

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Tue - 09/02/2025																	
SECONDARY LUNCH 9-12	Total	1															
SOFT FLOUR TACO:SEC	serving	1	244	49	447	4.00	1.44	120.1	*N/A*	0.6	0.00	*N/A*	18.01	23.0	10.5	3.20	0.00
LETTUCE & TOMATO:3/4 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
FRUIT BAR : FALL SECONDA	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*0.00
RY																	
PEACH, DICED, CANNED	1/2 CUP	1	60	0	10	0.00	*N/A*	*N/A*	*N/A*	*N/A*	11.00	*N/A*	0.0	14.0	0.0	0.00	0.00
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	229	10	282	7.07	*0.59	*19.6	*3	*12.13	*3.11	*0.00	12.06	12.4	14.92	1.51	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 SEC WEEKLY 1st CHO	Total	1															
NACHOS	SERVING	1	485	53	792	4.52	*0.18	*59.8	*N/A*	*0.3	0.00	*0.00	18.0	38.19	29.57	8.96	0.00
REFRIED BEANS, V V	1/2 C 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																	
FRUIT BAR : FALL SECONDA	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*0.00
RY																	
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
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			1180	*79	1768	19.74	*1.84	*159.2	*38	*55.37	*87.64	*0.00	58.57	164.39	34.30	9.21	*0.00
% of Calories											*29.7%	*0.0%	19.8%	55.7%	26.2%	7.0%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Wed - 09/03/2025																	
SECONDARY LUNCH 9-12	Total	1															
ROTINI ALFREDO: SEC	1 CUP	1	248	18	211	2.97	*N/A*	*N/A*	*N/A*	*N/A*	4.49	*N/A*	11.2	36.65	7.11	3.20	0.00
CHICKEN, DICED L/S TYSON	2.3oz SE RVING	1	102	43	98	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*N/A*	14.09	0.78	3.91	1.17	0.00
BREADSTICK, CHEESY GARL	SERVING	1	100	0	140	1.00	*N/A*	*N/A*	*N/A*	*N/A*	2.00	*N/A*	3.0	15.0	3.0	0.50	0.00
BROCCOLI, ROASTED, CUP	1 CUP	1	69	2	44	1.74	0.49	50.7	*0	59.72	*0.00	0.00	2.53	4.45	5.37	0.68	*0.02
FRUIT BAR : FALL SECONDA	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*0.00
RY																	
FRUIT, CANNED - CHOOSE	1/2 C SE RVING	1	60	0	8	1.00	*N/A*	*N/A*	*N/A*	*N/A*	11.50	*N/A*	0.0	15.0	0.0	0.00	0.00
ONE																	
SALAD BAR: HIGH	1 CUP	1	157	0	222	5.17	*2.63	*19.8	*4	*18.17	*2.17	*0.00	10.51	9.31	9.35	0.03	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 SEC WEEKLY 1st CHO	Total	1															
SPICY CHICKEN SANDWICH	SERVING	1	420	25	660	6.00	*1.44	*60.0	*N/A*	3.6	4.00	*N/A*	21.0	44.0	17.0	3.00	0.00
SHREDDED LETTUCE & TO	1/2 CUP	1	31	0	11	2.22	0.57	19.4	*60	20.39	4.26	0.00	1.77	6.57	0.28	0.04	0.00
MATO-DELI																	
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	1	181	0	389	2.59	0.47	0.0	*N/A*	6.22	0.00	*N/A*	2.59	28.51	6.48	1.94	0.00
FRUIT BAR : FALL SECONDA	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*0.00
RY																	
FRUIT, CANNED - CHOOSE	1/2 C SE RVING	1	60	0	8	1.00	*N/A*	*N/A*	*N/A*	*N/A*	11.50	*N/A*	0.0	15.0	0.0	0.00	0.00
ONE																	
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	*N/A*	0.0	1.00	*N/A*	0.0	1.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	*N/A*	2.43	8.10	*N/A*	0.0	10.12	0.0	0.00	0.00
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	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			1189	*66	1846	14.96	*3.06	*94.2	*38	*92.99	*88.83	*4.50	58.47	169.44	31.16	7.12	*0.01
% of Calories											*29.9%	*1.5%	19.7%	57.0%	23.6%	5.4%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

