

Washington County School District

Jan 6, 2026 thru Jan 30, 2026

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)
Tue - 01/06/2026			
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	2	
CHEESESTEAK SANDWICH	SANDWICHES	1	34.92
TATER TOTS - MCCAIN	12pc	1	21.1
CUCUMBER & CARROTS: 3/4 CUP	3/4 CUP	1	4.59
FRUIT BAR :WINTER:SEC	1 CUP	1	29.78
SALAD BAR: HIGH	1 CUP	1	14.07
CONDIMENT: STEAKWICH	SERVING	1	5.37
MILK	CARTON	1	17.0
PROTEIN BOWL - 3rd OPTION	SERVINGS	1	38.47
Weighted Daily Average			107.41
% of Calories			53.4%
Nutrient Guideline			

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Wed - 01/07/2026			
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	14.07
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	14.07
CONDIMENT - CHICKEN SAND.	SERVING	1	5.8
MILK	CARTON	1	17.0
Weighted Daily Average			133.36
% 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 - 01/08/2026			
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	14.07
CONDIMENT - CHICKEN SAND.	SERVING	1	5.8
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			138.03
% of Calories			55.5%
Nutrient Guideline			

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Fri - 01/09/2026			
SECONDARY LUNCH 9-12	Total	1	
TOTCHOS - SEC	SERVING	1	36.21
LETTUCE & TOMATO:1/2 CUP-TACOS	1/2 CUP	1	1.92
BREADSTICK, CHEESY GARLIC	SERVINGS	1	15.0
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
CONDIMENTS: WRAP	SERVINGS	1	4.36
MILK	CARTON	1	17.0
Weighted Daily Average			124.39
% of Calories			48.8%
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)
Mon - 01/12/2026			
SECONDARY LUNCH 9-12	Total	1	
TERIYAKI CHICKEN	2.8 oz	1	10.0
RICE OR CHOW MEIN, CHOOSE SEC.	SERVINGS	1	33.34
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	14.07
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	14.07
RANCH: (WILD COYOTE LITE)	PC CUP	1	0.0
MILK	CARTON	1	17.0
Weighted Daily Average			119.56
% of Calories			62.2%
Nutrient Guideline			

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Tue - 01/13/2026			
SECONDARY LUNCH 9-12	Total	1	
TACO SOUP - RAW - 1 CUP	1 CUP	1	22.68
CHEDDAR/ JACK FANCY SHRED-.5OZ	.5 OZ	1	0.0
VEGETABLES, EDAMAME & CARROTS	3/4 CUP	1	7.49
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	52.46
FRUIT BAR :WINTER:SEC	1 CUP	1	29.78
RANCH: (WILD COYOTE LITE)	PC CUP	1	0.0
SALAD BAR: 2 TUESDAY (SEC)	1 CUP	1	11.05
MILK	CARTON	1	17.0
ALT SEC WEEKLY 1st CHO	Total	2	
CHEESESTEAK SANDWICH	SANDWICHES	1	34.92
TATER TOTS - MCCAIN	12pc	1	21.1
CUCUMBER & CARROTS: 3/4 CUP	3/4 CUP	1	4.59
FRUIT BAR :WINTER:SEC	1 CUP	1	29.78
SALAD BAR: HIGH	1 CUP	1	14.07
CONDIMENT: STEAKWICH	SERVING	1	5.37
MILK	CARTON	1	17.0
PROTEIN BOWL - 3rd OPTION	SERVINGS	1	38.47
Weighted Daily Average			101.92
% of Calories			48.8%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Wed - 01/14/2026			
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
BROCCOLI, ROASTED, CUP	1 CUP	1	4.45
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	14.07
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	14.07
CONDIMENT - CHICKEN SAND.	SERVING	1	5.8
MILK	CARTON	1	17.0
Weighted Daily Average			131.74
% of Calories			57.4%
Nutrient Guideline			

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Thu - 01/15/2026			
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	14.07
CONDIMENT - BURGER	SERVING	1	3.02
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			148.72
% of Calories			54.8%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Fri - 01/16/2026			
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
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
CONDIMENTS: WRAP	SERVINGS	1	4.36
MILK	CARTON	1	17.0
Weighted Daily Average			116.48
% of Calories			56.7%
Nutrient Guideline			

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Tue - 01/20/2026			
SECONDARY LUNCH 9-12	Total	1	
DUTCH WAFFLE	1 EACH	1	43.0
SAUSAGE LINK - CLOVERDALE	2 LINKS	1	2.02
SCRAMBLED EGGS: SUNNY FRESH	1oz SERVING	1	1.0
FRUIT BAR :WINTER:SEC	1 CUP	1	29.78
HASHBROWN PATTY:1/2 CUP	2 EACH	1	27.0
JUICE, PARADISE PUNCH	CARTON	1	13.9
SYRUP	1 EA	1	4.0
KETCHUP : P/C	PC	1	10.12
MILK	CARTON	1	17.0
Weighted Daily Average			147.83
% of Calories			52.1%
Nutrient Guideline			

