

|                                | 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) |
|--------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|-------------|------------|-------------|------------|------------|----------|-----------|-----------|------------|
| Tue - 09/02/2025               |                 |           |             |             |           |           |           |            |             |            |             |            |            |          |           |           |            |
| 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 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       |
| 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- IN TERM. | 1 CUP           | 1         | 158         | 10          | 314       | 2.39      | 1.45      | 5.3        | *2          | *7.26      | *1.09       | *0.00      | 2.23       | 5.09     | 13.31     | 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       |
| 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 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       |
| 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         | 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         |                 |           | 1124        | *79         | 1783      | 16.60     | *2.21     | *147.2     | *36         | *43.38     | *83.64      | *0.00      | 53.37      | 155.61   | 33.39     | 9.19      | *0.00      |
| % of Calories                  |                 |           |             |             |           |           |           |            |             |            | *29.8%      | *0.0%      | 19.0%      | 55.4%    | 26.7%     | 7.4%      | *0.0%      |
| Nutrient Guideline             |                 |           | 783         |             |           |           | 4.50      | 400.00     | 1500        | 16.70      |             |            | 15.00      |          | <=30.0    | <10.00    |            |

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

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

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|                            | Portion 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) |
|----------------------------|---------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|-------------|------------|-------------|------------|------------|----------|-----------|-----------|------------|
| Wed - 09/03/2025           |               |           |             |             |           |           |           |            |             |            |             |            |            |          |           |           |            |
| 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 SERVING | 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    | 3/4 CUP       | 1         | 100         | 0           | 140       | 1.00      | *N/A*     | *N/A*      | *N/A*       | *N/A*      | 2.00        | *N/A*      | 3.0        | 15.0     | 3.0       | 0.50      | 0.00       |
| BROCCOLI, ROASTED, 3/4 C   | 1/2 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       |
| 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         | 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      |
| 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         | 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       |
| 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     |               |           | 975         | *59         | 1639      | 9.93      | *1.36     | *62.1      | *35         | *43.42     | *73.67      | *4.50      | 49.72      | 139.07   | 24.14     | 6.48      | *0.01      |
| % of Calories              |               |           |             |             |           |           |           |            |             |            | *30.2%      | *1.8%      | 20.4%      | 57.1%    | 22.3%     | 6.0%      | *0.0%      |
| Nutrient Guideline         |               |           | 783         |             |           |           | 4.50      | 400.00     | 1500        | 16.70      |             |            | 15.00      |          | <=30.0    | <10.00    |            |

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

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Sep 1, 2025 thru Sep 30, 2025

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

|                                         | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(RAE) | Vit-C<br>(mg) | Tot Sug<br>(g)   | Add Su<br>(g)  | Protn<br>(g)   | Carb<br>(g)     | T-Fat<br>(g)   | S-Fat<br>(g) | Tr-Fat<br>(g)  |
|-----------------------------------------|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|---------------|----------------|---------------|------------------|----------------|----------------|-----------------|----------------|--------------|----------------|
| Thu - 09/04/2025                        |                 |              |                |                |              |              |              |               |                |               |                  |                |                |                 |                |              |                |
| 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          |
| 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:<br>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           |
| 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           |
| 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           |
| 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           |
| 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          |
| 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<br>% of Calories |                 |              | 1127           | *82            | 1729         | 12.99        | *2.33        | *78.8         | *39            | *62.48        | *90.12<br>*32.0% | *9.09<br>*3.2% | 48.88<br>17.3% | 156.88<br>55.7% | 34.74<br>27.7% | 7.75<br>6.2% | *0.00<br>*0.0% |
| Nutrient Guideline                      |                 |              | 783            |                |              |              | 4.50         | 400.00        | 1500           | 16.70         |                  |                | 15.00          |                 | <=30.0         | <10.00       |                |