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Thu - 09/04/2025																	
SECONDARY LUNCH 9-12	Total	1															
HOT DOG, BEEF CLOVERDAL	SERVING	1	280	35	550	2.00	*1.08	*60.0	*N/A*	*2.4	3.00	*N/A*	12.0	23.0	16.5	6.00	0.00
TATER TOTS - MCCAIN	12pc	1	136	0	241	3.01	*N/A*	*N/A*	*N/A*	*N/A*	1.51	*N/A*	1.51	21.1	5.28	0.00	0.00
CARROT STICKS 1/2 CUP	1/2 CUP	1	70	10	95	0.00	0.00	0.0	*0	0.0	1.00	0.00	1.0	2.0	6.0	0.50	0.00
COOKIE, OATMEAL	1 EACH	1	127	14	141	0.86	*0.69	*9.4	*0	*0.0	*9.21	*9.19	2.22	19.44	4.57	1.74	*0.00
SALAD BAR: HIGH	1 CUP	1	157	0	222	5.17	*2.63	*19.8	*4	*18.17	*2.17	*0.00	10.51	9.31	9.35	0.03	0.00
FRUIT BAR : FALL SECONDARY	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*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
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 SEC WEEKLY 1st CHO	Total	1															
WRAP, CHICKEN - FR091	WRAP	1	381	45	571	7.22	*1.65	*19.4	*60	*20.39	6.26	*0.00	25.77	39.57	14.78	2.54	0.00
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
FRUIT BAR : FALL SECONDARY	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*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
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 % of Calories			1210	*77	1824	16.04	*3.80	*98.6	*42	*76.58	*94.39 *31.2%	*9.09 *3.0%	54.45 18.0%	168.34 55.7%	37.36 27.8%	7.53 5.6%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=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 - 09/05/2025																	
SECONDARY LUNCH 9-12 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 3/4 CUP	3/4 CUP	1	109	10	161	2.70	*0.00	*0.0	*N/A*	*0.0	5.58	*N/A*	1.9	11.0	6.22	0.57	0.00
CREAMIES JR.	CREAMIE	1	93	16	39	0.00	0.00	260.0	*N/A*	3.45	*N/A*	*N/A*	2.0	14.0	3.5	2.00	0.00
FRUIT BAR : FALL SECONDARY	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*0.00
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	60	0	0	1.00	0.36	20.0	*N/A*	*N/A*	13.00	*N/A*	1.0	16.0	0.0	0.00	0.00
MARINARA SAUCE	1/2 CUP	1	70	0	561	2.00	*N/A*	*N/A*	*N/A*	*N/A*	7.01	*N/A*	2.0	12.02	1.5	0.00	0.00
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 SEC 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	12pc	1	136	0	241	3.01	*N/A*	*N/A*	*N/A*	*N/A*	1.51	*N/A*	1.51	21.1	5.28	0.00	0.00
CARROT & CELERY STICKS: ELE	3/4 CUP	1	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 SECONDARY	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*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			1138	*90	1860	12.50	*1.95	*302.7	*11	*42.37	*89.97	*0.50	49.73	163.59	32.59	9.98	*0.35
% of Calories											*31.6%	*0.2%	17.5%	57.5%	25.8%	7.9%	*0.3%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=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 - 09/08/2025																	
SECONDARY LUNCH 9-12	Total	1															
TERIYAKI CHICKEN	2.8 oz	1	130	70	480	0.00	*N/A*	0.0	*N/A*	0.0	9.00	*N/A*	15.0	10.0	3.5	1.00	0.00
CHOW MEIN - 2.1oz	2.1 oz S	1	143	14	396	4.00	*0.14	*13.3	*108	*7.24	3.18	*0.00	5.01	29.15	0.06	0.01	0.00
	ERVING																
BROCCOLI, ROASTED, CUP	1 CUP	1	69	2	44	1.74	0.49	50.7	*0	59.72	*0.00	0.00	2.53	4.45	5.37	0.68	*0.02
COOKIE, CELEBRATION	SERVING	1	110	5	100	1.00	*N/A*	*N/A*	*N/A*	*N/A*	9.00	*N/A*	1.0	17.0	4.0	1.00	0.00
FRUIT BAR : FALL SECONDA	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*0.00
RY																	
MANDARIN ORANGE, FESTI	1/2 C SE	1	80	0	10	0.00	0.36	0.0	*N/A*	21.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
VAL, CAN	RVING																
SALAD BAR: HIGH	1 CUP	1	157	0	222	5.17	*2.63	*19.8	*4	*18.17	*2.17	*0.00	10.51	9.31	9.35	0.03	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 SEC WEEKLY 1st CHO	Total	1															
DOMINOS PIZZA	SLICE	1	277	20	547	2.33	*N/A*	*N/A*	*N/A*	*N/A*	3.00	1.33	20.0	30.0	10.67	4.17	0.00
DINNER SALAD - ALT LINE	SERVING	1	29	0	24	2.02	0.60	34.7	*88	19.4	*1.87	0.00	1.8	6.07	0.11	0.03	0.00
COOKIE, CELEBRATION	SERVING	1	110	5	100	1.00	*N/A*	*N/A*	*N/A*	*N/A*	9.00	*N/A*	1.0	17.0	4.0	1.00	0.00
FRUIT BAR : FALL SECONDA	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*0.00
RY																	
MANDARIN ORANGE, FESTI	1/2 C SE	1	80	0	10	0.00	0.36	0.0	*N/A*	21.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
VAL, CAN	RVING																
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			1043	*83	1731	11.75	*2.55	*78.5	*107	*110.99	*96.93	*0.67	54.05	152.73	24.44	5.80	*0.01
% of Calories											*37.2%	*0.3%	20.7%	58.6%	21.1%	5.0%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=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																	
SECONDARY LUNCH 9-12	Total	1															
QUESADILLA, THREE CHEES	SERVING	1	323	36	582	3.32	*N/A*	*N/A*	*N/A*	*N/A*	2.29	*0.00	17.43	32.51	14.2	8.62	0.00
REFRIED BEANS, V V	1/2 C SERVINGS	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	7.0	24.0	2.5	0.00	0.00
GREEN BEANS: 1/2 C.	1/2 CUP	1	16	0	140	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	1.0	3.0	0.0	0.00	0.00
COOKIE, PUMPKIN CHOCOLATE CHIP	COOKIE	1	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
FRUIT BAR : FALL SECONDARY	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	10	0.00	*N/A*	*N/A*	*N/A*	*N/A*	11.00	*N/A*	0.0	14.0	0.0	0.00	0.00
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	229	10	282	7.07	*0.59	*19.6	*3	*12.13	*3.11	*0.00	12.06	12.4	14.92	1.51	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 SEC WEEKLY 1st CHO	Total	1															
NACHOS	SERVING	1	485	53	792	4.52	*0.18	*59.8	*N/A*	*0.3	0.00	*0.00	18.0	38.19	29.57	8.96	0.00
REFRIED BEANS, V V	1/2 C SERVINGS	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	7.0	24.0	2.5	0.00	0.00
LETTUCE & TOMATO:3/4 CUP	3/4 CUP	1	21	0	9	1.63	0.47	14.9	*30	11.13	2.65	0.00	1.41	4.32	0.14	0.02	0.00
P-TACOS																	
FRUIT BAR : FALL SECONDARY	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*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
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			1227	*70	1925	21.64	*1.39	*87.6	*23	*49.51	*81.00	*4.03	58.65	167.01	37.93	12.35	*0.00
% of Calories											*26.4%	*1.3%	19.1%	54.5%	27.8%	9.1%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=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																	
SECONDARY LUNCH 9-12	Total	1															
CHICKEN NOODLE SOUP: U SDA 1C.	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
BREADSTICK, CHEESE - BO SCO'S	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
TOMATOES, CUCUMBER, C ARROTS:SE	1 CUP	1	28	0	36	2.10	0.60	24.3	*2	7.83	*1.80	*0.00	0.94	10.03	0.22	0.05	0.00
FRUIT BAR : FALL SECONDARY	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*0.00
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	60	0	8	1.00	*N/A*	*N/A*	*N/A*	*N/A*	11.50	*N/A*	0.0	15.0	0.0	0.00	0.00
SALAD BAR: HIGH	1 CUP	1	157	0	222	5.17	*2.63	*19.8	*4	*18.17	*2.17	*0.00	10.51	9.31	9.35	0.03	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 SEC WEEKLY 1st CHO	Total	1															
SPICY CHICKEN SANDWICH	SERVING	1	420	25	660	6.00	*1.44	*60.0	*N/A*	3.6	4.00	*N/A*	21.0	44.0	17.0	3.00	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	31	0	11	2.22	0.57	19.4	*60	20.39	4.26	0.00	1.77	6.57	0.28	0.04	0.00
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	1	181	0	389	2.59	0.47	0.0	*N/A*	6.22	0.00	*N/A*	2.59	28.51	6.48	1.94	0.00
FRUIT BAR : FALL SECONDARY	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*0.00
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	60	0	8	1.00	*N/A*	*N/A*	*N/A*	*N/A*	11.50	*N/A*	0.0	15.0	0.0	0.00	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	*N/A*	0.0	1.00	*N/A*	0.0	1.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	*N/A*	2.43	8.10	*N/A*	0.0	10.12	0.0	0.00	0.00
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	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			1118	*66	1953	15.12	*3.16	*91.3	*88	*67.89	*88.03	*4.50	57.14	163.68	26.60	6.24	*0.00
% of Calories											*31.5%	*1.6%	20.4%	58.5%	21.4%	5.0%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

