100	1.00	0.72	100.0	*N/A*	0.0	8.00	*N/A*	2.0	21.0	4.0	1.00	0.00
ACKER STIC																	
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	60	*0	1	2.33	0.20	14.4	*5	28.17	*8.83	0.00	0.84	15.12	0.3	0.07	*0.00
SALAD BAR: 3 THURSDAY'S: ELE	.5 CUP	1	79	10	108	0.66	0.17	9.9	*2	9.09	*1.12	*0.00	1.45	3.76	6.08	0.51	0.00
BARBAQUE SAUCE: P/C	1 Each	1	45	0	210	0.00	*N/A*	*N/A*	*N/A*	*N/A*	9.00	9.00	0.0	10.0	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
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, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			1155	*105	2092	11.58	*1.56	*124.3	*7	*45.90	*95.05 *32.9%	*9.00 *3.1%	48.88 16.9%	174.52 60.4%	30.36 23.7%	7.02 5.5%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

Fri - 09/12/2025																	
ELEMENTARY LUNCH	Total	1															
PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	*N/A*	*N/A*	*N/A*	0.0	3.00	*N/A*	16.0	27.0	13.0	5.00	0.00
DINNER SALAD ELEM.	1 CUP	1	19	0	37	1.67	0.56	30.2	*216	*5.74	1.97	*0.00	0.89	3.93	0.22	0.04	0.00
COOKIE, CHOCOLATE CHUN	COOKIE	1	102	6	100	0.80	0.54	10.0	*N/A*	0.0	9.00	*N/A*	1.2	15.8	3.9	1.00	0.00
FRUIT BAR :FALL ELEM.	1/2 CUP	1	60	*0	1	2.33	0.20	14.4	*5	28.17	*8.83	0.00	0.84	15.12	0.3	0.07	*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
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
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, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			1001	*61	1809	10.80	*1.66	*74.6	*221	*33.90	*91.81 *36.7%	*0.00 *0.0%	46.94 18.7%	142.87 57.1%	27.42 24.6%	8.11 7.3%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District
Sep 1, 2025 thru Sep 30, 2025

Base Menu Spreadsheet
ELEMENTARY LUNCH

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Mon - 09/15/2025																	
ELEMENTARY LUNCH	Total	1															
ORANGE CHICKEN	2.94 OZ	1	123	33	247	0.00	*N/A*	0.0	*N/A*	*N/A*	9.05	*N/A*	9.05	16.45	2.47	0.41	0.00
RICE: COOKED BROWN RICE (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
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, FORTUNE COOKIE	COOKIE	1	35	0	10	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.0	7.05	0.0	0.00	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	60	*0	1	2.33	0.20	14.4	*5	28.17	*8.83	0.00	0.84	15.12	0.3	0.07	*0.00
SOY SAUCE: PC	PC	1	10	0	500	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.0	0.0	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, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			772	*54	1338	4.60	*0.56	*31.5	*5	*49.17	*84.73 *43.9%	*0.00 *0.0%	37.77 19.6%	128.04 66.3%	10.47 12.2%	2.52 2.9%	*0.01 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	
Tue - 09/16/2025																	
ELEMENTARY LUNCH	Total	1															
BEEF TACO STICK	1 EACH	1	328	46	752	3.07	2.63	312.5	*N/A*	*N/A*	1.00	*N/A*	18.52	28.97	15.17	7.69	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 1/2 CUP	1/2 CUP	1	65	0	15	2.00	*N/A*	*N/A*	*N/A*	*N/A*	3.00	*N/A*	2.0	15.0	1.0	0.00	0.00
COOKIE, COWBOY	1 oz.	1	198	1	159	1.69	*0.95	*42.8	*0	*0.0	*15.04	*15.04	2.79	29.36	8.06	3.25	*0.00
SALAD BAR: 2 TUESDAY (ELE)	.5 CUP	1	148	10	292	2.62	0.96	9.8	*2	*7.26	*1.09	*0.00	2.23	5.32	12.17	1.50	0.00
SALSA PICANTE	1 OZ	1	6	0	158	0.19	0.00	0.0	*N/A*	0.0	0.61	*N/A*	0.25	1.4	0.12	0.01	0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	10	0.00	*N/A*	*N/A*	*N/A*	*N/A*	11.00	*N/A*	0.0	14.0	0.0	0.00	0.00
FRUIT BAR :FALL ELEM.	1/2 CUP	1	60	*0	1	2.33	0.20	14.4	*5	28.17	*8.83	0.00	0.84	15.12	0.3	0.07	*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, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			1334	*77	2172	18.89	*4.74	*379.5	*7	*35.43	*89.57 *26.9%	*15.04 *4.5%	57.63 17.3%	184.16 55.2%	41.83 28.2%	14.02 9.5%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Sep 1, 2025 thru Sep 30, 2025