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\* - 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) |
|------------------------------------------|---------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|-------------|------------|-------------|------------|-----------|----------|-----------|-----------|------------|
| Fri - 09/05/2025                         |               |           |             |             |           |           |           |            |             |            |             |            |           |          |           |           |            |
| INTERMEDIATE LUNCH 6-8 CALZONE, MINI, WG | Total         | 1         |             |             |           |           |           |            |             |            |             |            |           |          |           |           |            |
|                                          | 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 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      |
| 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       |
| ALT INT WEEKLY 1st CHOICE                | Total         | 1         |             |             |           |           |           |            |             |            |             |            |           |          |           |           |            |
| CHEESESTEAK SANDWICH                     | SANDWICHES    | 1         | 399         | 74          | 662       | 2.00      | *N/A*     | *N/A*      | *N/A*       | *N/A*      | 4.34        | *1.00      | 21.25     | 33.9     | 19.69     | 8.04      | 0.70       |
| TATER TOTS - MCCAIN                      | 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         | 123         | 12          | 214       | 3.05      | 0.84      | 41.9       | *8          | 3.41       | *1.75       | *N/A*      | 2.04      | 10.53    | 7.67      | 0.66      | 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      |
| 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, 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                   |               |           | 1110        | *95         | 1834      | 9.86      | *1.88     | *297.8     | *9          | *32.81     | *84.93      | *0.50      | 49.24     | 151.41   | 34.48     | 10.17     | *0.35      |
| % of Calories                            |               |           |             |             |           |           |           |            |             |            | *30.6%      | *0.2%      | 17.7%     | 54.6%    | 28.0%     | 8.2%      | *0.3%      |
| Nutrient Guideline                       |               |           | 783         |             |           |           | 4.50      | 400.00     | 1500        | 16.70      |             |            | 15.00     |          | <=30.0    | <10.00    |            |

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\* - 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)     |
|--------------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|-------------|------------|------------------|----------------|----------------|-----------------|----------------|--------------|----------------|
| Mon - 09/08/2025                     |                 |           |             |             |           |           |           |            |             |            |                  |                |                |                 |                |              |                |
| 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 - 1.4oz                    | 1/2 CUP 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 SERVING | 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           |
| 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           |
| 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         | 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          |
| 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 |                 |           | 895         | *70         | 1479      | 7.48      | *0.90     | *44.1      | *85         | *61.27     | *91.46<br>*40.9% | *0.67<br>*0.3% | 45.22<br>20.2% | 136.03<br>60.8% | 18.69<br>18.8% | 5.55<br>5.6% | *0.01<br>*0.0% |
| 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) |
|--------------------------------|----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|-------------|------------|-------------|------------|-----------|----------|-----------|-----------|------------|
| Tue - 09/09/2025               |                |           |             |             |           |           |           |            |             |            |             |            |           |          |           |           |            |
| 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 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- IN TERM. | 1 CUP          | 1         | 158         | 10          | 314       | 2.39      | 1.45      | 5.3        | *2          | *7.26      | *1.09       | *0.00      | 2.23      | 5.09     | 13.31     | 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       |
| 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 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         | 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         |                |           | 1171        | *70         | 1940      | 18.51     | *1.75     | *75.5      | *21         | *37.52     | *77.00      | *4.03      | 53.45     | 158.23   | 37.02     | 12.32     | *0.00      |
| % of Calories                  |                |           |             |             |           |           |           |            |             |            | *26.3%      | *1.4%      | 18.3%     | 54.0%    | 28.5%     | 9.5%      | *0.0%      |
| 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) |
|----------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|-------------|------------|-------------|------------|-----------|----------|-----------|-----------|------------|
| Wed - 09/10/2025           |              |           |             |             |           |           |           |            |             |            |             |            |           |          |           |           |            |
| 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                  |              |           |             |             |           |           |           |            |             |            |             |            |           |          |           |           |            |
| 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       |
| 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         | 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      |
| 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         | 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       |
| 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     |              |           | 927         | *66         | 1767      | 10.20     | *1.67     | *74.4      | *84         | *47.71     | *72.25      | *4.50      | 51.06     | 133.70   | 20.69     | 5.86      | *0.00      |
| % of Calories              |              |           |             |             |           |           |           |            |             |            | *31.2%      | *1.9%      | 22.0%     | 57.7%    | 20.1%     | 5.7%      | *0.0%      |
| Nutrient Guideline         |              |           | 783         |             |           |           | 4.50      | 400.00     | 1500        | 16.70      |             |            | 15.00     |          | <=30.0    | <10.00    |            |