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Thu - 09/11/2025																	
SECONDARY LUNCH 9-12	Total	1															
CHICKEN CHUNKS, TYSON	5 NUGG ETS	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
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
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
MIXED FRESH VEGETABLES	1 CUP	1	37	0	56	2.92	0.80	38.4	*11	50.91	*1.35	*0.00	2.0	7.73	0.29	0.10	0.00
FRUIT BAR : FALL SECONDA RY	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*0.00
SCOOBY-DOO GRAHAM CRACKER STIC	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
SALAD BAR: HIGH	1 CUP	1	157	0	222	5.17	*2.63	*19.8	*4	*18.17	*2.17	*0.00	10.51	9.31	9.35	0.03	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
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 SEC WEEKLY 1st CHO	Total	1															
WRAP, CHICKEN - FR091	WRAP	1	381	45	571	7.22	*1.65	*19.4	*60	*20.39	6.26	*0.00	25.77	39.57	14.78	2.54	0.00
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
FRUIT BAR : FALL SECONDA RY	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*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
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 % of Calories			1213	*75	1944	17.75	*3.73	*123.1	*47	*103.94	*96.21 *31.7%	*9.00 *3.0%	60.27 19.9%	176.52 58.2%	31.46 23.3%	5.93 4.4%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Sep 1, 2025 thru Sep 30, 2025

