

	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 - 11/03/2025																	
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 - SEC.	4.7oz SE RVING	1	192	0	570	4.28	*0.18	*17.7	*143	*9.6	4.20	*0.00	4.61	34.45	4.08	0.02	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, CELEBRATION	SERVING	1	110	5	100	1.00	*N/A*	*N/A*	*N/A*	*N/A*	9.00	7.00	1.0	17.0	4.0	1.00	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	93	3	516	3.04	*0.87	*47.7	*4	*30.44	*7.21	*0.00	3.0	14.34	3.34	0.69	0.00
SOY SAUCE: PC	PC	1	0	0	230	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	1.0	1.0	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	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	7.00	1.0	17.0	4.0	1.00	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	93	3	516	3.04	*0.87	*47.7	*4	*30.44	*7.21	*0.00	3.0	14.34	3.34	0.69	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	60	10	260	0.00	0.00	0.0	*N/A*	0.0	0.00	0.00	0.0	0.0	8.0	2.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			808	66	1852	13.49	*1.70	*122.4	*127	*104.69	*62.42	*12.33	35.86	121.10	24.43	6.20	*0.01
% of Calories											*30.9%	*6.1%	17.8%	60.0%	27.2%	6.9%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00	

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Tue - 11/04/2025																	
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 SE RVINGS	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	7.0	24.0	2.5	0.00	0.00
GREEN BEANS: 1/2 C.	1/2 CUP	1	16	0	140	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	1.0	3.0	0.0	0.00	0.00
COOKIE, PUMPKIN CHOCOL	COOKIE	1	147	1	137	2.85	*0.52	*29.1	*0	*0.0	*10.77	*8.07	2.03	23.08	5.66	2.39	*0.00
ATE CHIP																	
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	112	3	624	2.92	*0.47	*33.0	*3	*15.73	*4.44	*0.00	2.14	11.05	7.75	1.68	0.00
SALSA PICANTE	1 OZ	1	4	0	159	0.00	0.00	0.0	0	0.0	0.89	0.00	0.0	1.77	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00

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

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Nov 3, 2025 thru Nov 28, 2025

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

Generated on: 10/29/2025 6:47:30 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
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 :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	112	3	624	2.92	*0.47	*33.0	*3	*15.73	*4.44	*0.00	2.14	11.05	7.75	1.68	0.00
SALSA PICANTE	1 OZ	1	4	0	159	0.00	0.00	0.0	0	0.0	0.89	0.00	0.0	1.77	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			979	55	2092	21.35	*1.25	*108.0	*25	*51.34	*51.85 *21.2%	*8.70 *3.6%	38.46 15.7%	134.15 54.8%	36.27 33.3%	12.23 11.2%	*0.00 *0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00	

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Wed - 11/05/2025																	
SECONDARY LUNCH 9-12	Total	1															
CHICKEN NOODLE SOUP: U	1 CUP	1	199	47	451	1.92	*0.08	*20.5	*98	*1.69	*2.10	*0.00	17.21	18.34	5.05	1.23	0.00
SDA 1C.																	
BREADSTICK, CHEESE - BO	SERVING	1	150	15	220	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	10.0	17.0	5.0	2.50	0.00
SCO'S																	
TOMATOES, CUCUMBER, C	1 CUP	1	27	0	36	2.04	0.59	23.3	*2	7.59	*1.69	*0.00	0.9	9.86	0.21	0.05	0.00
ARROTS:SE																	
RANCH: (WILD COYOTE LITE)	PC CUP	1	60	10	260	0.00	0.00	0.0	*N/A*	0.0	0.00	0.00	0.0	0.0	8.0	2.00	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	93	3	516	3.04	*0.87	*47.7	*4	*30.44	*7.21	*0.00	3.0	14.34	3.34	0.69	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	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 :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	93	3	516	3.04	*0.87	*47.7	*4	*30.44	*7.21	*0.00	3.0	14.34	3.34	0.69	0.00
CONDIMENT - CHICKEN SAN	SERVING	1	31	1	224	0.15	0.05	2.5	*N/A*	*0.75	4.68	*2.02	0.14	5.8	0.78	0.13	0.02
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00

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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)
Weighted Daily Average % of Calories			869	59	1800	15.77	*2.66	*133.7	*91	*80.45	*53.24 *24.5%	*5.68 *2.6%	39.20 18.0%	126.16 58.1%	25.98 26.9%	6.69 6.9%	0.01 0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00	