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

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

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|                            | Portion 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           |              |           |             |             |           |           |           |            |             |            |             |            |           |          |           |           |            |
| INTERMEDIATE LUNCH 6-8     | Total        | 1         |             |             |           |           |           |            |             |            |             |            |           |          |           |           |            |
| CHICKEN CHUNKS, TYSON      | 5 NUGG       | 1         | 240         | 55          | 570       | 2.00      | *N/A*     | *N/A*      | *N/A*       | *N/A*      | 1.00        | *N/A*      | 23.0      | 15.0     | 10.0      | 2.00      | 0.00       |
|                            | ETS          |           |             |             |           |           |           |            |             |            |             |            |           |          |           |           |            |
| 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 THURS. - INT  | 1/2 CUP      | 1         | 39          | 5           | 54        | 0.33      | 0.09      | 5.0        | *1          | 4.54       | *0.56       | *0.00      | 0.72      | 1.88     | 3.04      | 0.26      | 0.00       |
| ERM                        |              |           |             |             |           |           |           |            |             |            |             |            |           |          |           |           |            |
| 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         | 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       |
| 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       |
| 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       |
| 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      |
| 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     |              |           | 1116        | *78         | 1832      | 13.08     | *1.99     | *91.6      | *39         | *62.12     | *91.74      | *9.00      | 54.09     | 163.81   | 28.06     | 5.97      | *0.00      |
| % of Calories              |              |           |             |             |           |           |           |            |             |            | *32.9%      | *3.2%      | 19.4%     | 58.7%    | 22.6%     | 4.8%      | *0.0%      |
| 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 - 09/12/2025                     |                |           |             |             |           |           |           |            |             |            |                  |                |                |                 |                |              |                |
| INTERMEDIATE LUNCH 6-8               | 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           |
| 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         | 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           |
| ALT INT WEEKLY 1st CHOI              | Total          | 1         |             |             |           |           |           |            |             |            |                  |                |                |                 |                |              |                |
| CHEESESTEAK SANDWICH                 | SANDWICHES     | 1         | 399         | 74          | 662       | 2.00      | *N/A*     | *N/A*      | *N/A*       | *N/A*      | 4.34             | *1.00          | 21.25          | 33.9            | 19.69          | 8.04         | 0.70           |
| TATER TOTS - MCCAIN                  | 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         | 123         | 12          | 214       | 3.05      | 0.84      | 41.9       | *8          | 3.41       | *1.75            | *N/A*          | 2.04           | 10.53           | 7.67           | 0.66         | 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         | 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          |
| 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, 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 |                |           | 1072        | *86         | 1865      | 10.59     | *1.53     | *75.4      | *117        | *33.95     | *88.41<br>*33.0% | *0.50<br>*0.2% | 48.53<br>18.1% | 146.77<br>54.8% | 32.54<br>27.3% | 9.44<br>7.9% | *0.35<br>*0.3% |
| Nutrient Guideline                   |                |           | 783         |             |           |           | 4.50      | 400.00     | 1500        | 16.70      |                  |                | 15.00          |                 | <=30.0         | <10.00       |                |

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Sep 1, 2025 thru Sep 30, 2025

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

|                                         | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(RAE) | Vit-C<br>(mg) | Tot Sug<br>(g)   | Add Su<br>(g)  | Protn<br>(g)   | Carb<br>(g)     | T-Fat<br>(g)   | S-Fat<br>(g) | Tr-Fat<br>(g)  |
|-----------------------------------------|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|---------------|----------------|---------------|------------------|----------------|----------------|-----------------|----------------|--------------|----------------|
| Mon - 09/15/2025                        |                 |              |                |                |              |              |              |               |                |               |                  |                |                |                 |                |              |                |
| INTERMEDIATE LUNCH 6-8                  | Total           | 1            |                |                |              |              |              |               |                |               |                  |                |                |                 |                |              |                |
| ORANGE CHICKEN: (SEC.)                  | 3.6 OZ          | 1            | 151            | 40             | 302          | 0.00         | *N/A*        | 0.0           | *N/A*          | *N/A*         | 11.08            | *N/A*          | 11.08          | 20.14           | 3.02           | 0.50         | 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           |
| 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            | 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          |
| 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<br>% of Calories |                 |              | 878            | *58            | 1318         | 6.14         | *0.86        | *40.3         | *49            | *58.87        | *88.23<br>*40.2% | *0.67<br>*0.3% | 44.22<br>20.1% | 135.95<br>62.0% | 17.30<br>17.7% | 4.94<br>5.1% | *0.01<br>*0.0% |
| Nutrient Guideline                      |                 |              | 783            |                |              |              | 4.50         | 400.00        | 1500           | 16.70         |                  |                | 15.00          |                 | <=30.0         | <10.00       |                |

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Sep 1, 2025 thru Sep 30, 2025