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

Generated on: 9/2/2025 6:41:42 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Fri - 09/12/2025																	
SECONDARY LUNCH 9-12	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
FRUIT BAR : FALL SECONDARY	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*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
COOKIE, CHOCOLATE CHUNK	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
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 SEC 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	12pc	1	136	0	241	3.01	*N/A*	*N/A*	*N/A*	*N/A*	1.51	*N/A*	1.51	21.1	5.28	0.00	0.00
CARROT & CELERY STICKS: ELE	3/4 CUP	1	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 SECONDARY	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*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			1115	*86	1906	11.89	*1.59	*80.3	*119	*43.51	*91.66	*0.50	49.07	155.45	33.53	9.46	*0.35
% of Calories											*32.9%	*0.2%	17.6%	55.8%	27.1%	7.6%	*0.3%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Mon - 09/15/2025																	
SECONDARY LUNCH 9-12	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 (SE	1 CUP	1	156	0	139	1.95	*0.00	2.2	*0	0.0	*0.00	0.00	3.91	32.23	1.46	0.00	*0.00
BROCCOLI, ROASTED, CUP	1 CUP	1	69	2	44	1.74	0.49	50.7	*0	59.72	*0.00	0.00	2.53	4.45	5.37	0.68	*0.02
COOKIE, 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
FRUIT BAR : FALL SECONDA	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*0.00
RY																	
MANDARIN ORANGE, FESTI	1/2 C SE	1	80	0	10	0.00	0.36	0.0	*N/A*	21.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
VAL, CAN	RVING																
SALAD BAR: HIGH	1 CUP	1	157	0	222	5.17	*2.63	*19.8	*4	*18.17	*2.17	*0.00	10.51	9.31	9.35	0.03	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 SEC WEEKLY 1st CHO	Total	1															
DOMINOS PIZZA	SLICE	1	277	20	547	2.33	*N/A*	*N/A*	*N/A*	*N/A*	3.00	1.33	20.0	30.0	10.67	4.17	0.00
DINNER SALAD - ALT LINE	SERVING	1	29	0	24	2.02	0.60	34.7	*88	19.4	*1.87	0.00	1.8	6.07	0.11	0.03	0.00
COOKIE, CELEBRATION	SERVING	1	110	5	100	1.00	*N/A*	*N/A*	*N/A*	*N/A*	9.00	*N/A*	1.0	17.0	4.0	1.00	0.00
FRUIT BAR : FALL SECONDA	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*0.00
RY																	
MANDARIN ORANGE, FESTI	1/2 C SE	1	80	0	10	0.00	0.36	0.0	*N/A*	21.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
VAL, CAN	RVING																
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			1023	*58	1469	10.23	*2.48	*72.9	*53	*107.37	*91.88	*0.67	51.03	154.37	22.90	5.04	*0.01
% of Calories											*35.9%	*0.3%	20.0%	60.4%	20.2%	4.4%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=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 - 09/16/2025																	
SECONDARY LUNCH 9-12	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 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
FRUIT BAR : FALL SECONDARY	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*0.00
PEACH, DICED, CANNED	1/2 CUP	1	60	0	10	0.00	*N/A*	*N/A*	*N/A*	*N/A*	11.00	*N/A*	0.0	14.0	0.0	0.00	0.00
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	229	10	282	7.07	*0.59	*19.6	*3	*12.13	*3.11	*0.00	12.06	12.4	14.92	1.51	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 SEC WEEKLY 1st CHO	Total	1															
NACHOS	SERVING	1	485	53	792	4.52	*0.18	*59.8	*N/A*	*0.3	0.00	*0.00	18.0	38.19	29.57	8.96	0.00
REFRIED BEANS, V V	1/2 C 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 CUP-TACOS	3/4 CUP	1	21	0	9	1.63	0.47	14.9	*30	11.13	2.65	0.00	1.41	4.32	0.14	0.02	0.00
FRUIT BAR : FALL SECONDARY	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*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
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			1279	*75	1959	20.30	*2.68	*244.1	*23	*49.51	*84.83	*7.52	59.76	174.77	39.96	12.31	*0.00
% of Calories											*26.5%	*2.4%	18.7%	54.6%	28.1%	8.7%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

