

	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																	
INTERMEDIATE LUNCH 6-8	Total	1															
TERIYAKI CHICKEN - ELEM.	2 oz	1	93	50	343	0.00	*N/A*	0.0	*N/A*	0.0	6.43	*N/A*	10.71	7.14	2.5	0.71	0.00
CHOW MEIN - ELEM	2.36oz SERVING	1	96	0	285	2.14	*0.09	*8.8	*72	*4.8	2.10	*0.00	2.3	17.23	2.04	0.01	0.00
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	1	55	1	35	1.30	*0.00	*16.0	*0	*0.0	*0.85	*0.00	1.93	3.29	4.47	0.54	0.01
COOKIE, 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:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	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 INT WEEKLY 1st CHOI																	
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:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	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			585	52	1119	6.84	*0.42	*37.9	*83	*22.66	*43.25	*12.33	28.55	81.72	18.91	5.26	0.01
% of Calories											*29.5%	*8.4%	19.5%	55.8%	29.1%	8.1%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		<10.00 ¹	15.00		<=30.0	<10.00	

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Tue - 11/04/2025																	
INTERMEDIATE LUNCH 6-8	Total	1															
QUESADILLA, THREE CHEES	SERVING	1	323	36	582	3.32	*N/A*	*N/A*	*N/A*	*N/A*	2.29	0.00	17.43	32.51	14.2	8.62	0.00
REFRIED BEANS, V V	1/2 C SERVINGS	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	7.0	24.0	2.5	0.00	0.00
GREEN BEANS: 1/2 C.	1/2 CUP	1	16	0	140	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	1.0	3.0	0.0	0.00	0.00
COOKIE, PUMPKIN CHOCOLATE CHIP	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
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00
SALAD BAR: 2 TUESDAY- IN TERM.	1 CUP	1	100	3	643	1.70	*0.35	18.6	*2	*10.87	*4.35	*0.00	1.53	9.66	7.2	1.30	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
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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Nov 3, 2025 thru Nov 28, 2025

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

Generated on: 10/29/2025 6:49:08 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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
ALT INT WEEKLY 1st CHOI	Total	1															
NACHOS	SERVING	1	485	53	792	4.52	*0.18	*59.8	*N/A*	*0.3	0.00	*0.00	18.0	38.19	29.57	8.96	0.00
REFRIED BEANS, V V	1/2 C SERVINGS	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	7.0	24.0	2.5	0.00	0.00
LETTUCE & TOMATO:3/4 CUP	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:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00
SALAD BAR: 2 TUESDAY- IN TERM.	1 CUP	1	100	3	643	1.70	*0.35	18.6	*2	*10.87	*4.35	*0.00	1.53	9.66	7.2	1.30	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			910	55	2110	17.81	*1.02	*78.6	*19	*27.14	*41.71 *18.3%	*8.70 *3.8%	37.14 16.3%	118.33 52.0%	35.51 35.1%	11.81 11.7%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		<10.00 ¹	15.00		<=30.0	<10.00	

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Wed - 11/05/2025																	
INTERMEDIATE LUNCH 6-8	Total	1															
CHICKEN NOODLE SOUP: U	1 CUP	1	199	47	451	1.92	*0.08	*20.5	*98	*1.69	*2.10	*0.00	17.21	18.34	5.05	1.23	0.00
SDA 1C.																	
BREADSTICK, CHEESE - BO	SERVING	1	150	15	220	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	10.0	17.0	5.0	2.50	0.00
SCO'S																	
TOMATO, CUCUMBER, CAR	3/4 CUP	1	25	0	35	1.89	0.54	20.2	*1	6.88	*1.39	*0.00	0.77	9.38	0.17	0.03	0.00
ROTS:INTE																	
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:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	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 INT WEEKLY 1st CHOI	Total	1															
SPICY CHICKEN SANDWICH	SERVING	1	420	25	660	6.00	*1.44	*60.0	*N/A*	3.6	4.00	*N/A*	21.0	44.0	17.0	3.00	0.00
SHREDDED LETTUCE & TO	1/2 CUP	1	31	0	11	2.22	0.57	19.4	*60	20.39	4.26	*0.00	1.77	6.57	0.28	0.04	0.00
MATO-DELI																	
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	1	119	0	256	1.71	0.31	0.0	*N/A*	4.09	0.00	*N/A*	1.71	18.76	4.26	1.28	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	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