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

|                                    | Portion<br>Size    | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(RAE) | Vit-C<br>(mg) | Tot Sug<br>(g) | Add Su<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat<br>(g) |
|------------------------------------|--------------------|--------------|----------------|----------------|--------------|--------------|--------------|---------------|----------------|---------------|----------------|---------------|--------------|-------------|--------------|--------------|---------------|
| Tue - 09/16/2025                   |                    |              |                |                |              |              |              |               |                |               |                |               |              |             |              |              |               |
| INTERMEDIATE LUNCH 6-8             | 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 SE<br>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          |
| 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         |
| 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- IN<br>TERM.  | 1 CUP              | 1            | 158            | 10             | 314          | 2.39         | 1.45         | 5.3           | *2             | *7.26         | *1.09          | *0.00         | 2.23         | 5.09        | 13.31        | 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          |
| 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<br>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          |
| LETTUCE & TOMATO:3/4 CU<br>P-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            | 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             |                    |              | 1223           | *75            | 1974         | 17.16        | *3.04        | *232.0        | *21            | *37.52        | *80.83         | *7.52         | 54.56        | 165.98      | 39.05        | 12.29        | *0.00         |
| % of Calories                      |                    |              |                |                |              |              |              |               |                |               | *26.4%         | *2.5%         | 17.8%        | 54.3%       | 28.7%        | 9.0%         | *0.0%         |
| 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)     | Protrn (g)     | Carb (g)        | T-Fat (g)      | S-Fat (g)    | Tr-Fat (g)     |
|------------------------------------------------|--------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|-------------|------------|------------------|----------------|----------------|-----------------|----------------|--------------|----------------|
| Wed - 09/17/2025                               |              |           |             |             |           |           |           |            |             |            |                  |                |                |                 |                |              |                |
| INTERMEDIATE LUNCH 6-8 CHICKEN TENDERS - FR091 | Total        | 1         |             |             |           |           |           |            |             |            |                  |                |                |                 |                |              |                |
|                                                | 2 TENDERS    | 1         | 230         | 45          | 400       | 2.00      | *N/A*     | *N/A*      | *N/A*       | *N/A*      | 2.00             | *N/A*          | 20.0           | 12.0            | 11.0           | 2.00         | 0.00           |
| BUTTER MASHED POTATOE S-sec                    | 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           |
| GRAVY, CHICKEN: LOW SO DIUM                    | 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           |
| 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           |
| 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 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           |
| 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         | 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          |
| 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         | 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           |
| 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           |              |           | 1000        | *60         | 2159      | 14.79     | *2.08     | *64.6      | *35         | *43.42     | *76.51<br>*30.6% | *9.00<br>*3.6% | 50.07<br>20.0% | 141.79<br>56.7% | 24.82<br>22.3% | 6.23<br>5.6% | *0.00<br>*0.0% |
| Nutrient Guideline                             |              |           | 783         |             |           |           | 4.50      | 400.00     | 1500        | 16.70      |                  |                | 15.00          |                 | <=30.0         | <10.00       |                |

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Sep 1, 2025 thru Sep 30, 2025

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

|                                | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(RAE) | Vit-C<br>(mg) | Tot Sug<br>(g) | Add Su<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat<br>(g) |
|--------------------------------|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|---------------|----------------|---------------|----------------|---------------|--------------|-------------|--------------|--------------|---------------|
| Thu - 09/18/2025               |                 |              |                |                |              |              |              |               |                |               |                |               |              |             |              |              |               |
| INTERMEDIATE LUNCH 6-8         | 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          |
| SHREDDED LETTUCE & TOMATO-DELI | 1/2 CUP         | 1            | 31             | 0              | 11           | 2.22         | 0.57         | 19.4          | *60            | 20.39         | 4.26           | 0.00          | 1.77         | 6.57        | 0.28         | 0.04         | 0.00          |
| 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 THURS. - INTERM   | 1/2 CUP         | 1            | 39             | 5              | 54           | 0.33         | 0.09         | 5.0           | *1             | 4.54          | *0.56          | *0.00         | 0.72         | 1.88        | 3.04         | 0.26         | 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            | 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          |
| 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          |
| ALT INT WEEKLY 1st CHOICE      | 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          |
| 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          |
| 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         |
| 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         |                 |              | 1154           | *76            | 1933         | 16.07        | *2.60        | *106.4        | *91            | *81.01        | *96.09         | *12.58        | 54.82        | 167.65      | 29.76        | 5.56         | *0.00         |
| % of Calories                  |                 |              |                |                |              |              |              |               |                |               | *33.3%         | *4.4%         | 19.0%        | 58.1%       | 23.2%        | 4.3%         | *0.0%         |
| Nutrient Guideline             |                 |              | 783            |                |              |              | 4.50         | 400.00        | 1500           | 16.70         |                |               | 15.00        |             | <=30.0       | <10.00       |               |