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Portion Values - Detailed

Sep 1, 2025 thru Sep 30, 2025

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

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Wed - 09/17/2025																	
SECONDARY LUNCH 9-12	Total	1															
CHICKEN TENDERS - FR091	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 SECONDARY	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*0.00
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	60	0	8	1.00	*N/A*	*N/A*	*N/A*	*N/A*	11.50	*N/A*	0.0	15.0	0.0	0.00	0.00
SALAD BAR: HIGH	1 CUP	1	157	0	222	5.17	*2.63	*19.8	*4	*18.17	*2.17	*0.00	10.51	9.31	9.35	0.03	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 SEC WEEKLY 1st CHO	Total	1															
SPICY CHICKEN SANDWICH	SERVING	1	420	25	660	6.00	*1.44	*60.0	*N/A*	3.6	4.00	*N/A*	21.0	44.0	17.0	3.00	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	31	0	11	2.22	0.57	19.4	*60	20.39	4.26	0.00	1.77	6.57	0.28	0.04	0.00
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	1	181	0	389	2.59	0.47	0.0	*N/A*	6.22	0.00	*N/A*	2.59	28.51	6.48	1.94	0.00
FRUIT BAR : FALL SECONDARY	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*0.00
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	60	0	8	1.00	*N/A*	*N/A*	*N/A*	*N/A*	11.50	*N/A*	0.0	15.0	0.0	0.00	0.00
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	*N/A*	0.0	1.00	*N/A*	0.0	1.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	*N/A*	2.43	8.10	*N/A*	0.0	10.12	0.0	0.00	0.00
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	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 % of Calories			1190	*60	2345	19.60	*3.54	*79.4	*38	*63.13	*92.09 *30.9%	*9.00 *3.0%	56.05 18.8%	171.45 57.6%	30.71 23.2%	6.60 5.0%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Thu - 09/18/2025																	
SECONDARY LUNCH 9-12	Total	1															
CHICKEN SANDWICH	SANDWI CH	1	353	46	554	6.04	*1.44	*60.0	*N/A*	*3.6	3.00	*N/A*	25.24	36.11	11.11	1.52	0.00
SHREDDED LETTUCE & TO	1/2 CUP	1	31	0	11	2.22	0.57	19.4	*60	20.39	4.26	0.00	1.77	6.57	0.28	0.04	0.00
MATO-DELI																	
TATER TOTS - MCCAIN	12pc	1	136	0	241	3.01	*N/A*	*N/A*	*N/A*	*N/A*	1.51	*N/A*	1.51	21.1	5.28	0.00	0.00
COLESLAW	1/2 C. S ERVINGS	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
FRUIT BAR : FALL SECONDA	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*0.00
RY																	
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12.00	*N/A*	0.0	16.0	0.0	0.00	0.00
SALAD BAR: HIGH	1 CUP	1	157	0	222	5.17	*2.63	*19.8	*4	*18.17	*2.17	*0.00	10.51	9.31	9.35	0.03	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
BARBAQUE SAUCE: P/C	1 Each	1	45	0	210	0.00	*N/A*	*N/A*	*N/A*	*N/A*	9.00	9.00	0.0	10.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	*N/A*	2.43	8.10	*N/A*	0.0	10.12	0.0	0.00	0.00
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 SEC WEEKLY 1st CHO	Total	1															
WRAP, CHICKEN - FR091	WRAP	1	381	45	571	7.22	*1.65	*19.4	*60	*20.39	6.26	*0.00	25.77	39.57	14.78	2.54	0.00
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
FRUIT BAR : FALL SECONDA	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*0.00
RY																	
PEARS, DICED, CANNED	1/2 CUP	1	60	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	12.00	*N/A*	0.0	16.0	0.0	0.00	0.00
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			1271	*74	2083	20.29	*4.12	*118.7	*94	*97.98	*100.64	*12.58	60.76	182.55	34.16	5.47	*0.00
% of Calories											*31.7%	*4.0%	19.1%	57.4%	24.2%	3.9%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Fri - 09/19/2025																	
SECONDARY LUNCH 9-12	Total	1															
SLOPPY JOE: JTM SECONDARY	3.63oz SERVING	1	295	44	930	3.78	1.44	60.0	*N/A*	3.6	10.52	*N/A*	19.3	37.05	7.78	2.20	0.40
SUN CHIPS	BAG	1	140	0	140	2.00	0.00	0.0	*N/A*	0.0	2.00	*N/A*	2.0	19.0	6.0	0.50	0.00
CARROTS 1 CUP	1 CUP	1	130	10	227	4.92	1.53	54.0	*N/A*	4.51	*1.00	*N/A*	2.07	15.86	6.2	0.53	0.00
FRUIT BAR : FALL SECONDARY	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*0.00
PINEAPPLE, TIDBITS, CAN	1/2 C SERVING	1	60	0	0	1.00	0.36	20.0	*N/A*	*N/A*	13.00	*N/A*	1.0	16.0	0.0	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
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 SEC WEEKLY 1st CHO	Total	1															
CHEESESTEAK SANDWICH	SANDWICHES	1	399	74	662	2.00	*N/A*	*N/A*	*N/A*	*N/A*	4.34	*1.00	21.25	33.9	19.69	8.04	0.70
TATER TOTS - MCCAIN	12pc	1	136	0	241	3.01	*N/A*	*N/A*	*N/A*	*N/A*	1.51	*N/A*	1.51	21.1	5.28	0.00	0.00
CARROT & CELERY STICKS: ELE	3/4 CUP	1	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 SECONDARY	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*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			1122	*93	1883	13.50	*2.53	*117.2	*11	*44.70	*87.43	*0.50	50.21	161.03	31.22	7.81	*0.55
% of Calories											*31.2%	*0.2%	17.9%	57.4%	25.0%	6.3%	*0.4%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=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: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Mon - 09/22/2025																	
SECONDARY LUNCH 9-12	Total	1															