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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Nov 3, 2025 thru Nov 28, 2025

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

Page 3
Generated on: 10/29/2025 6:49:08 AM

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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 - 11/07/2025																	
INTERMEDIATE LUNCH 6-8	Total	1															
PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	*N/A*	*N/A*	*N/A*	0.0	3.00	*N/A*	16.0	27.0	13.0	5.00	0.00
DINNER SALAD ELEM.	1 CUP	1	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
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
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	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 INT WEEKLY 1st CHOI																	
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:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	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 VING	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			893	70	1847	11.66	*1.78	*53.0	*144	*40.78	*47.99	*4.67	34.43	102.44	41.47	9.59	*0.00
% of Calories											*21.5%	*2.1%	15.4%	45.9%	41.8%	9.7%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		<10.00 ¹	15.00		<=30.0	<10.00	

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Mon - 11/10/2025																	
INTERMEDIATE LUNCH 6-8	Total	1															
ORANGE CHICKEN: (SEC.)	3.6 OZ	1	151	40	302	0.00	*N/A*	0.0	*N/A*	*N/A*	11.08	*N/A*	11.08	20.14	3.02	0.50	0.00
RICE: COOKED BROWN RIC E (ELE)	1/2 CUP	1	78	0	70	0.98	*0.00	1.1	*0	0.0	*0.00	*0.00	1.95	16.12	0.73	0.00	*0.00
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	1	55	1	35	1.30	*0.00	*16.0	*0	*0.0	*0.85	*0.00	1.93	3.29	4.47	0.54	0.01
COOKIE, FORTUNE COOKIE	COOKIE	1	35	0	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:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	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 INT WEEKLY 1st CHOI	Total	1															
DOMINOS PIZZA	SLICE	1	277	20	547	2.33	*N/A*	*N/A*	*N/A*	*N/A*	3.00	1.33	20.0	30.0	10.67	4.17	0.00
DINNER SALAD - ALT LINE	SERVING	1	29	0	24	2.02	0.60	34.7	*88	19.4	*1.87	*0.00	1.8	6.07	0.11	0.03	0.00
COOKIE, CELEBRATION	SERVING	1	110	5	100	1.00	*N/A*	*N/A*	*N/A*	*N/A*	9.00	7.00	1.0	17.0	4.0	1.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	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			568	45	944	5.76	*0.38	*34.0	*47	*20.26	*41.52	*9.08	28.31	82.66	16.77	4.65	*0.01
% of Calories											*29.2%	*6.4%	19.9%	58.2%	26.6%	7.4%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		<10.00 ¹	15.00		<=30.0	<10.00	

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Tue - 11/11/2025																	
INTERMEDIATE LUNCH 6-8	Total	1															
BEEF TACO STICK	1 EACH	1	328	46	752	3.07	2.63	312.5	*N/A*	*N/A*	1.00	*N/A*	18.52	28.97	15.17	7.69	0.00
REFRIED BEANS, V V	1/2 C SE 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:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00
SALAD BAR: 2 TUESDAY- IN TERM.	1 CUP	1	100	3	643	1.70	*0.35	18.6	*2	*10.87	*4.35	*0.00	1.53	9.66	7.2	1.30	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 INT WEEKLY 1st CHOI	Total	1															
NACHOS	SERVING	1	485	53	792	4.52	*0.18	*59.8	*N/A*	*0.3	0.00	*0.00	18.0	38.19	29.57	8.96	0.00
REFRIED BEANS, V V	1/2 C SE RVINGS	1	140	0	320	7.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	7.0	24.0	2.5	0.00	0.00
LETTUCE & TOMATO:3/4 CU	3/4 CUP	1	21	0	9	1.63	0.47	14.9	*30	11.13	2.65	*0.00	1.41	4.32	0.14	0.02	0.00
P-TACOS																	
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00
SALAD BAR: 2 TUESDAY- IN TERM.	1 CUP	1	100	3	643	1.70	*0.35	18.6	*2	*10.87	*4.35	*0.00	1.53	9.66	7.2	1.30	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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	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)
Weighted Daily Average % of Calories			962	60	2143	17.11	*2.55	*241.7	*19	*27.14	*44.20 *18.4%	*12.18 *5.1%	38.57 16.0%	125.70 52.2%	37.70 35.3%	11.78 11.0%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		<10.00 ¹	15.00		<=30.0	<10.00	