ELEMENTARY LUNCH

Generated on: 9/2/2025 6:40:30 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 - 09/17/2025																	
ELEMENTARY LUNCH	Total	1															
CHICKEN STRIPS, ELEM FRO	SERVING	1	260	25	390	3.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	15.0	16.0	15.0	2.50	*N/A*
MASHED POTATOES, Dry mi	1/2 CUP	1	80	0	314	1.00	0.37	22.4	*N/A*	30.04	1.00	*N/A*	2.0	17.03	1.0	0.00	*0.00
x,1/2																	
GRAVY, CHICKEN: LOW SO	1/4 CUP	1	20	0	142	0.00	0.01	1.1	*0	0.0	*1.00	0.00	0.0	3.0	0.5	0.00	0.00
DIMUM																	
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
GARLIC TOAST-WG	SLICES	1	79	0	179	1.99	1.07	0.0	*N/A*	0.0	0.00	*N/A*	2.98	14.89	1.99	0.00	0.00
FRUIT BAR :FALL ELEM.	1/2 CUP	1	60	*0	1	2.33	0.20	14.4	*5	28.17	*8.83	0.00	0.84	15.12	0.3	0.07	*0.00
BARBAQUE SAUCE: P/C	1 Each	1	45	0	210	0.00	*N/A*	*N/A*	*N/A*	*N/A*	9.00	9.00	0.0	10.0	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, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average			890	*45	1841	10.31	*1.65	*37.9	*5	*58.21	*69.83	*9.00	45.82	130.03	21.29	4.07	*0.00
% of Calories											*31.4%	*4.0%	20.6%	58.4%	21.5%	4.1%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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)
Thu - 09/18/2025																	
ELEMENTARY LUNCH	Total	1															
CHICKEN SANDWICH	SANDWICH	1	323	46	504	5.04	*1.08	*60.0	*N/A*	*2.4	2.00	*N/A*	24.24	31.11	10.61	1.52	0.00
LETTUCE & TOMATO:1/2 CUP	1/2 CUP	1	9	0	5	0.79	0.25	7.5	*9	4.02	1.11	0.00	0.72	1.92	0.04	0.01	0.00
P-TACOS																	
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
COLESLAW	1/2 C. SERVINGS	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
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	60	*0	1	2.33	0.20	14.4	*5	28.17	*8.83	0.00	0.84	15.12	0.3	0.07	*0.00
SALAD BAR: 3 THURSDAY'S: ELE	.5 CUP	1	79	10	108	0.66	0.17	9.9	*2	9.09	*1.12	*0.00	1.45	3.76	6.08	0.51	0.00
BARBAQUE SAUCE: P/C	1 Each	1	45	0	210	0.00	*N/A*	*N/A*	*N/A*	*N/A*	9.00	9.00	0.0	10.0	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
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
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
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, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			1211	*83	2379	15.13	*2.45	*142.0	*61	*67.31	*101.62 *33.6%	*16.15 *5.3%	54.29 17.9%	173.56 57.3%	32.53 24.2%	6.16 4.6%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

Fri - 09/19/2025																	
ELEMENTARY LUNCH	Total	1															
SLOPPY JOE: JTM ELEMENTARY	2 OZ	1	200	24	578	2.43	1.08	60.0	*N/A*	2.4	6.14	*N/A*	12.32	27.53	4.68	1.21	0.22
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
SUN CHIPS	BAG	1	140	0	140	2.00	0.00	0.0	*N/A*	0.0	2.00	*N/A*	2.0	19.0	6.0	0.50	0.00
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	60	0	0	1.00	0.36	20.0	*N/A*	*N/A*	13.00	*N/A*	1.0	16.0	0.0	0.00	0.00
FRUIT BAR :FALL ELEM.	1/2 CUP	1	60	*0	1	2.33	0.20	14.4	*5	28.17	*8.83	0.00	0.84	15.12	0.3	0.07	*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, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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**

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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			899	*54	1346	10.46	*1.64	*94.4	*5	*30.57	*83.54 *37.2%	*0.00 *0.0%	42.06 18.7%	139.64 62.1%	19.71 19.7%	3.85 3.9%	*0.22 *0.2%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