TERIYAKI CHICKEN	2.8 oz	1	130	70	480	0.00	*N/A*	0.0	*N/A*	0.0	9.00	*N/A*	15.0	10.0	3.5	1.00	0.00
CHOW MEIN - 2.1oz	2.1 oz S	1	143	14	396	4.00	*0.14	*13.3	*108	*7.24	3.18	*0.00	5.01	29.15	0.06	0.01	0.00
	ERVING																
GREEN BEANS 1 CUP	1 CUP	1	32	0	280	4.00	*N/A*	*N/A*	*N/A*	*N/A*	2.00	*N/A*	2.0	6.0	0.0	0.00	0.00
BISCUIT	BISCUIT	1	90	0	160	1.00	*N/A*	*N/A*	*N/A*	*N/A*	2.00	*2.00	2.0	14.0	2.5	1.00	0.00
MANDARIN ORANGE, FESTI	1/2 C SE	1	80	0	10	0.00	0.36	0.0	*N/A*	21.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
VAL, CAN	RVING																
FRUIT BAR : FALL SECONDA	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*0.00
RY																	
SALAD BAR: HIGH	1 CUP	1	157	0	222	5.17	*2.63	*19.8	*4	*18.17	*2.17	*0.00	10.51	9.31	9.35	0.03	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 SEC WEEKLY 1st CHO	Total	1															
DOMINOS PIZZA	SLICE	1	277	20	547	2.33	*N/A*	*N/A*	*N/A*	*N/A*	3.00	1.33	20.0	30.0	10.67	4.17	0.00
DINNER SALAD - ALT LINE	SERVING	1	29	0	24	2.02	0.60	34.7	*88	19.4	*1.87	0.00	1.8	6.07	0.11	0.03	0.00
COOKIE, CELEBRATION	SERVING	1	110	5	100	1.00	*N/A*	*N/A*	*N/A*	*N/A*	9.00	*N/A*	1.0	17.0	4.0	1.00	0.00
FRUIT BAR : FALL SECONDA	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*0.00
RY																	
MANDARIN ORANGE, FESTI	1/2 C SE	1	80	0	10	0.00	0.36	0.0	*N/A*	21.0	18.00	*N/A*	0.0	19.0	0.0	0.00	0.00
VAL, CAN	RVING																
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			1015	*79	1878	12.88	*2.31	*53.2	*107	*81.13	*94.43	*1.67	54.28	152.01	21.00	5.46	*0.00
% of Calories											*37.2%	*0.7%	21.4%	59.9%	18.6%	4.8%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=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																	
SECONDARY LUNCH 9-12	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 (SE	1 CUP	1	229	10	282	7.07	*0.59	*19.6	*3	*12.13	*3.11	*0.00	12.06	12.4	14.92	1.51	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 SECONDARY	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*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 SEC WEEKLY 1st CHO	Total	1															
NACHOS	SERVING	1	485	53	792	4.52	*0.18	*59.8	*N/A*	*0.3	0.00	*0.00	18.0	38.19	29.57	8.96	0.00
REFRIED BEANS, V V	1/2 C SERVINGS	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	7.0	24.0	2.5	0.00	0.00
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	21	0	9	1.63	0.47	14.9	*30	11.13	2.65	0.00	1.41	4.32	0.14	0.02	0.00
FRUIT BAR : FALL SECONDARY	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*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
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			1376	*92	1909	21.29	*1.37	*150.8	*43	*57.17	*82.24	*0.00	62.55	172.44	49.32	13.18	*0.00
% of Calories											*23.9%	*0.0%	18.2%	50.1%	32.3%	8.6%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Wed - 09/24/2025																	
SECONDARY LUNCH 9-12	Total	1															
TERIYAKI BEEF NUGGETS	4 Nugget	1	160	40	440	1.00	1.44	20.0	*N/A*	0.0	4.00	*N/A*	14.0	6.0	8.0	3.50	0.50
BUTTER MASHED POTATOE	2/3 cup	1	130	5	420	9.00	0.36	20.0	*N/A*	0.0	0.00	*N/A*	2.0	18.0	5.0	2.50	0.00
S-sec																	
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	19	0	133	0.00	0.01	1.1	*N/A*	0.0	*0.94	*N/A*	0.0	2.82	0.94	0.00	0.00
BROCCOLI, ROASTED, CUP	1 CUP	1	69	2	44	1.74	0.49	50.7	*0	59.72	*0.00	0.00	2.53	4.45	5.37	0.68	*0.02
ROLLS - NO EGGS	SERVING	1	140	0	317	2.38	1.21	11.7	*0	0.0	*2.14	2.14	4.34	25.63	2.58	0.89	*0.00
MARGARINE REDDIES: (1)	1 Patty	1	20	0	30	0.00	0.00	0.0	*N/A*	0.0	0.00	0.00	0.0	0.0	2.5	0.00	0.00
FRUIT BAR : FALL SECONDA	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*0.00
RY																	
FRUIT, CANNED - CHOOSE	1/2 C SE	1	60	0	8	1.00	*N/A*	*N/A*	*N/A*	*N/A*	11.50	*N/A*	0.0	15.0	0.0	0.00	0.00
ONE	RVING																
SALAD BAR: HIGH	1 CUP	1	157	0	222	5.17	*2.63	*19.8	*4	*18.17	*2.17	*0.00	10.51	9.31	9.35	0.03	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 SEC WEEKLY 1st CHO	Total	1															
SPICY CHICKEN SANDWICH	SERVING	1	420	25	660	6.00	*1.44	*60.0	*N/A*	3.6	4.00	*N/A*	21.0	44.0	17.0	3.00	0.00
SHREDDED LETTUCE & TO	1/2 CUP	1	31	0	11	2.22	0.57	19.4	*60	20.39	4.26	0.00	1.77	6.57	0.28	0.04	0.00
MATO-DELI																	
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	1	181	0	389	2.59	0.47	0.0	*N/A*	6.22	0.00	*N/A*	2.59	28.51	6.48	1.94	0.00
FRUIT BAR : FALL SECONDA	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*0.00
RY																	
FRUIT, CANNED - CHOOSE	1/2 C SE	1	60	0	8	1.00	*N/A*	*N/A*	*N/A*	*N/A*	11.50	*N/A*	0.0	15.0	0.0	0.00	0.00
ONE	RVING																
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	0.00	0.0	*N/A*	0.0	1.00	*N/A*	0.0	1.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	*N/A*	2.43	8.10	*N/A*	0.0	10.12	0.0	0.00	0.00
MAYONNAISE, LIGHT	POUCH	1	40	5	85	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	0.0	4.0	0.50	0.00
BARBAQUE SAUCE: P/C	1 Each	1	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			1199	*58	2292	19.17	*4.57	*120.6	*38	*92.99	*89.13	*5.57	54.50	169.45	33.66	8.13	*0.26
% of Calories											*29.7%	*1.9%	18.2%	56.5%	25.3%	6.1%	*0.2%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