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Wed - 11/12/2025																	
INTERMEDIATE LUNCH 6-8	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	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, CHICKEN: LOW SO	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
DIUM																	
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 - BC	SERVING	1	100	0	125	1.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	0.00	3.0	14.0	3.5	0.50	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	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
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 INT WEEKLY 1st CHOI	Total	1															
SPICY CHICKEN SANDWICH	SERVING	1	420	25	660	6.00	*1.44	*60.0	*N/A*	3.6	4.00	*N/A*	21.0	44.0	17.0	3.00	0.00
SHREDDED LETTUCE & TO	1/2 CUP	1	31	0	11	2.22	0.57	19.4	*60	20.39	4.26	*0.00	1.77	6.57	0.28	0.04	0.00
MATO-DELI																	
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	1	119	0	256	1.71	0.31	0.0	*N/A*	4.09	0.00	*N/A*	1.71	18.76	4.26	1.28	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	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 % of Calories			741	45	1451	14.16	*1.44	*59.6	*33	*24.98	*40.43 *21.8%	*5.68 *3.1%	34.20 18.5%	99.98 54.0%	22.22 27.0%	5.25 6.4%	0.01 0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		<10.00 ¹	15.00		<=30.0	<10.00	

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 7

Nov 3, 2025 thru Nov 28, 2025

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

Generated on: 10/29/2025 6:49:08 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)
Thu - 11/13/2025																	
INTERMEDIATE LUNCH 6-8	Total	1															
CHICKEN SANDWICH	SANDWICH	1	323	46	504	5.04	*1.08	*60.0	*N/A*	*2.4	2.00	*N/A*	24.24	31.11	10.61	1.52	0.00
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	31	0	11	2.22	0.57	19.4	*60	20.39	4.26	*0.00	1.77	6.57	0.28	0.04	0.00
TATER TOTS - MCCAIN	8 PIECES	1	90	0	160	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	1.0	14.0	3.5	0.00	0.00
COLESLAW	1/2 C. SERVINGS	1	34	1	40	1.58	0.29	24.7	*44	21.21	*3.56	*1.26	0.8	6.02	1.15	0.21	*0.00
COOKIE, CHOCOLATE CHIP	1 EACH	1	96	1	123	0.73	*0.46	*25.5	*0	*0.0	*5.90	*5.90	1.24	13.5	4.34	1.85	*0.00
FRUIT BAR :WINTER:ELER	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	1	69	3	466	1.93	0.73	38.2	*23	19.43	*6.10	*0.00	1.8	10.37	2.75	0.68	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 INT WEEKLY 1st CHOICE	Total	1															
CHEESESTEAK SANDWICH	SANDWICHES	1	399	74	662	2.00	*N/A*	*N/A*	*N/A*	*N/A*	4.34	*1.00	21.25	33.9	19.69	8.04	0.70
TATER TOTS - MCCAIN	8 PIECES	1	90	0	160	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	1.0	14.0	3.5	0.00	0.00
CARROT & CELERY STICKS: ELER	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:ELER	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	1	69	3	466	1.93	0.73	38.2	*23	19.43	*6.10	*0.00	1.8	10.37	2.75	0.68	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			847	74	1854	13.27	*2.45	*133.3	*81	*54.06	*50.89	*13.81	36.65	114.55	28.33	7.60	*0.39
% of Calories											*24.0%	*6.5%	17.3%	54.1%	30.1%	8.1%	*0.4%
Nutrient Guideline			783				4.50	400.00	1500	16.70		<10.00 ¹	15.00		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Fri - 11/14/2025																	
INTERMEDIATE LUNCH 6-8	Total	1															
SLOPPY JOE: JTM ELEMEN TARY	2 OZ	1	200	24	578	2.43	1.08	60.0	*N/A*	2.4	6.14	*N/A*	12.32	27.53	4.68	1.21	0.22
FRESH MIXED VEGETABLE CUP	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:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	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 INT WEEKLY 1st CHOI																	
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:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	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 % of Calories			817	65	1389	11.31	*2.10	*77.9	*40	*56.27	*40.55 *19.9%	*4.67 *2.3%	32.24 15.8%	97.28 47.6%	36.26 39.9%	7.13 7.8%	*0.11 *0.1%
Nutrient Guideline			783				4.50	400.00	1500	16.70		<10.00 ¹	15.00		<=30.0	<10.00	

