

Washington County School District

Nov 3, 2025 thru Nov 28, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 10/29/2025 6:45:26 AM

	Portion Size	Reimb Qty	Carb (g)
Mon - 11/03/2025			
INTERMEDIATE LUNCH 6-8	Total	1	
TERIYAKI CHICKEN - ELEM.	2 oz	1	7.14
CHOW MEIN - ELEM	2.36oz SERVING	1	17.23
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	1	3.29
COOKIE, CELEBRATION	SERVINGS	1	17.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SOY SAUCE: PC	PC	1	1.0
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
DOMINOS PIZZA	SLICE	1	30.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
COOKIE, CELEBRATION	SERVINGS	1	17.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
RANCH: (WILD COYOTE LITE)	PC CUP	1	0.0
MILK	CARTON	1	17.0
Weighted Daily Average			81.72
% of Calories			55.8%
Nutrient Guideline			

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Tue - 11/04/2025			
INTERMEDIATE LUNCH 6-8	Total	1	
QUESADILLA, THREE CHEESE	SERVINGS	1	32.51
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
COOKIE, PUMPKIN CHOCOLATE CHIP	COOKIE	1	23.08
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	9.66
SALSA PICANTE	1 OZ	1	1.77
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
NACHOS	SERVINGS	1	38.19
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	4.32
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	9.66
SALSA PICANTE	1 OZ	1	1.77
MILK	CARTON	1	17.0
Weighted Daily Average			118.33
% of Calories			52.0%
Nutrient Guideline			

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WEEKLY 1st CHOICE

Portion Values - Detailed

Page 2

Generated on: 10/29/2025 6:45:26 AM

	Portion Size	Reimb Qty	Carb (g)
Wed - 11/05/2025			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN NOODLE SOUP: USDA 1C.	1 CUP	1	18.34
BREADSTICK, CHEESE - BOSCO'S	SERVINGS	1	17.0
TOMATO, CUCUMBER, CARROTS:INTE	3/4 CUP	1	9.38
RANCH: (WILD COYOTE LITE)	PC CUP	1	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
SPICY CHICKEN SANDWICH	SERVINGS	1	44.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	1	18.76
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
CONDIMENT - CHICKEN SAND.	SERVING	1	5.8
MILK	CARTON	1	17.0
Weighted Daily Average			92.28
% of Calories			53.7%
Nutrient Guideline			

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Thu - 11/06/2025			
INTERMEDIATE LUNCH 6-8	Total	1	
TERIYAKI BEEF NUGGETS	4 Nugget	1	6.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	2.82
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
ROLLS - NO EGGS	SERVINGS	1	25.63
MARGARINE REDDIES: (1)	1 Patty	1	0.0
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	1	10.37
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
CHEESESTEAK SANDWICH	SANDWICHES	1	33.9
TATER TOTS - MCCAIN	8 PIECES	1	14.0
CARROT & CELERY STICKS:ELE	3/4 CUP	1	8.03
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	1	10.37
MAYONNAISE, LIGHT	POUCH	1	0.61
KETCHUP : P/C	PC	1	10.12
MILK	CARTON	1	17.0
Weighted Daily Average			103.78
% of Calories			52.8%
Nutrient Guideline			

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

Portion Values - Detailed

Page 3

Generated on: 10/29/2025 6:45:26 AM

	Portion Size	Reimb Qty	Carb (g)
Fri - 11/07/2025			
INTERMEDIATE LUNCH 6-8	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
DINNER SALAD ELEM.	1 CUP	1	8.34
COOKIE, CHOCOLATE CHUNK	COOKIE	1	15.8
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
MARINARA SAUCE	1/2 CUP	1	12.02
RANCH: (WILD COYOTE LITE)	PC CUP	1	0.0
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
WRAP, CHICKEN - FR091	WRAP	1	39.57
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.0
MIXED FRESH VEGETABLES	3/4 CUP	1	6.31
SUN CHIPS	BAG	1	19.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
BARBAQUE SAUCE: P/C	1 Each	1	10.13
MAYONNAISE, CHIPOTLE	1oz SERVING	1	2.03
MILK	CARTON	1	17.0
Weighted Daily Average			102.44
% of Calories			45.9%
Nutrient Guideline			

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Mon - 11/10/2025			
INTERMEDIATE LUNCH 6-8	Total	1	
ORANGE CHICKEN: (SEC.)	3.6 OZ	1	20.14
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	16.12
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	1	3.29
COOKIE, FORTUNE COOKIE	COOKIE	1	7.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SOY SAUCE: PC	PC	1	1.0
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
DOMINOS PIZZA	SLICE	1	30.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
COOKIE, CELEBRATION	SERVINGS	1	17.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
RANCH: (WILD COYOTE LITE)	PC CUP	1	0.0
MILK	CARTON	1	17.0
Weighted Daily Average			82.66
% of Calories			58.2%
Nutrient Guideline			