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Thu - 11/06/2025																	
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
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
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 :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	93	3	516	3.04	*0.87	*47.7	*4	*30.44	*7.21	*0.00	3.0	14.34	3.34	0.69	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
ALT SEC WEEKLY 1st CHO		1															
CHEESESTEAK SANDWICH	Total 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	50	2	161	3.05	0.84	41.9	*8	3.41	*0.50	*N/A*	0.79	8.03	2.17	0.53	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	93	3	516	3.04	*0.87	*47.7	*4	*30.44	*7.21	*0.00	3.0	14.34	3.34	0.69	0.00
MAYONNAISE, LIGHT	POUCH	1	31	4	84	0.00	0.00	0.0	*N/A*	0.0	0.00	0.00	0.08	0.61	3.09	0.48	0.06
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	*N/A*	*N/A*	8.10	8.10	0.0	10.12	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			890	73	2156	18.53	*2.99	*118.2	*16	*62.03	*55.65 *25.0%	*10.29 *4.6%	34.89 15.7%	125.73 56.5%	29.20 29.5%	9.22 9.3%	*0.63 *0.6%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00	

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Nov 3, 2025 thru Nov 28, 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)
Fri - 11/07/2025																	
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	59	3	472	1.69	0.56	30.2	*216	*5.74	*4.89	*0.00	0.9	8.34	2.89	0.71	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	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
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	60	10	260	0.00	0.00	0.0	*N/A*	0.0	0.00	0.00	0.0	0.0	8.0	2.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	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	*N/A*	25.77	39.57	14.78	2.54	0.00
CHEDDAR/ JACK FANCY SH	.25 OZ	1	28	8	46	0.00	0.00	0.0	*N/A*	0.0	0.00	0.00	1.77	0.0	2.28	1.27	0.00
RED.25OZ																	
MIXED FRESH VEGETABLES	3/4 CUP	1	89	10	309	2.36	0.66	30.1	*7	34.31	*0.90	*0.00	1.42	6.31	8.21	2.07	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 :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
BARBAQUE SAUCE: P/C	1 Each	1	44	0	209	0.35	*N/A*	*N/A*	*N/A*	*N/A*	8.67	*N/A*	0.42	10.13	0.07	0.01	0.00
MAYONNAISE, CHIPOTLE	1oz SER	1	182	20	162	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.0	2.03	20.25	3.04	*N/A*
	VING																
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			949	70	1848	13.97	*1.90	*68.0	*149	*60.11	*58.04	*4.67	35.14	116.87	41.67	9.62	*0.00
% of Calories											*24.5%	*2.0%	14.8%	49.2%	39.5%	9.1%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00	

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Mon - 11/10/2025																	
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	5	0.00	0.00	0.0	0	0.0	3.00	0.50	0.5	7.0	0.5	0.00	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	93	3	516	3.04	*0.87	*47.7	*4	*30.44	*7.21	*0.00	3.0	14.34	3.34	0.69	0.00
SOY SAUCE: PC	PC	1	0	0	230	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	1.0	1.0	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00

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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)
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	7.00	1.0	17.0	4.0	1.00	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	93	3	516	3.04	*0.87	*47.7	*4	*30.44	*7.21	*0.00	3.0	14.34	3.34	0.69	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	60	10	260	0.00	0.00	0.0	*N/A*	0.0	0.00	0.00	0.0	0.0	8.0	2.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			763	48	1500	11.83	*1.61	*114.7	*56	*99.89	*58.36	*9.08	33.30	120.06	21.14	5.44	*0.01
% of Calories											*30.6%	*4.8%	17.5%	62.9%	24.9%	6.4%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00	

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Tue - 11/11/2025																	
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 :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	112	3	624	2.92	*0.47	*33.0	*3	*15.73	*4.44	*0.00	2.14	11.05	7.75	1.68	0.00
SALSA PICANTE	1 OZ	1	4	0	159	0.00	0.00	0.0	0	0.0	0.89	0.00	0.0	1.77	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	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 :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	112	3	624	2.92	*0.47	*33.0	*3	*15.73	*4.44	*0.00	2.14	11.05	7.75	1.68	0.00
SALSA PICANTE	1 OZ	1	4	0	159	0.00	0.00	0.0	0	0.0	0.89	0.00	0.0	1.77	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00

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Nov 3, 2025 thru Nov 28, 2025