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Mon - 11/17/2025																	
INTERMEDIATE LUNCH 6-8	Total	1															
TERIYAKI CHICKEN - ELEM.	2 oz	1	93	50	343	0.00	*N/A*	0.0	*N/A*	0.0	6.43	*N/A*	10.71	7.14	2.5	0.71	0.00
CHOW MEIN - ELEM	2.36oz SERVING	1	96	0	285	2.14	*0.09	*8.8	*72	*4.8	2.10	*0.00	2.3	17.23	2.04	0.01	0.00
GREEN BEANS 3/4 CUP	3/4 CUP	1	24	0	210	3.00	*N/A*	*N/A*	*N/A*	*N/A*	1.50	*N/A*	1.5	4.5	0.0	0.00	0.00
BISCUIT	BISCUIT	1	90	0	160	1.00	*N/A*	*N/A*	*N/A*	*N/A*	2.00	2.00	2.0	14.0	2.5	1.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	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: INTERMEDIATE LUNCH 6-8/ALT INT 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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
ALT INT WEEKLY 1st CHOI	Total	1															
DOMINOS PIZZA	SLICE	1	277	20	547	2.33	*N/A*	*N/A*	*N/A*	*N/A*	3.00	1.33	20.0	30.0	10.67	4.17	0.00
DINNER SALAD - ALT LINE	SERVING	1	29	0	24	2.02	0.60	34.7	*88	19.4	*1.87	*0.00	1.8	6.07	0.11	0.03	0.00
COOKIE, CELEBRATION	SERVING	1	110	5	100	1.00	*N/A*	*N/A*	*N/A*	*N/A*	9.00	7.00	1.0	17.0	4.0	1.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	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			560	49	1237	7.69	*0.42	*29.9	*83	*22.66	*40.07	*9.83	28.84	80.82	15.93	4.99	0.00
% of Calories											*28.6%	*7.0%	20.6%	57.7%	25.6%	8.0%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		<10.00 ¹	15.00		<=30.0	<10.00	

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Tue - 11/18/2025																	
INTERMEDIATE LUNCH 6-8	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
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			1035	102	2328	18.06	*1.67	*34.1	*3	*1.77	*61.21	*12.68	44.87	146.32	31.68	12.91	*0.00
% of Calories											*23.6%	*4.9%	17.3%	56.5%	27.5%	11.2%	*0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		<10.00 ¹	15.00		<=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: INTERMEDIATE LUNCH 6-8/ALT INT 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																	
INTERMEDIATE LUNCH 6-8	Total	1															
CHICKEN CHUNKS, TYSON	5 NUGG	1	240	55	570	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	23.0	15.0	10.0	2.00	0.00
	ETS																
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	1	181	0	389	2.59	0.47	0.0	*N/A*	6.22	0.00	*N/A*	2.59	28.51	6.48	1.94	0.00
SCOOBY-DOO GRAHAM CR	BAG	1	120	0	100	1.00	0.72	100.0	*N/A*	0.0	8.00	*N/A*	2.0	21.0	4.0	1.00	0.00
ACKER STIC																	
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	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 INT WEEKLY 1st CHOI	Total	1															
SPICY CHICKEN SANDWICH	SERVING	1	420	25	660	6.00	*1.44	*60.0	*N/A*	3.6	4.00	*N/A*	21.0	44.0	17.0	3.00	0.00
SHREDDED LETTUCE & TO	1/2 CUP	1	31	0	11	2.22	0.57	19.4	*60	20.39	4.26	*0.00	1.77	6.57	0.28	0.04	0.00
MATO-DELI																	
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	1	119	0	256	1.71	0.31	0.0	*N/A*	4.09	0.00	*N/A*	1.71	18.76	4.26	1.28	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	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			764	47	1380	9.94	*1.90	*101.5	*33	*28.84	42.51	*7.70	34.91	107.57	22.44	5.22	0.01
% of Calories											22.3%	*4.0%	18.3%	56.3%	26.4%	6.2%	0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		<10.00 ¹	15.00		<=30.0	<10.00	