Mon - 09/22/2025																	
ELEMENTARY LUNCH	Total	1															
TERIYAKI CHICKEN - ELEM.	2 oz	1	93	50	343	0.00	*N/A*	0.0	*N/A*	0.0	6.43	*N/A*	10.71	7.14	2.5	0.71	0.00
CHOW MEIN - 1.4oz	1/2 CUP	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
	SERVING																
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 :FALL ELEM.	1/2 CUP	1	60	*0	1	2.33	0.20	14.4	*5	28.17	*8.83	0.00	0.84	15.12	0.3	0.07	*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																
SOY SAUCE: PC	PC	1	10	0	500	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.0	0.0	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, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			782	*79	1952	8.98	*0.65	*23.2	*77	*53.97	*86.87 *44.4%	*2.00 *1.0%	42.37 21.7%	130.07 66.6%	7.84 9.0%	3.29 3.8%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Tue - 09/23/2025																	
ELEMENTARY LUNCH	Total	1															
NACHOS, MACHO	SERVING	1	359	54	354	2.46	*0.16	*110.6	*N/A*	*0.0	*0.00	*0.00	14.92	19.96	24.09	8.45	*0.00
REFRIED BEANS, V V	1/2 C SE RVINGS	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 1/2 CUP	1/2 CUP	1	65	0	15	2.00	*N/A*	*N/A*	*N/A*	*N/A*	3.00	*N/A*	2.0	15.0	1.0	0.00	0.00
CINNAMON ROLL W. W.W. B RIDGFOR	ROLL	1	210	0	250	3.00	*N/A*	*N/A*	*N/A*	*N/A*	9.00	*N/A*	6.0	34.0	5.0	1.00	0.00
FRUIT BAR :FALL ELEM.	1/2 CUP	1	60	*0	1	2.33	0.20	14.4	*5	28.17	*8.83	0.00	0.84	15.12	0.3	0.07	*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 (ELE	.5 CUP	1	148	10	292	2.62	0.96	9.8	*2	*7.26	*1.09	*0.00	2.23	5.32	12.17	1.50	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, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			1378	*84	1864	19.60	*1.33	*134.8	*7	*35.43	*82.54 *24.0%	*0.00 *0.0%	57.23 16.6%	179.80 52.2%	47.68 31.1%	12.53 8.2%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

Wed - 09/24/2025																	
ELEMENTARY LUNCH	Total	1															
TERIYAKI BEEF NUGGETS	4 Nugget	1	160	40	440	1.00	1.44	20.0	*N/A*	0.0	4.00	*N/A*	14.0	6.0	8.0	3.50	0.50
MASHED POTATOES, Dry mix, 1/2	1/2 CUP	1	80	0	314	1.00	0.37	22.4	*N/A*	30.04	1.00	*N/A*	2.0	17.03	1.0	0.00	*0.00
GRAVY, BROWN LOW SODI	1/4 CUP	1	2	0	19	0.00	0.01	1.1	*N/A*	0.0	0.12	*N/A*	0.0	0.37	0.0	0.00	*0.00
BROCCOLI, ROASTED, 3/4 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 :FALL ELEM.	1/2 CUP	1	60	*0	1	2.33	0.20	14.4	*5	28.17	*8.83	0.00	0.84	15.12	0.3	0.07	*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 : 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, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			848	*61	1622	8.01	*3.22	*85.6	*5	*58.21	*64.94 *30.6%	*2.14 *1.0%	47.12 22.2%	118.44 55.9%	21.35 22.7%	6.50 6.9%	*0.51 *0.5%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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)
Thu - 09/25/2025																	
ELEMENTARY LUNCH	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																
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
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	60	*0	1	2.33	0.20	14.4	*5	28.17	*8.83	0.00	0.84	15.12	0.3	0.07	*0.00
SALAD BAR: 3 THURSDAY'S:	.5 CUP	1	79	10	108	0.66	0.17	9.9	*2	9.09	*1.12	*0.00	1.45	3.76	6.08	0.51	0.00
ELE																	
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
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
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, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average			1319	*86	2366	12.37	*2.87	*120.6	*67	*66.88	*117.00	*13.58	49.15	189.04	41.43	13.28	*0.51
% of Calories											*35.5%	*4.1%	14.9%	57.3%	28.3%	9.1%	*0.3%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