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

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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 - 11/13/2025																	
SECONDARY LUNCH 9-12 CHICKEN SANDWICH	Total SANDWICH	1															
		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 & 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	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. 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
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	93	3	516	3.04	*0.87	*47.7	*4	*30.44	*7.21	*0.00	3.0	14.34	3.34	0.69	0.00
CONDIMENT - CHICKEN SANDWICH	SERVING	1	31	1	224	0.15	0.05	2.5	*N/A*	*0.75	4.68	*2.02	0.14	5.8	0.78	0.13	0.02
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
ALT SEC WEEKLY 1st CHOICE CHEESESTEAK SANDWICH	Total SANDWICHES	1															
		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	50	2	161	3.05	0.84	41.9	*8	3.41	*0.50	*N/A*	0.79	8.03	2.17	0.53	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	93	3	516	3.04	*0.87	*47.7	*4	*30.44	*7.21	*0.00	3.0	14.34	3.34	0.69	0.00
MAYONNAISE, LIGHT	POUCH	1	31	4	84	0.00	0.00	0.0	*N/A*	0.0	0.00	0.00	0.08	0.61	3.09	0.48	0.06
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	*N/A*	*N/A*	8.10	8.10	0.0	10.12	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			988	74	2011	18.21	*2.89	*157.9	*68	*85.01	*63.05 *25.5%	*13.81 *5.6%	39.56 16.0%	142.55 57.7%	31.16 28.4%	7.65 7.0%	*0.39 *0.4%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	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 - 11/14/2025																	
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	120	10	392	4.92	1.53	54.0	*N/A*	4.51	*0.00	*0.00	1.07	13.86	8.2	2.03	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	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	*N/A*	25.77	39.57	14.78	2.54	0.00
CHEDDAR/ JACK FANCY SH	.25 OZ	1	28	8	46	0.00	0.00	0.0	*N/A*	0.0	0.00	0.00	1.77	0.0	2.28	1.27	0.00
RED.25OZ																	
MIXED FRESH VEGETABLES	3/4 CUP	1	89	10	309	2.36	0.66	30.1	*7	34.31	*0.90	*0.00	1.42	6.31	8.21	2.07	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 :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
BARBAQUE SAUCE: P/C	1 Each	1	44	0	209	0.35	*N/A*	*N/A*	*N/A*	*N/A*	8.67	*N/A*	0.42	10.13	0.07	0.01	0.00
MAYONNAISE, CHIPOTLE	1oz SERVING	1	182	20	162	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.0	2.03	20.25	3.04	*N/A*
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			936	75	1608	15.58	*2.83	*104.9	*41	*61.30	*52.35	*4.67	36.27	120.25	38.02	7.64	*0.20
% of Calories											*22.4%	*2.0%	15.5%	51.4%	36.5%	7.3%	*0.2%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00	

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Mon - 11/17/2025																	
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 - SEC.	4.7oz SERVING	1	192	0	570	4.28	*0.18	*17.7	*143	*9.6	4.20	*0.00	4.61	34.45	4.08	0.02	0.00
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
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	93	3	516	3.04	*0.87	*47.7	*4	*30.44	*7.21	*0.00	3.0	14.34	3.34	0.69	0.00
SOY SAUCE: PC	PC	1	0	0	230	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	1.0	1.0	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Nov 3, 2025 thru Nov 28, 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)
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	7.00	1.0	17.0	4.0	1.00	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	93	3	516	3.04	*0.87	*47.7	*4	*30.44	*7.21	*0.00	3.0	14.34	3.34	0.69	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	60	10	260	0.00	0.00	0.0	*N/A*	0.0	0.00	0.00	0.0	0.0	8.0	2.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			780	63	2000	14.62	*1.45	*97.1	*127	*74.83	*59.92	*9.83	36.10	120.38	21.00	5.86	0.00
% of Calories											*30.7%	*5.0%	18.5%	61.8%	24.2%	6.8%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00	

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Tue - 11/18/2025																	
SECONDARY LUNCH 9-12	Total	1															
ROASTED TURKEY: VIP	2.9 OZ	1	81	41	448	0.00	*N/A*	0.0	*N/A*	0.0	1.02	1.02	17.3	1.02	1.02	0.00	0.00
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, TURKEY	1/4 Cup	1	15	0	280	0.00	0.00	0.0	*N/A*	0.0	0.00	*N/A*	0.0	3.0	0.0	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
EDAMAME, IQF SHELLED	3 oz	1	60	0	3	2.68	*N/A*	*N/A*	*N/A*	*N/A*	1.34	*N/A*	6.71	4.02	2.68	0.00	0.00
DELUXE FRUIT SALAD	1/2 CUP	1	78	0	4	1.00	*0.10	2.4	*3	*1.76	13.71	*4.86	0.52	15.65	2.07	2.02	0.00
ORANGES 1/2 CUP SERVING	1/2 cup	1	45	0	0	2.30	0.10	38.4	11	51.07	8.98	0.00	0.9	11.28	0.12	0.01	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
PUMPKIN PIE : (Sara Lee)	Slice	1	385	50	530	1.00	*0.00	*0.0	*N/A*	0.0	26.00	*N/A*	5.0	59.0	15.0	7.00	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	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			1081	102	2328	20.37	*1.77	*72.5	*13	*52.84	*70.18	*12.68	45.77	157.60	31.80	12.92	*0.00
% of Calories											*26.0%	*4.7%	16.9%	58.3%	26.5%	10.8%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00	