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WEEKLY 1st CHOICE

Portion Values - Detailed

Page 4

Generated on: 10/29/2025 6:45:26 AM

	Portion Size	Reimb Qty	Carb (g)
Tue - 11/11/2025			
INTERMEDIATE LUNCH 6-8	Total	1	
BEEF TACO STICK	1 EACH	1	28.97
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CORN 1/2 CUP	1/2 CUP	1	15.0
COOKIE, COWBOY	1 oz.	1	29.36
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	9.66
SALSA PICANTE	1 OZ	1	1.77
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
NACHOS	SERVINGS	1	38.19
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	4.32
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	9.66
SALSA PICANTE	1 OZ	1	1.77
MILK	CARTON	1	17.0
Weighted Daily Average			125.70
% of Calories			52.2%
Nutrient Guideline			

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Wed - 11/12/2025			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN TENDERS - FR091	2 TENDERS	1	12.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	3.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
GARLIC TOAST - WG - BC	SERVINGS	1	14.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
BARBAQUE SAUCE: P/C	1 Each	1	10.13
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
SPICY CHICKEN SANDWICH	SERVINGS	1	44.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	1	18.76
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
CONDIMENT - CHICKEN SAND.	SERVING	1	5.8
MILK	CARTON	1	17.0
Weighted Daily Average			99.98
% of Calories			54.0%
Nutrient Guideline			

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WEEKLY 1st CHOICE

Portion Values - Detailed

Page 5

Generated on: 10/29/2025 6:45:26 AM

	Portion Size	Reimb Qty	Carb (g)
Thu - 11/13/2025			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN SANDWICH	SANDWICH	1	31.11
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
TATER TOTS - MCCAIN	8 PIECES	1	14.0
COLESLAW	1/2 C. SERVINGS	1	6.02
COOKIE, CHOCOLATE CHIP	1 EACH	1	13.5
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	1	10.37
CONDIMENT - CHICKEN SAND.	SERVING	1	5.8
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
CHEESESTEAK SANDWICH	SANDWICHES	1	33.9
TATER TOTS - MCCAIN	8 PIECES	1	14.0
CARROT & CELERY STICKS:ELE	3/4 CUP	1	8.03
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	1	10.37
MAYONNAISE, LIGHT	POUCH	1	0.61
KETCHUP : P/C	PC	1	10.12
MILK	CARTON	1	17.0
Weighted Daily Average			114.55
% of Calories			54.1%
Nutrient Guideline			

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Fri - 11/14/2025			
INTERMEDIATE LUNCH 6-8	Total	1	
SLOPPY JOE: JTM ELEMENTARY	2 OZ	1	27.53
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	6.31
SUN CHIPS	BAG	1	19.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
WRAP, CHICKEN - FR091	WRAP	1	39.57
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.0
MIXED FRESH VEGETABLES	3/4 CUP	1	6.31
SUN CHIPS	BAG	1	19.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
BARBAQUE SAUCE: P/C	1 Each	1	10.13
MAYONNAISE, CHIPOTLE	1oz SERVING	1	2.03
MILK	CARTON	1	17.0
Weighted Daily Average			97.28
% of Calories			47.6%
Nutrient Guideline			

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WEEKLY 1st CHOICE

Portion Values - Detailed

Page 6

Generated on: 10/29/2025 6:45:26 AM

	Portion Size	Reimb Qty	Carb (g)
Mon - 11/17/2025			
INTERMEDIATE LUNCH 6-8	Total	1	
TERIYAKI CHICKEN - ELEM.	2 oz	1	7.14
CHOW MEIN - ELEM	2.36oz SERVING	1	17.23
GREEN BEANS 3/4 CUP	3/4 CUP	1	4.5
BISCUIT	BISCUIT	1	14.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SOY SAUCE: PC	PC	1	1.0
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI			
DOMINOS PIZZA	Total	1	
DINNER SALAD - ALT LINE	SLICE	1	30.0
COOKIE, CELEBRATION	SERVINGS	1	6.07
FRUIT BAR :WINTER:ELE	SERVINGS	1	17.0
RANCH: (WILD COYOTE LITE)	1/2 CUP	1	15.35
MILK	PC CUP	1	0.0
	CARTON	1	17.0
Weighted Daily Average			80.82
% of Calories			57.7%
Nutrient Guideline			