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Wed - 01/21/2026			
SECONDARY LUNCH 9-12	Total	1	
ROTINI ALFREDO: SEC	1 CUP	1	36.65
CHICKEN, DICED L/S TYSON	2.3oz SERVING	1	0.78
BREADSTICK, CHEESY GARLIC	SERVINGS	1	15.0
BROCCOLI, ROASTED, CUP	1 CUP	1	4.45
FRUIT BAR :WINTER:SEC	1 CUP	1	29.78
SALAD BAR: HIGH	1 CUP	1	14.07
MILK	CARTON	1	17.0

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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	14.07
CONDIMENT - CHICKEN SAND.	SERVING	1	5.8
MILK	CARTON	1	17.0
Weighted Daily Average			131.73
% of Calories			58.0%
Nutrient Guideline			

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Thu - 01/22/2026			
SECONDARY LUNCH 9-12	Total	1	
HOT DOG, BEEF CLOVERDALE	SERVINGS	1	23.0
TATER TOTS - MCCAIN	12pc	1	21.1
CARROT STICKS 1/2 CUP	1/2 CUP	1	0.0
COOKIE, OATMEAL	1 EACH	1	19.44
FRUIT BAR :WINTER:SEC	1 CUP	1	29.78
SALAD BAR: HIGH	1 CUP	1	14.07
CONDIMENTS - HOT DOG	PACKETS	1	4.15
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			127.33
% of Calories			52.9%
Nutrient Guideline			

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Fri - 01/23/2026			
SECONDARY LUNCH 9-12	Total	1	
WILD MIKE'S PEPPERONI CHEESY B	SERVINGS	1	36.0
CARROTS 1 CUP	1 CUP	1	13.86
CREAMIES JR.	CREAMIE	1	14.0
FRUIT BAR :WINTER:SEC	1 CUP	1	29.78
RANCH: (WILD COYOTE LITE)	PC CUP	1	0.0
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
CONDIMENTS: WRAP	SERVINGS	1	4.36
MILK	CARTON	1	17.0
Weighted Daily Average			113.33
% of Calories			50.4%
Nutrient Guideline			

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Mon - 01/26/2026			
SECONDARY LUNCH 9-12	Total	1	
TERIYAKI CHICKEN	2.8 oz	1	10.0
RICE OR CHOW MEIN, CHOOSE SEC.	SERVINGS	1	33.34
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	14.07
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	14.07
RANCH: (WILD COYOTE LITE)	PC CUP	1	0.0
MILK	CARTON	1	17.0
Weighted Daily Average			120.28
% of Calories			60.3%
Nutrient Guideline			

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Tue - 01/27/2026			
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

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ALT SEC WEEKLY 1st CHO	Total	2	
CHEESESTEAK SANDWICH	SANDWICHES	1	34.92
TATER TOTS - MCCAIN	12pc	1	21.1
CUCUMBER & CARROTS: 3/4 CUP	3/4 CUP	1	4.59
FRUIT BAR :WINTER:SEC	1 CUP	1	29.78
SALAD BAR: HIGH	1 CUP	1	14.07
CONDIMENT: STEAKWICH	SERVING	1	5.37
MILK	CARTON	1	17.0
PROTEIN BOWL - 3rd OPTION	SERVINGS	1	38.47
Weighted Daily Average			102.50
% of Calories			53.2%
Nutrient Guideline			

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Wed - 01/28/2026			
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	14.07
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	14.07
CONDIMENT - CHICKEN SAND.	SERVING	1	5.8
MILK	CARTON	1	17.0
Weighted Daily Average			125.89
% of Calories			58.1%
Nutrient Guideline			

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Thu - 01/29/2026			
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
SCOOPY-DOO GRAHAM CRACKER STIC	BAG	1	21.0
FRUIT BAR :WINTER:SEC	1 CUP	1	29.78
SALAD BAR: HIGH	1 CUP	1	14.07
CONDIMENT: TENDERS	SERVINGS	1	10.8
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

Jan 6, 2026 thru Jan 30, 2026

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			135.00
% of Calories			56.0%
Nutrient Guideline			

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

Fri - 01/30/2026			
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
CONDIMENTS: WRAP	SERVINGS	1	4.36
MILK	CARTON	1	17.0
Weighted Daily Average			112.98
% of Calories			53.0%
Nutrient Guideline			

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Weighted Average			124.36
			54.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	124.36	54.84%						

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