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

Base Menu Spreadsheet

Portion Values - Detailed

Sep 1, 2025 thru Sep 30, 2025

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

|                           | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(RAE) | Vit-C<br>(mg) | Tot Sug<br>(g) | Add Su<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat<br>(g) |
|---------------------------|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|---------------|----------------|---------------|----------------|---------------|--------------|-------------|--------------|--------------|---------------|
| Fri - 09/19/2025          |                 |              |                |                |              |              |              |               |                |               |                |               |              |             |              |              |               |
| INTERMEDIATE LUNCH 6-8    | Total           | 1            |                |                |              |              |              |               |                |               |                |               |              |             |              |              |               |
| SLOPPY JOE: JTM ELEMEN    | 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          |
| TARY                      |                 |              |                |                |              |              |              |               |                |               |                |               |              |             |              |              |               |
| FRESH MIXED VEGETABLE     | 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          |
| CUP                       |                 |              |                |                |              |              |              |               |                |               |                |               |              |             |              |              |               |
| 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            | 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          |
|                           |                 |              |                |                |              |              |              |               |                |               |                |               |              |             |              |              |               |
| ALT INT WEEKLY 1st CHOI   | Total           | 1            |                |                |              |              |              |               |                |               |                |               |              |             |              |              |               |
| CHEESESTEAK SANDWICH      | SANDWI          | 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          |
|                           | CHES            |              |                |                |              |              |              |               |                |               |                |               |              |             |              |              |               |
| 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:   | 3/4 CUP         | 1            | 123            | 12             | 214          | 3.05         | 0.84         | 41.9          | *8             | 3.41          | *1.75          | *N/A*         | 2.04         | 10.53       | 7.67         | 0.66         | 0.00          |
| ELE                       |                 |              |                |                |              |              |              |               |                |               |                |               |              |             |              |              |               |
| 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         |
| 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, 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    |                 |              | 1016           | *83            | 1625         | 10.25        | *1.85        | *100.3        | *13            | *49.44        | *82.44         | *0.50         | 46.35        | 143.81      | 28.68        | 7.31         | *0.46         |
| % of Calories             |                 |              |                |                |              |              |              |               |                |               | *32.5%         | *0.2%         | 18.3%        | 56.6%       | 25.4%        | 6.5%         | *0.4%         |
|                           |                 |              |                |                |              |              |              |               |                |               |                |               |              |             |              |              |               |
| 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)     |
|--------------------------------------|-----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|-------------|------------|------------------|----------------|----------------|-----------------|----------------|--------------|----------------|
| Mon - 09/22/2025                     |                 |           |             |             |           |           |           |            |             |            |                  |                |                |                 |                |              |                |
| 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 - 1.4oz                    | 1/2 CUP 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           |
| 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 VAL, CAN      | 1/2 C SE RVING  | 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           |
| 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           |
| 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 VAL, CAN      | 1/2 C SE RVING  | 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          |
| 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 |                 |           | 869         | *67         | 1597      | 8.33      | *0.90     | *36.1      | *85         | *61.27     | *88.28<br>*40.6% | *1.67<br>*0.8% | 45.50<br>20.9% | 135.13<br>62.2% | 15.71<br>16.3% | 5.28<br>5.5% | *0.00<br>*0.0% |
| 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) |
|---------------------------------|----------------|-----------|-------------|-------------|-----------|-----------|-----------|------------|-------------|------------|-------------|------------|-----------|----------|-----------|-----------|------------|
| Tue - 09/23/2025                |                |           |             |             |           |           |           |            |             |            |             |            |           |          |           |           |            |
| INTERMEDIATE LUNCH 6-8          | Total          | 1         |             |             |           |           |           |            |             |            |             |            |           |          |           |           |            |
| TACO SALAD - RAW                | SERVING        | 1         | 504         | 71          | 481       | 5.75      | *0.97     | *168.9     | *39         | *15.34     | *3.85       | *0.00      | 21.89     | 32.67    | 31.95     | 11.18     | *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       |
| 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       |
| SALAD BAR: 2 TUESDAY- IN TERM.  | 1 CUP          | 1         | 158         | 10          | 314       | 2.39      | 1.45      | 5.3        | *2          | *7.26      | *1.09       | *0.00      | 2.23      | 5.09     | 13.31     | 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       |
| 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       |
| 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         | 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          |                |           | 1320        | *92         | 1924      | 18.16     | *1.73     | *138.8     | *40         | *45.19     | *78.24      | *0.00      | 57.35     | 163.65   | 48.41     | 13.15     | *0.00      |
| % of Calories                   |                |           |             |             |           |           |           |            |             |            | *23.7%      | *0.0%      | 17.4%     | 49.6%    | 33.0%     | 9.0%      | *0.0%      |
| Nutrient Guideline              |                |           | 783         |             |           |           | 4.50      | 400.00     | 1500        | 16.70      |             |            | 15.00     |          | <=30.0    | <10.00    |            |