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Thu - 11/20/2025																	
INTERMEDIATE LUNCH 6-8	Total	1															
HAMBURGER, TYSON	HAMBU	1	273	46	475	2.00	*1.08	*60.0	*N/A*	*2.4	2.00	*N/A*	17.23	22.0	12.71	4.59	0.51
	RGERS																
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	1/2 CUP	1	31	0	11	2.22	0.57	19.4	*60	20.39	4.26	*0.00	1.77	6.57	0.28	0.04	0.00
MATO-DELI																	
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	1	119	0	256	1.71	0.31	0.0	*N/A*	4.09	0.00	*N/A*	1.71	18.76	4.26	1.28	0.00
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:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00
SALAD BAR: 3 THURS. - INT	1/2 CUP	1	69	3	466	1.93	0.73	38.2	*23	19.43	*6.10	*0.00	1.8	10.37	2.75	0.68	0.00
ERM																	
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

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

Nov 3, 2025 thru Nov 28, 2025

Combined: INTERMEDIATE LUNCH 6-8/ALT INT 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 INT 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	8 PIECES	1	90	0	160	2.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	1.0	14.0	3.5	0.00	0.00
CARROT & CELERY STICKS: ELE	3/4 CUP	1	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:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00
SALAD BAR: 3 THURS. - INT ERM	1/2 CUP	1	69	3	466	1.93	0.73	38.2	*23	19.43	*6.10	*0.00	1.8	10.37	2.75	0.68	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			931	82	2033	11.01	*2.48	*115.4	*59	*45.28	*60.56 *26.0%	*17.02 *7.3%	34.66 14.9%	123.91 53.3%	34.82 33.7%	12.39 12.0%	*0.64 *0.6%
Nutrient Guideline			783				4.50	400.00	1500	16.70		<10.00 ¹	15.00		<=30.0	<10.00	

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Fri - 11/21/2025																	
INTERMEDIATE LUNCH 6-8	Total	1															
CORN DOG, MINI PROVIEU (	5 NUGG ETS	1	207	50	290	2.49	*N/A*	*N/A*	*N/A*	*N/A*	0.83	*N/A*	8.29	24.88	8.29	2.07	0.00
CARROT STICKS 3/4 CUP	3/4 CUP	1	99	10	326	2.70	*0.00	*0.0	*N/A*	*0.0	4.58	*0.00	0.9	9.0	8.22	2.07	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:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	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

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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 INT WEEKLY 1st CHOI WRAP, CHICKEN - FR091	Total WRAP	1															
CHEDDAR/ JACK FANCY SH RED.25OZ	.25 OZ	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
MIXED FRESH VEGETABLES			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
SUN CHIPS	3/4 CUP BAG	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
FRUIT BAR :WINTER:ELE	1/2 CUP	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
BARBAQUE SAUCE: P/C	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00
MAYONNAISE, CHIPOTLE	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
	1oz SER VING	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 % of Calories			829	81	1417	10.87	*1.23	*32.8	*36	*37.91	*46.29 *22.3%	*8.72 *4.2%	29.58 14.3%	101.03 48.7%	37.19 40.4%	7.81 8.5%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		<10.00 ¹	15.00		<=30.0	<10.00	