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Nov 3, 2025 thru Nov 28, 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 - 11/19/2025																	
SECONDARY LUNCH 9-12	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
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
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																	
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	93	3	516	3.04	*0.87	*47.7	*4	*30.44	*7.21	*0.00	3.0	14.34	3.34	0.69	0.00
CONDIMENT: TENDERS	SERVING	1	44	0	236	0.30	0.09	5.0	*N/A*	*1.51	8.85	*4.05	0.24	10.8	0.02	0.01	0.01
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	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 :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	93	3	516	3.04	*0.87	*47.7	*4	*30.44	*7.21	*0.00	3.0	14.34	3.34	0.69	0.00
CONDIMENT - CHICKEN SAN	SERVING	1	31	1	224	0.15	0.05	2.5	*N/A*	*0.75	4.68	*2.02	0.14	5.8	0.78	0.13	0.02
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			962	50	1992	17.19	*3.36	*183.5	*47	*105.13	*60.45	*7.70	40.07	145.08	27.24	6.33	0.01
% of Calories											*25.1%	*3.2%	16.7%	60.3%	25.5%	5.9%	0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00	

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Nov 3, 2025 thru Nov 28, 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)
Thu - 11/20/2025																	
SECONDARY LUNCH 9-12	Total	1															
HAMBURGER - TYSON -SEC	SERVING	1	303	46	525	3.00	*1.44	*60.0	*N/A*	*3.6	3.00	*N/A*	18.23	27.0	13.21	4.59	0.51
CHEESE: PROCESS SLICE	SLICE	1	50	13	250	0.00	0.00	*N/A*	*N/A*	0.0	0.50	0.00	2.5	1.0	4.5	2.50	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. 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 :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	93	3	516	3.04	*0.87	*47.7	*4	*30.44	*7.21	*0.00	3.0	14.34	3.34	0.69	0.00
CONDIMENT - BURGER	SERVING	1	20	1	205	0.06	0.00	0.0	*N/A*	*0.0	2.28	*2.02	0.08	3.02	0.83	0.12	0.02
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	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	50	2	161	3.05	0.84	41.9	*8	3.41	*0.50	*N/A*	0.79	8.03	2.17	0.53	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	93	3	516	3.04	*0.87	*47.7	*4	*30.44	*7.21	*0.00	3.0	14.34	3.34	0.69	0.00
MAYONNAISE, LIGHT	POUCH	1	31	4	84	0.00	0.00	0.0	*N/A*	0.0	0.00	0.00	0.08	0.61	3.09	0.48	0.06
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	*N/A*	*N/A*	8.10	8.10	0.0	10.12	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			1080	82	2217	15.89	*2.99	*140.0	*46	*77.30	*72.47	*17.02	37.76	153.24	37.87	12.77	*0.64
% of Calories											*26.8%	*6.3%	14.0%	56.8%	31.6%	10.6%	*0.5%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	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 - 11/21/2025																	
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																
CARROTS 1 CUP	1 CUP	1	120	10	392	4.92	1.53	54.0	*N/A*	4.51	*0.00	*0.00	1.07	13.86	8.2	2.03	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
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
KETCHUP : P/C	PC	1	40	0	334	0.00	0.00	0.0	*N/A*	*N/A*	8.10	8.10	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	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	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	*N/A*	25.77	39.57	14.78	2.54	0.00
CHEDDAR/ JACK FANCY SH	.25 OZ	1	28	8	46	0.00	0.00	0.0	*N/A*	0.0	0.00	0.00	1.77	0.0	2.28	1.27	0.00
RED.25OZ																	
MIXED FRESH VEGETABLES	3/4 CUP	1	89	10	309	2.36	0.66	30.1	*7	34.31	*0.90	*0.00	1.42	6.31	8.21	2.07	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 :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
BARBAQUE SAUCE: P/C	1 Each	1	44	0	209	0.35	*N/A*	*N/A*	*N/A*	*N/A*	8.67	*N/A*	0.42	10.13	0.07	0.01	0.00
MAYONNAISE, CHIPOTLE	1oz SER	1	182	20	162	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	0.00	0.0	2.03	20.25	3.04	*N/A*
	VING																
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			917	86	1480	14.54	*2.11	*74.9	*41	*59.50	*54.13	*8.72	31.20	120.38	38.21	8.03	*0.00
% of Calories											*23.6%	*3.8%	13.6%	52.5%	37.5%	7.9%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00	

