

Washington County School District

Nov 3, 2025 thru Nov 28, 2025

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 11/03/2025			
SECONDARY LUNCH 9-12	Total	1	
TERIYAKI CHICKEN	2.8 oz	1	10.0
CHOW MEIN - SEC.	4.7oz SERVING	1	34.45
BROCCOLI, ROASTED, CUP	1 CUP	1	4.45
COOKIE, CELEBRATION	SERVINGS	1	17.0
FRUIT BAR :WINTER:SEC	1 CUP	1	29.78
SALAD BAR: HIGH	1 CUP	1	14.34
SOY SAUCE: PC	PC	1	1.0
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	29.78
SALAD BAR: HIGH	1 CUP	1	14.34
RANCH: (WILD COYOTE LITE)	PC CUP	1	0.0
MILK	CARTON	1	17.0
Weighted Daily Average			121.10
% of Calories			60.0%
Nutrient Guideline			

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Tue - 11/04/2025			
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	29.78
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	11.05
SALSA PICANTE	1 OZ	1	1.77
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	29.78
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	11.05
SALSA PICANTE	1 OZ	1	1.77
MILK	CARTON	1	17.0
Weighted Daily Average			134.15
% of Calories			54.8%
Nutrient Guideline			

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WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 11/05/2025			
SECONDARY LUNCH 9-12	Total	1	
CHICKEN NOODLE SOUP: USDA 1C.	1 CUP	1	18.34
BREADSTICK, CHEESE - BOSCO'S	SERVINGS	1	17.0
TOMATOES, CUCUMBER, CARROTS:SE	1 CUP	1	9.86
RANCH: (WILD COYOTE LITE)	PC CUP	1	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	29.78
SALAD BAR: HIGH	1 CUP	1	14.34
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO	Total	1	
SPICY CHICKEN SANDWICH	SERVINGS	1	44.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	1	28.51
FRUIT BAR :WINTER:SEC	1 CUP	1	29.78
SALAD BAR: HIGH	1 CUP	1	14.34
CONDIMENT - CHICKEN SAND.	SERVING	1	5.8
MILK	CARTON	1	17.0
Weighted Daily Average			126.16
% of Calories			58.1%
Nutrient Guideline			

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Thu - 11/06/2025			
SECONDARY LUNCH 9-12	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
ROLLS - NO EGGS	SERVINGS	1	25.63
MARGARINE REDDIES: (1)	1 Patty	1	0.0
FRUIT BAR :WINTER:SEC	1 CUP	1	29.78
SALAD BAR: HIGH	1 CUP	1	14.34
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO	Total	1	
CHEESESTEAK SANDWICH	SANDWICHES	1	33.9
TATER TOTS - MCCAIN	12pc	1	21.1
CARROT & CELERY STICKS:ELE	3/4 CUP	1	8.03
FRUIT BAR :WINTER:SEC	1 CUP	1	29.78
SALAD BAR: HIGH	1 CUP	1	14.34
MAYONNAISE, LIGHT	POUCH	1	0.61
KETCHUP : P/C	PC	1	10.12
MILK	CARTON	1	17.0
Weighted Daily Average			125.73
% of Calories			56.5%
Nutrient Guideline			

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Fri - 11/07/2025			
SECONDARY LUNCH 9-12	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
DINNER SALAD ELEM.	1 CUP	1	8.34
FRUIT BAR :WINTER:SEC	1 CUP	1	29.78
COOKIE, CHOCOLATE CHUNK	COOKIE	1	15.8
MARINARA SAUCE	1/2 CUP	1	12.02
RANCH: (WILD COYOTE LITE)	PC CUP	1	0.0
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	29.78
BARBAQUE SAUCE: P/C	1 Each	1	10.13
MAYONNAISE, CHIPOTLE	1oz SERVING	1	2.03
MILK	CARTON	1	17.0
Weighted Daily Average			116.87
% of Calories			49.2%
Nutrient Guideline			