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

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Thu - 09/25/2025																	
SECONDARY LUNCH 9-12	Total	1															
HAMBURGER, RAW- FR002 - SEC	HAMBU R GERS	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
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	1	181	0	389	2.59	0.47	0.0	*N/A*	6.22	0.00	*N/A*	2.59	28.51	6.48	1.94	0.00
SWEET CAKE	SERVING	1	279	5	223	1.23	*0.54	*16.9	*0	*0.31	*31.70	*13.58	1.94	44.38	11.07	4.80	*0.00
FRUIT BAR : FALL SECONDARY	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*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
SALAD BAR: HIGH	1 CUP	1	157	0	222	5.17	*2.63	*19.8	*4	*18.17	*2.17	*0.00	10.51	9.31	9.35	0.03	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 SEC WEEKLY 1st CHO	Total	1															
WRAP, CHICKEN - FR091	WRAP	1	381	45	571	7.22	*1.65	*19.4	*60	*20.39	6.26	*0.00	25.77	39.57	14.78	2.54	0.00
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
FRUIT BAR : FALL SECONDARY	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*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
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			1443	*105	2203	18.13	*4.25	*176.1	*72	*90.64	*107.00	*11.29	63.83	190.28	48.75	13.81	*0.00
% of Calories											*29.7%	*3.1%	17.7%	52.8%	30.4%	8.6%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

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Fri - 09/26/2025																	
SECONDARY LUNCH 9-12	Total	1															
CORN DOG, MINI PROVIEU (	6 NUGG	1	249	60	348	2.98	*N/A*	*N/A*	*N/A*	*N/A*	0.99	*N/A*	9.95	29.85	9.95	2.49	0.00
ETS	12pc	1	136	0	241	3.01	*N/A*	*N/A*	*N/A*	*N/A*	1.51	*N/A*	1.51	21.1	5.28	0.00	0.00
TATER TOTS - MCCAIN	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
CARROT STICKS 3/4 CUP	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
COOKIE, SNICKERDOODLE, WG																	
FRUIT BAR : FALL SECONDA	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*0.00
RY																	
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	90	0	0	1.00	0.00	0.0	*N/A*	0.0	18.00	*N/A*	0.0	18.0	0.0	0.00	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	*N/A*	2.43	8.10	*N/A*	0.0	10.12	0.0	0.00	0.00
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.22	0.33	0.22	0.00	0.00
MILK : CHOCOLATE MILK F/F	CARTON	1	110	5	210	0.00	0.00	*N/A*	*N/A*	*N/A*	18.00	*N/A*	8.0	19.0	0.0	0.00	0.00
MILK 1% WHITE	CARTON	1	110	10	130	0.00	0.00	*N/A*	*N/A*	*N/A*	12.00	*N/A*	8.0	13.0	2.5	1.50	0.00
MILK, 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 SEC WEEKLY 1st CHO	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	12pc	1	136	0	241	3.01	*N/A*	*N/A*	*N/A*	*N/A*	1.51	*N/A*	1.51	21.1	5.28	0.00	0.00
TATER TOTS - MCCAIN	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
CARROT & CELERY STICKS: 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 SECONDA	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*0.00
RY																	
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			1175	*104	1843	12.86	*0.87	*50.2	*11	*41.86	*94.76	*0.50	45.31	170.27	34.06	8.22	*0.35
% of Calories											*32.3%	*0.2%	15.4%	58.0%	26.1%	6.3%	*0.3%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	