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

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

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|                                      | Portion 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 - 09/24/2025                     |              |           |             |             |           |           |           |            |             |            |                  |                |                |                 |                |              |                |
| 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 S-sec          | 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           |
| 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 :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           |
| 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 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           |
| 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         | 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          |
| 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         | 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           |
| 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 |              |           | 1002        | *58         | 2102      | 14.13     | *2.86     | *88.5      | *35         | *43.43     | *73.97<br>*29.5% | *5.57<br>*2.2% | 48.21<br>19.2% | 139.21<br>55.6% | 27.32<br>24.5% | 7.69<br>6.9% | *0.26<br>*0.2% |
| Nutrient Guideline                   |              |           | 783         |             |           |           | 4.50      | 400.00     | 1500        | 16.70      |                  |                | 15.00          |                 | <=30.0         | <10.00       |                |

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

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

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2025 thru Sep 30, 2025

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

Generated on: 9/2/2025 6:40:52 AM

|                                 | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(RAE) | Vit-C<br>(mg) | Tot Sug<br>(g) | Add Su<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat<br>(g) |
|---------------------------------|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|---------------|----------------|---------------|----------------|---------------|--------------|-------------|--------------|--------------|---------------|
| Thu - 09/25/2025                |                 |              |                |                |              |              |              |               |                |               |                |               |              |             |              |              |               |
| INTERMEDIATE LUNCH 6-8          | Total           | 1            |                |                |              |              |              |               |                |               |                |               |              |             |              |              |               |
| HAMBURGER, RAW- FR002 - SEC     | HAMBU<br>RGERS  | 1            | 434            | 80             | 336          | 3.00         | *1.44        | *60.0         | *N/A*          | *3.6          | 3.00           | *0.00         | 25.24        | 27.0        | 24.4         | 8.58         | *0.00         |
| 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 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          |
| 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 THURS. - INT ERM   | 1/2 CUP         | 1            | 39             | 5              | 54           | 0.33         | 0.09         | 5.0           | *1             | 4.54          | *0.56          | *0.00         | 0.72         | 1.88        | 3.04         | 0.26         | 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          |
| 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          |
| KETCHUP : P/C                   | PC              | 1            | 40             | 0              | 334          | 0.00         | 0.00         | 0.0           | *N/A*          | 2.43          | 8.10           | *N/A*         | 0.0          | 10.12       | 0.0          | 0.00         | 0.00          |
| MAYONNAISE, LIGHT               | POUCH           | 1            | 40             | 5              | 85           | 0.00         | 0.00         | 0.0           | *N/A*          | 0.0           | 0.00           | *N/A*         | 0.0          | 0.0         | 4.0          | 0.50         | 0.00          |
| 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          |
| 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          |
| 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          |
| 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         |
| 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          |                 |              | 1318           | *107           | 2004         | 14.62        | *2.67        | *163.8        | *69            | *71.16        | *103.70        | *11.29        | 57.85        | 174.18      | 44.00        | 12.93        | *0.00         |
| % of Calories                   |                 |              |                |                |              |              |              |               |                |               | *31.5%         | *3.4%         | 17.6%        | 52.9%       | 30.0%        | 8.8%         | *0.0%         |
| Nutrient Guideline              |                 |              | 783            |                |              |              | 4.50         | 400.00        | 1500           | 16.70         |                |               | 15.00        |             | <=30.0       | <10.00       |               |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
\* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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|                             | Portion 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 - 09/26/2025            |              |           |             |             |           |           |           |            |             |            |             |            |           |          |           |           |            |
| INTERMEDIATE LUNCH 6-8      | Total        | 1         |             |             |           |           |           |            |             |            |             |            |           |          |           |           |            |
| CORN DOG, MINI PROVIEU (    | 5 NUGG       | 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       |
|                             | ETS          |           |             |             |           |           |           |            |             |            |             |            |           |          |           |           |            |
| CARROT STICKS 3/4 CUP       | 3/4 CUP      | 1         | 109         | 10          | 161       | 2.70      | *0.00     | *0.0       | *N/A*       | *0.0       | 5.58        | *N/A*      | 1.9       | 11.0     | 6.22      | 0.57      | 0.00       |
| COOKIE, SNICKERDOODLE, WG   | SERVING      | 1         | 104         | 7           | 69        | 0.50      | *N/A*     | *N/A*      | *N/A*       | *N/A*      | 7.00        | *N/A*      | 1.0       | 16.0     | 4.0       | 1.00      | 0.00       |
| 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      |
| 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       |
| ALT INT WEEKLY 1st CHOI     | Total        | 1         |             |             |           |           |           |            |             |            |             |            |           |          |           |           |            |
| CHEESESTEAK SANDWICH        | SANDWI       | 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       |
|                             | CHES         |           |             |             |           |           |           |            |             |            |             |            |           |          |           |           |            |
| 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         | 123         | 12          | 214       | 3.05      | 0.84      | 41.9       | *8          | 3.41       | *1.75       | *N/A*      | 2.04      | 10.53    | 7.67      | 0.66      | 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      |
| 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, 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      |              |           | 1028        | *99         | 1652      | 9.81      | *0.98     | *55.3      | *9          | *32.30     | *88.17      | *0.50      | 43.69     | 147.56   | 29.60     | 7.99      | *0.35      |
| % of Calories               |              |           |             |             |           |           |           |            |             |            | *34.3%      | *0.2%      | 17.0%     | 57.4%    | 25.9%     | 7.0%      | *0.3%      |
| Nutrient Guideline          |              |           | 783         |             |           |           | 4.50      | 400.00     | 1500        | 16.70      |             |            | 15.00     |          | <=30.0    | <10.00    |            |