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Mon - 11/10/2025			
SECONDARY LUNCH 9-12	Total	1	
ORANGE CHICKEN: (SEC.)	3.6 OZ	1	20.14
RICE: COOKED BROWN (SEC)	1 CUP	1	32.23
BROCCOLI, ROASTED, CUP	1 CUP	1	4.45
COOKIE, FORTUNE COOKIE	COOKIE	1	7.0
FRUIT BAR :WINTER:SEC	1 CUP	1	29.78
SALAD BAR: HIGH	1 CUP	1	14.34
SOY SAUCE: PC	PC	1	1.0
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	29.78
SALAD BAR: HIGH	1 CUP	1	14.34
RANCH: (WILD COYOTE LITE)	PC CUP	1	0.0
MILK	CARTON	1	17.0
Weighted Daily Average			120.06
% of Calories			62.9%
Nutrient Guideline			

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WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 11/11/2025			
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	29.78
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	11.05
SALSA PICANTE	1 OZ	1	1.77
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	29.78
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	11.05
SALSA PICANTE	1 OZ	1	1.77
MILK	CARTON	1	17.0
Weighted Daily Average			141.52
% of Calories			54.9%
Nutrient Guideline			

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Wed - 11/12/2025			
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	29.78
SALAD BAR: HIGH	1 CUP	1	14.34
BARBAQUE SAUCE: P/C	1 Each	1	10.13
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO	Total	1	
SPICY CHICKEN SANDWICH	SERVINGS	1	44.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	1	28.51
FRUIT BAR :WINTER:SEC	1 CUP	1	29.78
SALAD BAR: HIGH	1 CUP	1	14.34
CONDIMENT - CHICKEN SAND.	SERVING	1	5.8
MILK	CARTON	1	17.0
Weighted Daily Average			133.63
% of Calories			58.0%
Nutrient Guideline			

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WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 11/13/2025			
SECONDARY LUNCH 9-12	Total	1	
CHICKEN SANDWICH	SANDWICH	1	36.11
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
TATER TOTS - MCCAIN	12pc	1	21.1
COLESLAW	1/2 C. SERVINGS	1	6.02
COOKIE, CHOCOLATE CHIP	1 EACH	1	13.5
FRUIT BAR :WINTER:SEC	1 CUP	1	29.78
SALAD BAR: HIGH	1 CUP	1	14.34
CONDIMENT - CHICKEN SAND.	SERVING	1	5.8
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO	Total	1	
CHEESESTEAK SANDWICH	SANDWICHES	1	33.9
TATER TOTS - MCCAIN	12pc	1	21.1
CARROT & CELERY STICKS:ELE	3/4 CUP	1	8.03
FRUIT BAR :WINTER:SEC	1 CUP	1	29.78
SALAD BAR: HIGH	1 CUP	1	14.34
MAYONNAISE, LIGHT	POUCH	1	0.61
KETCHUP : P/C	PC	1	10.12
MILK	CARTON	1	17.0
Weighted Daily Average			142.55
% of Calories			57.7%
Nutrient Guideline			

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Fri - 11/14/2025			
SECONDARY LUNCH 9-12	Total	1	
SLOPPY JOE: JTM SECONDARY	3.63oz SERVING	1	37.05
SUN CHIPS	BAG	1	19.0
CARROTS 1 CUP	1 CUP	1	13.86
FRUIT BAR :WINTER:SEC	1 CUP	1	29.78
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	29.78
BARBAQUE SAUCE: P/C	1 Each	1	10.13
MAYONNAISE, CHIPOTLE	1oz SERVING	1	2.03
MILK	CARTON	1	17.0
Weighted Daily Average			120.25
% of Calories			51.4%
Nutrient Guideline			

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WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 11/17/2025			
SECONDARY LUNCH 9-12	Total	1	
TERIYAKI CHICKEN	2.8 oz	1	10.0
CHOW MEIN - SEC.	4.7oz SERVING	1	34.45
GREEN BEANS 1 CUP	1 CUP	1	6.0
BISCUIT	BISCUIT	1	14.0
FRUIT BAR :WINTER:SEC	1 CUP	1	29.78
SALAD BAR: HIGH	1 CUP	1	14.34
SOY SAUCE: PC	PC	1	1.0
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	29.78
SALAD BAR: HIGH	1 CUP	1	14.34
RANCH: (WILD COYOTE LITE)	PC CUP	1	0.0
MILK	CARTON	1	17.0
Weighted Daily Average			120.38
% of Calories			61.8%
Nutrient Guideline			

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Tue - 11/18/2025			
SECONDARY LUNCH 9-12	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 SHELLLED	3 oz	1	4.02
DELUXE FRUIT SALAD	1/2 CUP	1	15.65
ORANGES 1/2 CUP SERVING	1/2 cup	1	11.28
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			157.60
% of Calories			58.3%
Nutrient Guideline			