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Mon - 09/29/2025																	
SECONDARY LUNCH 9-12 GENERAL TSO - YANGS	Total 3.6oz SE RVING	1	161	40	342	0.00	*N/A*	*N/A*	*N/A*	*N/A*	12.08	*N/A*	11.08	22.15	3.02	0.00	0.00
RICE: COOKED BROWN (SE GREEN BEANS 1 CUP	1 CUP	1	156	0	139	1.95	*0.00	2.2	*0	0.0	*0.00	0.00	3.91	32.23	1.46	0.00	*0.00
BROWNIE MIX, SHIRLEY J MANDARIN ORANGE, FESTI VAL, CAN	1 CUP	1	32	0	280	4.00	*N/A*	*N/A*	*N/A*	*N/A*	2.00	*N/A*	2.0	6.0	0.0	0.00	0.00
FRUIT BAR : FALL SECONDARY	SERVING 1/2 C SE RVING	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
SALAD BAR: HIGH SOY SAUCE: PC	1 CUP	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
MILK : CHOCOLATE MILK F/F MILK 1% WHITE	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*0.00
MILK, STRAWBERRY FF	1 CUP	1	157	0	222	5.17	*2.63	*19.8	*4	*18.17	*2.17	*0.00	10.51	9.31	9.35	0.03	0.00
	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
	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
	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
	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 SEC WEEKLY 1st CHO DOMINOS PIZZA	Total 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 COOKIE, CELEBRATION	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
FRUIT BAR : FALL SECONDARY	SERVING 1 CUP	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 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*0.00
RANCH: (WILD COYOTE LITE) MILK : CHOCOLATE MILK F/F MILK 1% WHITE	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
MILK, STRAWBERRY FF	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
	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
	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
	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			1052	*58	1634	11.86	*2.24	*47.7	*53	*77.51	*100.89 *38.4%	*0.67 *0.3%	51.27 19.5%	164.13 62.4%	21.96 18.8%	5.03 4.3%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=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: SECONDARY LUNCH 9-12/ALT SEC WEEKLY 1st CHOICE

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Tue - 09/30/2025																	
SECONDARY LUNCH 9-12	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
SAUSAGE LINK - CLOVERDA	2 LINKS	1	233	40	344	0.00	0.73	*N/A*	*N/A*	*N/A*	0.00	*N/A*	8.1	2.02	21.26	7.09	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
FRUIT BAR : FALL SECONDARY	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*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
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 SEC WEEKLY 1st CHO	Total	1															
NACHOS	SERVING	1	485	53	792	4.52	*0.18	*59.8	*N/A*	*0.3	0.00	*0.00	18.0	38.19	29.57	8.96	0.00
REFRIED BEANS, V V	1/2 C SERVINGS	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	7.0	24.0	2.5	0.00	0.00
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	21	0	9	1.63	0.47	14.9	*30	11.13	2.65	0.00	1.41	4.32	0.14	0.02	0.00
FRUIT BAR : FALL SECONDARY	1 CUP	1	80	*0	1	3.12	0.27	19.2	*7	37.73	*11.82	0.00	1.13	20.24	0.41	0.09	*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
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			1220	*124	1957	12.29	*2.42	*85.1	*22	*45.86	*84.46	*0.00	47.00	162.73	43.20	12.38	*0.00
% of Calories											*27.7%	*0.0%	15.4%	53.3%	31.9%	9.1%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20			16.70		<=30.0	<10.00	
Weighted Average			1181	*80	1915	15.89	*2.69	*115.8	*51	*71.10	*91.64	*3.94	55.09	166.98	33.35	8.43	*0.09
											*69.8%	*3.0%	18.7%	56.6%	25.4%	6.4%	*0.1%

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		Portion	Reimb	Cals	Cholst	Sodm	Fiber	Iron	Calcm	Vit-A	Vit-C	Tot Sug	Add Su	Protn	Carb	T-Fat	S-Fat	Tr-Fat
		Size	Qty	(kcal)	(mg)	(mg)	(g)	(mg)	(mg)	(RAE)	(mg)	(g)	(g)	(g)	(g)	(g)	(g)	(g)
Nutrient	Menu AVG	% of Cals	Weekly Target		% of Target	Miss Data	Shortfall		Overage	Error Messages (if any)								
Calories	1181		846		140%													
Cholesterol (mg)	80					Missing												
Sodium 1 (mg)	1915								1915									
Fiber (g)	15.89																	
Iron (mg)	2.69			4.50	60%	Missing		1.81										
Calcium (mg)	115.8			400.00	29%	Missing		284.23										
Vitamin A (RAE)	51			1500	3%	Missing		1449										
Total Sugars (g)	91.64	31.04%				Missing												
Added Sugars (g)	3.94	1.33%				Missing												
Vitamin C (mg)	71.10			19.20	370%	Missing												
Protein (g)	55.09	18.66%		16.70	330%													
Carbohydrate (g)	166.98	56.56%																
Total Fat (g)	33.35	25.41%		<=30.00%														
Saturated Fat (g)	8.43	6.43%		<10.00%														
Trans Fat (g)	0.09	0.07%				Missing												

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