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

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

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|                                            | Portion 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 - 09/29/2025                           |               |           |             |             |           |           |           |            |             |            |             |            |           |          |           |           |            |
| INTERMEDIATE LUNCH 6-8 GENERAL TSO - YANGS | Total         | 1         |             |             |           |           |           |            |             |            |             |            |           |          |           |           |            |
|                                            | 3.6oz SERVING | 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 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       |
| BROWNIE MIX, SHIRLEY J                     | SERVING       | 1         | 120         | 0           | 65        | 1.00      | *0.00     | *0.2       | *N/A*       | *0.0       | *15.00      | *N/A*      | 1.0       | 23.0     | 3.5       | 1.15      | 0.00       |
| MANDARIN ORANGE, 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       |
| 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         | 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      |
| 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                     |               |           | 910         | *58         | 1453      | 7.49      | *0.86     | *32.3      | *49         | *58.87     | *96.56      | *0.67      | 44.50     | 145.54   | 16.82     | 4.99      | *0.00      |
| % of Calories                              |               |           |             |             |           |           |           |            |             |            | *42.5%      | *0.3%      | 19.6%     | 64.0%    | 16.6%     | 4.9%      | *0.0%      |
| Nutrient Guideline                         |               |           | 783         |             |           |           | 4.50      | 400.00     | 1500        | 16.70      |             |            | 15.00     |          | <=30.0    | <10.00    |            |

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

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

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Sep 1, 2025 thru Sep 30, 2025