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Wed - 11/19/2025			
SECONDARY LUNCH 9-12	Total	1	
CHICKEN CHUNKS, TYSON	5 NUGGETS	1	15.0
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	1	28.51
MIXED FRESH VEGETABLES	1 CUP	1	7.73
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	21.0
FRUIT BAR :WINTER:SEC	1 CUP	1	29.78
SALAD BAR: HIGH	1 CUP	1	14.34
CONDIMENT: TENDERS	SERVINGS	1	10.8
MILK	CARTON	1	17.0

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WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT SEC WEEKLY 1st CHO	Total	1	
SPICY CHICKEN SANDWICH	SERVINGS	1	44.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	1	28.51
FRUIT BAR :WINTER:SEC	1 CUP	1	29.78
SALAD BAR: HIGH	1 CUP	1	14.34
CONDIMENT - CHICKEN SAND.	SERVING	1	5.8
MILK	CARTON	1	17.0
Weighted Daily Average			145.08
% of Calories			60.3%
Nutrient Guideline			

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Thu - 11/20/2025			
SECONDARY LUNCH 9-12	Total	1	
HAMBURGER - TYSON -SEC	SERVINGS	1	27.0
CHEESE: PROCESS SLICE	SLICE	1	1.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	1	28.51
SWEET CAKE	SERVING	1	44.38
FRUIT BAR :WINTER:SEC	1 CUP	1	29.78
SALAD BAR: HIGH	1 CUP	1	14.34
CONDIMENT - BURGER	SERVING	1	3.02
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO	Total	1	
CHEESESTEAK SANDWICH	SANDWICHES	1	33.9
TATER TOTS - MCCAIN	12pc	1	21.1
CARROT & CELERY STICKS:ELE	3/4 CUP	1	8.03
FRUIT BAR :WINTER:SEC	1 CUP	1	29.78
SALAD BAR: HIGH	1 CUP	1	14.34
MAYONNAISE, LIGHT	POUCH	1	0.61
KETCHUP : P/C	PC	1	10.12
MILK	CARTON	1	17.0
Weighted Daily Average			153.24
% of Calories			56.8%
Nutrient Guideline			

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Fri - 11/21/2025			
SECONDARY LUNCH 9-12	Total	1	
CORN DOG, MINI PROVIEW (6)	6 NUGGETS	1	29.85
CARROTS 1 CUP	1 CUP	1	13.86
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0
FRUIT BAR :WINTER:SEC	1 CUP	1	29.78
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
MILK	CARTON	1	17.0

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ALT SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	29.78
BARBAQUE SAUCE: P/C	1 Each	1	10.13
MAYONNAISE, CHIPOTLE	1oz SERVING	1	2.03
MILK	CARTON	1	17.0
Weighted Daily Average			120.38
% of Calories			52.5%
Nutrient Guideline			

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Mon - 11/24/2025			
SECONDARY LUNCH 9-12	Total	1	
GENERAL TSO - YANGS	3.6oz SERVING	1	22.15
RICE: COOKED BROWN (SEC)	1 CUP	1	32.23
GREEN BEANS 1 CUP	1 CUP	1	6.0
BROWNIE MIX, SHIRLEY J	SERVINGS	1	23.0
FRUIT BAR :WINTER:SEC	1 CUP	1	29.78
SALAD BAR: HIGH	1 CUP	1	14.34
SOY SAUCE: PC	PC	1	1.0
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	29.78
SALAD BAR: HIGH	1 CUP	1	14.34
RANCH: (WILD COYOTE LITE)	PC CUP	1	0.0
MILK	CARTON	1	17.0
Weighted Daily Average			129.85
% of Calories			65.6%
Nutrient Guideline			

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Tue - 11/25/2025			
SECONDARY LUNCH 9-12	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:SEC	1 CUP	1	29.78
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	11.05
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: SECONDARY LUNCH 9-12/ALT SEC
WEEKLY 1st CHOICE

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
ALT SEC WEEKLY 1st CHO	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:SEC	1 CUP	1	29.78
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	11.05
SALSA PICANTE	1 OZ	1	1.77
MILK	CARTON	1	17.0
Weighted Daily Average			131.02
% of Calories			54.7%
Nutrient Guideline			

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

Weighted Average			131.74
			57.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	131.74	57.05%						

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