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Tue - 11/18/2025			
INTERMEDIATE LUNCH 6-8	Total	1	
ROASTED TURKEY: VIP	2.9 OZ	1	1.02
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
GRAVY, TURKEY	1/4 Cup	1	3.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
EDAMAME, IQF SHELLED	3 oz	1	4.02
DELUXE FRUIT SALAD	1/2 CUP	1	15.65
ROLLS - NO EGGS	SERVINGS	1	25.63
PUMPKIN PIE : (Sara Lee)	Slice	1	59.0
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK	CARTON	1	17.0
Weighted Daily Average			146.32
% of Calories			56.5%
Nutrient Guideline			

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Wed - 11/19/2025			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN CHUNKS, TYSON	5 NUGGETS	1	15.0
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	1	28.51
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	21.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
CONDIMENT: TENDERS	SERVINGS	1	10.8
MILK	CARTON	1	17.0

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Portion Values - Detailed

Page 7

Generated on: 10/29/2025 6:45:26 AM

	Portion Size	Reimb Qty	Carb (g)
ALT INT WEEKLY 1st CHOI	Total	1	
SPICY CHICKEN SANDWICH	SERVINGS	1	44.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	1	18.76
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
CONDIMENT - CHICKEN SAND.	SERVING	1	5.8
MILK	CARTON	1	17.0
Weighted Daily Average			107.57
% of Calories			56.3%
Nutrient Guideline			

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Thu - 11/20/2025			
INTERMEDIATE LUNCH 6-8	Total	1	
HAMBURGER, TYSON	HAMBURGERS	1	22.0
CHEESE: PROCESS SLICE	SLICE	1	1.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	1	18.76
SWEET CAKE	SERVING	1	44.38
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	1	10.37
CONDIMENT - BURGER	SERVING	1	3.02
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
CHEESESTEAK SANDWICH	SANDWICHES	1	33.9
TATER TOTS - MCCAIN	8 PIECES	1	14.0
CARROT & CELERY STICKS:ELE	3/4 CUP	1	8.03
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	1	10.37
MAYONNAISE, LIGHT	POUCH	1	0.61
KETCHUP : P/C	PC	1	10.12
MILK	CARTON	1	17.0
Weighted Daily Average			123.91
% of Calories			53.3%
Nutrient Guideline			

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Fri - 11/21/2025			
INTERMEDIATE LUNCH 6-8	Total	1	
CORN DOG, MINI PROVIEW (5)	5 NUGGETS	1	24.88
CARROT STICKS 3/4 CUP	3/4 CUP	1	9.0
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
MILK	CARTON	1	17.0

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Page 8

Generated on: 10/29/2025 6:45:26 AM

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ALT INT WEEKLY 1st CHOI	Total	1	
WRAP, CHICKEN - FR091	WRAP	1	39.57
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.0
MIXED FRESH VEGETABLES	3/4 CUP	1	6.31
SUN CHIPS	BAG	1	19.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
BARBAQUE SAUCE: P/C	1 Each	1	10.13
MAYONNAISE, CHIPOTLE	1oz SERVING	1	2.03
MILK	CARTON	1	17.0
Weighted Daily Average			101.03
% of Calories			48.7%
Nutrient Guideline			

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Mon - 11/24/2025			
INTERMEDIATE LUNCH 6-8	Total	1	
GENERAL TSO - YANGS	3.6oz SERVING	1	22.15
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	16.12
GREEN BEANS 3/4 CUP	3/4 CUP	1	4.5
BROWNIE MIX, SHIRLEY J	SERVINGS	1	23.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SOY SAUCE: PC	PC	1	1.0
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
DOMINOS PIZZA	SLICE	1	30.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
COOKIE, CELEBRATION	SERVINGS	1	17.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
RANCH: (WILD COYOTE LITE)	PC CUP	1	0.0
MILK	CARTON	1	17.0
Weighted Daily Average			92.27
% of Calories			61.5%
Nutrient Guideline			

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Tue - 11/25/2025			
INTERMEDIATE LUNCH 6-8	Total	1	
SOFT FLOUR TACO:SEC	TACO	1	23.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	4.32
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.0
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CHURRO- APPLE WG	SERVINGS	1	25.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	9.66
SALSA PICANTE	1 OZ	1	1.77
MILK	CARTON	1	17.0

***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

Nov 3, 2025 thru Nov 28, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 9

Generated on: 10/29/2025 6:45:26 AM

	Portion Size	Reimb Qty	Carb (g)
ALT INT WEEKLY 1st CHOI	Total	1	
NACHOS	SERVINGS	1	38.19
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	4.32
FRUIT BAR :WINTER:ELE	1/2 CUP	1	15.35
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	9.66
SALSA PICANTE	1 OZ	1	1.77
MILK	CARTON	1	17.0
Weighted Daily Average			115.20
% of Calories			51.9%
Nutrient Guideline			

¹ - Provided for information purposes only. The effective date for the Added Sugars target will be July 1st, 2027.

Weighted Average			105.05
			53.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	105.05	53.28%						

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