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

|                             | Portion<br>Size | Reimb<br>Qty | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg) | Calcm<br>(mg) | Vit-A<br>(RAE) | Vit-C<br>(mg) | Tot Sug<br>(g) | Add Su<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat<br>(g) |
|-----------------------------|-----------------|--------------|----------------|----------------|--------------|--------------|--------------|---------------|----------------|---------------|----------------|---------------|--------------|-------------|--------------|--------------|---------------|
| Tue - 09/30/2025            |                 |              |                |                |              |              |              |               |                |               |                |               |              |             |              |              |               |
| INTERMEDIATE LUNCH 6-8      | 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 SER VING    | 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          |
| 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          |
| 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         |
| 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          |
| 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 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          |
| 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            | 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      |                 |              | 1141           | *114           | 1870         | 11.50        | *2.16        | *80.2         | *20            | *36.30        | *81.46         | *0.00         | 44.66        | 157.09      | 37.72        | 10.56        | *0.00         |
| % of Calories               |                 |              |                |                |              |              |              |               |                |               | *28.6%         | *0.0%         | 15.7%        | 55.1%       | 29.7%        | 8.3%         | *0.0%         |
| Nutrient Guideline          |                 |              | 783            |                |              |              | 4.50         | 400.00        | 1500           | 16.70         |                |               | 15.00        |             | <=30.0       | <10.00       |               |
| Weighted Average            |                 |              | 1066           | *78            | 1785         | 12.27        | *1.82        | *99.3         | *47            | *49.69        | *85.13         | *3.94         | 49.78        | 150.43      | 29.66        | 8.17         | *0.09         |
|                             |                 |              |                |                |              |              |              |               |                |               | *71.9%         | *3.3%         | 18.7%        | 56.5%       | 25.1%        | 6.9%         | *0.1%         |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
\* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Washington County School District

# Base Menu Spreadsheet

## Portion Values - Detailed

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**Sep 1, 2025 thru Sep 30, 2025**

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

Generated on: 9/2/2025 6:40:52 AM

|                   |          | Portion<br>Size | Reimb<br>Qty  | Cals<br>(kcal) | Cholst<br>(mg) | Sodm<br>(mg) | Fiber<br>(g) | Iron<br>(mg)            | Calcm<br>(mg) | Vit-A<br>(RAE) | Vit-C<br>(mg) | Tot Sug<br>(g) | Add Su<br>(g) | Protn<br>(g) | Carb<br>(g) | T-Fat<br>(g) | S-Fat<br>(g) | Tr-Fat<br>(g) |
|-------------------|----------|-----------------|---------------|----------------|----------------|--------------|--------------|-------------------------|---------------|----------------|---------------|----------------|---------------|--------------|-------------|--------------|--------------|---------------|
| Nutrient          | Menu AVG | % of Cals       | Weekly Target | % of Target    | Miss Data      | Shortfall    | Overage      | Error Messages (if any) |               |                |               |                |               |              |             |              |              |               |
| Calories          | 1066     |                 | 783           | 136%           |                |              |              |                         |               |                |               |                |               |              |             |              |              |               |
| Cholesterol (mg)  | 78       |                 |               |                | Missing        |              |              |                         |               |                |               |                |               |              |             |              |              |               |
| Sodium 1 (mg)     | 1785     |                 |               |                |                |              | 1785         |                         |               |                |               |                |               |              |             |              |              |               |
| Fiber (g)         | 12.27    |                 |               |                |                |              |              |                         |               |                |               |                |               |              |             |              |              |               |
| Iron (mg)         | 1.82     |                 | 4.50          | 40%            | Missing        | 2.68         |              |                         |               |                |               |                |               |              |             |              |              |               |
| Calcium (mg)      | 99.3     |                 | 400.00        | 25%            | Missing        | 300.69       |              |                         |               |                |               |                |               |              |             |              |              |               |
| Vitamin A (RAE)   | 47       |                 | 1500          | 3%             | Missing        | 1453         |              |                         |               |                |               |                |               |              |             |              |              |               |
| Total Sugars (g)  | 85.13    | 31.96%          |               |                | Missing        |              |              |                         |               |                |               |                |               |              |             |              |              |               |
| Added Sugars (g)  | 3.94     | 1.48%           |               |                | Missing        |              |              |                         |               |                |               |                |               |              |             |              |              |               |
| Vitamin C (mg)    | 49.69    |                 | 16.70         | 298%           | Missing        |              |              |                         |               |                |               |                |               |              |             |              |              |               |
| Protein (g)       | 49.78    | 18.69%          | 15.00         | 332%           |                |              |              |                         |               |                |               |                |               |              |             |              |              |               |
| Carbohydrate (g)  | 150.43   | 56.47%          |               |                |                |              |              |                         |               |                |               |                |               |              |             |              |              |               |
| Total Fat (g)     | 29.66    | 25.06%          | <=30.00%      |                |                |              |              |                         |               |                |               |                |               |              |             |              |              |               |
| Saturated Fat (g) | 8.17     | 6.90%           | <10.00%       |                |                |              |              |                         |               |                |               |                |               |              |             |              |              |               |
| Trans Fat (g)     | 0.09     | 0.07%           |               |                | Missing        |              |              |                         |               |                |               |                |               |              |             |              |              |               |

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

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

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