Fri - 09/26/2025																	
ELEMENTARY LUNCH	Total	1															
CORN DOG, MINI PROVIEU (	4 NUGG	1	166	40	232	1.99	*N/A*	*N/A*	*N/A*	*N/A*	0.66	*N/A*	6.63	19.9	6.63	1.66	0.00
	ETS																
CARROT STICKS 3/4 CUP	3/4 CUP	1	109	10	161	2.70	*0.00	*0.0	*N/A*	*0.0	5.58	*N/A*	1.9	11.0	6.22	0.57	0.00
COOKIE, SNICKERDOODLE,	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
WG																	
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	60	*0	1	2.33	0.20	14.4	*5	28.17	*8.83	0.00	0.84	15.12	0.3	0.07	*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, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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			873	*77	1330	9.74	*0.20	*14.4	*5	*30.60	*90.17 *41.3%	*0.00 *0.0%	34.59 15.9%	139.47 63.9%	19.88 20.5%	4.80 5.0%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

Mon - 09/29/2025																	
ELEMENTARY LUNCH	Total	1															
ORANGE CHICKEN	2.94 OZ	1	123	33	247	0.00	*N/A*	0.0	*N/A*	*N/A*	9.05	*N/A*	9.05	16.45	2.47	0.41	0.00
RICE: COOKED BROWN RICE (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
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	60	*0	1	2.33	0.20	14.4	*5	28.17	*8.83	0.00	0.84	15.12	0.3	0.07	*0.00
BROWNIE MIX, SHIRLEY J	SERVING	1	120	0	65	1.00	*0.00	*0.2	*N/A*	*0.0	*15.00	*N/A*	1.0	23.0	3.5	1.15	0.00
MILK : 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, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			815	*53	1068	7.30	*0.56	*15.6	*5	*49.17	*100.38 *49.2%	*0.00 *0.0%	38.34 18.8%	145.19 71.2%	9.50 10.5%	3.13 3.5%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	

Tue - 09/30/2025																	
ELEMENTARY LUNCH	Total	1															
DUTCH WAFFLE	1 EACH	1	300	20	350	3.00	1.80	40.0	*N/A*	0.0	12.00	*N/A*	4.0	43.0	13.0	3.00	0.00
SCRAMBLED EGGS: SUNNY FRESH	1oz SERVING	1	45	95	130	0.00	0.40	17.0	*N/A*	0.0	*N/A*	*N/A*	3.0	1.0	3.0	1.00	0.00
SAUSAGE LINK - CLOVERDA	1 LINK	1	115	20	170	0.00	0.36	*N/A*	*N/A*	*N/A*	0.00	*N/A*	4.0	1.0	10.5	3.50	0.00
HASHBROWN PATTY:1/2 CUP	2 EACH	1	220	0	450	2.00	0.72	0.0	*N/A*	2.4	1.00	*N/A*	2.0	27.0	11.0	1.50	0.00
FRUIT BAR :FALL ELEM.	1/2 CUP	1	60	*0	1	2.33	0.20	14.4	*5	28.17	*8.83	0.00	0.84	15.12	0.3	0.07	*0.00
JUICE, PARADISE PUNCH	CARTON	1	60	0	5	0.00	0.00	*N/A*	*N/A*	*N/A*	12.91	*N/A*	0.0	13.9	0.0	0.00	0.00
SYRUP	1 EA	1	10	0	80	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	0.0	4.0	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
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, STRAWBERRY FF	CARTON	1	110	5	125	0.00	*N/A*	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

	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			1180	*155	1985	7.33	*3.48	*71.4	*5	*33.00	*90.84 *30.8%	*0.00 *0.0%	37.84 12.8%	166.14 56.3%	40.30 30.7%	10.57 8.1%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00			8.87		<=30.0	<10.00	
Weighted Average			1022	*77	1741	11.21	*1.83	*113.7	*36	*44.39	*86.85 *76.5%	*4.01 *3.5%	46.96 18.4%	149.34 58.5%	26.54 23.4%	7.49 6.6%	*0.06 *0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1022		645	159%				
Cholesterol (mg)	77				Missing			
Sodium 1 (mg)	1741						1741	
Fiber (g)	11.21							
Iron (mg)	1.83		3.30	55%	Missing	1.47		Correction Required - Iron is Low
Calcium (mg)	113.7		267.00	43%	Missing	153.28		Correction Required - Calcium is Low
Vitamin A (RAE)	36		1055	3%	Missing	1019		Correction Required - Vitamin A is Low
Total Sugars (g)	86.85	34.00%			Missing			
Added Sugars (g)	4.01	1.57%			Missing			
Vitamin C (mg)	44.39		15.00	296%	Missing			
Protein (g)	46.96	18.38%	8.87	530%				
Carbohydrate (g)	149.34	58.46%						
Total Fat (g)	26.54	23.38%	<=30.00%					
Saturated Fat (g)	7.49	6.60%	<10.00%					
Trans Fat (g)	0.06	0.05%			Missing			

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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.