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Portion Values - Detailed

Nov 3, 2025 thru Nov 28, 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 - 11/24/2025																	
SECONDARY LUNCH 9-12	Total	1															
GENERAL TSO - YANGS	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	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
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
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
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	93	3	516	3.04	*0.87	*47.7	*4	*30.44	*7.21	*0.00	3.0	14.34	3.34	0.69	0.00
SOY SAUCE: PC	PC	1	0	0	230	0.00	0.00	0.0	*N/A*	0.0	*N/A*	*N/A*	1.0	1.0	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	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	7.00	1.0	17.0	4.0	1.00	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: HIGH	1 CUP	1	93	3	516	3.04	*0.87	*47.7	*4	*30.44	*7.21	*0.00	3.0	14.34	3.34	0.69	0.00
RANCH: (WILD COYOTE LITE)	PC CUP	1	60	10	260	0.00	0.00	0.0	*N/A*	0.0	0.00	0.00	0.0	0.0	8.0	2.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average			792	48	1668	13.46	*1.36	*89.4	*56	*70.03	*65.86	*8.83	33.29	129.85	19.95	5.42	*0.00
% of Calories											*33.3%	*4.5%	16.8%	65.6%	22.7%	6.2%	*0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	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 - 11/25/2025																	
SECONDARY LUNCH 9-12	Total	1															
SOFT FLOUR TACO:SEC	TACO	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 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
CHEDDAR/ JACK FANCY SH RED.25OZ	.25 OZ	1	28	8	46	0.00	0.00	0.0	*N/A*	0.0	0.00	0.00	1.77	0.0	2.28	1.27	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
CHURRO- APPLE WG	SERVING	1	150	0	70	1.00	*N/A*	*N/A*	*N/A*	*N/A*	8.00	*N/A*	2.0	25.0	5.0	1.00	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	112	3	624	2.92	*0.47	*33.0	*3	*15.73	*4.44	*0.00	2.14	11.05	7.75	1.68	0.00
SALSA PICANTE	1 OZ	1	4	0	159	0.00	0.00	0.0	0	0.0	0.89	0.00	0.0	1.77	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	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 CU 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
FRUIT BAR :WINTER:SEC	1 CUP	1	117	0	4	4.26	*0.19	*23.1	*8	*29.89	21.17	*0.00	1.39	29.78	0.4	0.06	0.00
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	112	3	624	2.92	*0.47	*33.0	*3	*15.73	*4.44	*0.00	2.14	11.05	7.75	1.68	0.00
SALSA PICANTE	1 OZ	1	4	0	159	0.00	0.00	0.0	0	0.0	0.89	0.00	0.0	1.77	0.0	0.00	0.00
MILK	CARTON	1	110	7	155	0.00	*0.00	*N/A*	*N/A*	*N/A*	16.00	4.67	8.0	17.0	0.83	0.50	0.00
Weighted Daily Average % of Calories			958	65	1948	20.58	*1.94	*161.0	*40	*57.21	*50.15 *20.9%	*4.67 *1.9%	39.82 16.6%	131.02 54.7%	35.31 33.2%	9.47 8.9%	0.00 0.0%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00	

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

Weighted Average			924	66	1921	16.82	*2.24	*125.9	*59	*72.28	*58.83 *57.3%	*9.21 *9.0%	37.35 16.2%	131.74 57.0%	30.86 30.1%	8.47 8.3%	*0.11 *0.1%
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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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Nutrient	Menu AVG	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)
		% of Cals	Weekly Target		% of Target	Miss Data	Shortfall		Overage	Error Messages (if any)								
Calories	924		846		109%													
Cholesterol (mg)	66																	
Sodium 1 (mg)	1921								1921									
Fiber (g)	16.82																	
Iron (mg)	2.24			4.50	50%	Missing		2.26										
Calcium (mg)	125.9			400.00	31%	Missing		274.14										
Vitamin A (RAE)	59			1500	4%	Missing		1441										
Total Sugars (g)	58.83	25.48%				Missing												
Added Sugars (g)	9.21	3.99%		<10.00% ¹	92%	Missing												
Vitamin C (mg)	72.28			19.20	376%	Missing												
Protein (g)	37.35	16.17%		16.70	224%													
Carbohydrate (g)	131.74	57.05%																
Total Fat (g)	30.86	30.06%		<=30.00%														
Saturated Fat (g)	8.47	8.25%		<10.00%														
Trans Fat (g)	0.11	0.11%				Missing												

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