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Mon - 11/24/2025																	
INTERMEDIATE LUNCH 6-8 GENERAL TSO - YANGS	Total 3.6oz SE RVING	1															
RICE: COOKED BROWN RIC E (ELE)	1/2 CUP	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
GREEN BEANS 3/4 CUP			78	0	70	0.98	*0.00	1.1	*0	0.0	*0.00	*0.00	1.95	16.12	0.73	0.00	*0.00
BROWNIE MIX, SHIRLEY J	3/4 CUP SERVING	1	24	0	210	3.00	*N/A*	*N/A*	*N/A*	*N/A*	1.50	*N/A*	1.5	4.5	0.0	0.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	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
SOY SAUCE: PC	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00
MILK	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
	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 INT WEEKLY 1st CHOI DOMINOS PIZZA	Total SLICE	1															
DINNER SALAD - ALT LINE	SERVING	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
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 :WINTER:ELE	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
RANCH: (WILD COYOTE LITE)	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00
MILK	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
	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			600	44	1082	7.11	*0.38	*26.1	*47	*20.26	*48.35 *32.2%	*8.83 *5.9%	28.35 18.9%	92.27 61.5%	16.04 24.1%	4.70 7.0%	*0.00 *0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		<10.00 ¹	15.00		<=30.0	<10.00	

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Tue - 11/25/2025																	
INTERMEDIATE LUNCH 6-8	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	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	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																	
REFRIED BEANS, V V	1/2 C SE	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
	RVINGS																
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:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00
SALAD BAR: 2 TUESDAY- IN	1 CUP	1	100	3	643	1.70	*0.35	18.6	*2	*10.87	*4.35	*0.00	1.53	9.66	7.2	1.30	0.00
TERM.																	
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 INT WEEKLY 1st CHOI	Total	1															
NACHOS	SERVING	1	485	53	792	4.52	*0.18	*59.8	*N/A*	*0.3	0.00	*0.00	18.0	38.19	29.57	8.96	0.00
REFRIED BEANS, V V	1/2 C SE	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
	RVINGS																
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:ELE	1/2 CUP	1	60	0	3	1.95	*0.08	*8.1	*3	*10.56	11.12	*0.00	0.68	15.35	0.19	0.02	0.00
SALAD BAR: 2 TUESDAY- IN	1 CUP	1	100	3	643	1.70	*0.35	18.6	*2	*10.87	*4.35	*0.00	1.53	9.66	7.2	1.30	0.00
TERM.																	
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			889	65	1966	17.05	*1.71	*131.6	*34	*33.01	*40.01 *18.0%	*4.67 *2.1%	38.51 17.3%	115.20 51.9%	34.54 35.0%	9.05 9.2%	0.00 0.0%
Nutrient Guideline			783				4.50	400.00	1500	16.70		<10.00 ¹	15.00		<=30.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (RAE)	Vit-C (mg)	Tot Sug (g)	Add Su (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Weighted Average			789	63	1622	12.01	*1.54	*79.4	*51	*30.82	*45.27 *51.7%	*9.21 *10.5%	33.97 17.2%	105.05 53.3%	28.15 32.1%	7.94 9.1%	*0.11 *0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	789		783	101%				Correction Required - Iron is Low Correction Required - Calcium is Low Correction Required - Vitamin A is Low
Cholesterol (mg)	63							
Sodium 1 (mg)	1622						1622	
Fiber (g)	12.01							
Iron (mg)	1.54		4.50	34%	Missing	2.96		
Calcium (mg)	79.4		400.00	20%	Missing	320.57		
Vitamin A (RAE)	51		1500	3%	Missing	1449		
Total Sugars (g)	45.27	22.96%			Missing			
Added Sugars (g)	9.21	4.67%	<10.00% ¹	92%	Missing			
Vitamin C (mg)	30.82		16.70	185%	Missing			
Protein (g)	33.97	17.23%	15.00	226%				Correction Required - Total Fat too High
Carbohydrate (g)	105.05	53.28%						
Total Fat (g)	28.15	32.13%	<=30.00%					
Saturated Fat (g)	7.94	9.06%	<10.00%					
Trans Fat (g)	0.11	0.12%			Missing			

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

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
 NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.