

Washington County School District

Feb 2, 2026 thru Feb 27, 2026

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Mon - 02/02/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
ORANGE CHICKEN: (SEC.)	3.6 OZ	1	20.14
RICE OR CHOW MEIN, CHOOSE SEC.	SERVINGS	1	33.34
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	1	3.29
COOKIE, FORTUNE COOKIE	COOKIE	1	7.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
SALAD BAR: MONDAYS:INTERM.	1 CUP	1	8.84
SOY SAUCE: PC	PC	1	1.0
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
DOMINOS PIZZA	SLICE	1	30.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
COOKIE, CELEBRATION	SERVINGS	1	17.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
SALAD BAR: MONDAYS:INTERM.	1 CUP	1	8.84
RANCH: (WILD COYOTE LITE)	PC CUP	1	0.0
MILK	CARTON	1	17.0
Weighted Daily Average			102.92
% of Calories			59.9%
Nutrient Guideline			

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Tue - 02/03/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
BEEF TACO STICK	1 EACH	1	28.97
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
CORN 1/2 CUP	1/2 CUP	1	15.0
COOKIE, COWBOY	1 oz.	1	29.36
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	10.33
SALSA PICANTE	1 OZ	1	1.77
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
CHEESESTEAK SANDWICH	SANDWICHES	1	34.92
TATER TOTS - MCCAIN	8 PIECES	1	14.0
CARROT & CELERY STICKS:ELE	3/4 CUP	1	8.03
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	1	10.69
CONDIMENT: STEAKWICH	SERVING	1	5.37
MILK	CARTON	1	17.0
Weighted Daily Average			126.37
% of Calories			54.4%
Nutrient Guideline			

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 02/04/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN TENDERS - FR091	2 TENDERS	1	12.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	3.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
GARLIC TOAST - WG - BC	1 TOAST	1	14.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
BARBAQUE SAUCE: P/C	1 Each	1	10.13
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
SPICY CHICKEN SANDWICH	SERVINGS	1	44.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	1	18.76
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
CONDIMENT - CHICKEN SAND.	SERVING	1	5.8
MILK	CARTON	1	17.0
Weighted Daily Average			102.79
% of Calories			54.7%
Nutrient Guideline			

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Thu - 02/05/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN SANDWICH	SANDWICH	1	31.11
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
TATER TOTS - MCCAIN	8 PIECES	1	14.0
COLESLAW	1/2 C. SERVINGS	1	6.02
COOKIE, CHOCOLATE CHIP	1 EACH	1	13.5
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	1	10.69
CONDIMENT - CHICKEN SAND.	SERVING	1	5.8
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
NACHOS	SERVINGS	1	38.19
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	4.32
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	10.33
SALSA PICANTE	1 OZ	1	1.77
MILK	CARTON	1	17.0
Weighted Daily Average			118.31
% of Calories			52.6%
Nutrient Guideline			

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Fri - 02/06/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
TOTCHOS - ELEM.	SERVING	1	25.06
LETTUCE & TOMATO:1/2 CUP-TACOS	1/2 CUP	1	1.92
CARROT STICKS 3/4 CUP	3/4 CUP	1	9.0
SUN CHIPS	BAG	1	19.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
WRAP, CHICKEN - FR091	WRAP	1	39.57
CHEEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.0
MIXED FRESH VEGETABLES	3/4 CUP	1	6.31
SUN CHIPS	BAG	1	19.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
CONDIMENTS: WRAP	SERVINGS	1	4.36
MILK	CARTON	1	17.0
Weighted Daily Average			97.26
% of Calories			44.9%
Nutrient Guideline			

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Mon - 02/09/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
TERIYAKI CHICKEN - ELEM.	2 oz	1	7.14
RICE OR CHOW MEIN, CHOOSE SEC.	SERVINGS	1	33.34
GREEN BEANS 3/4 CUP	3/4 CUP	1	4.5
COOKIE, OATMEAL	1 EACH	1	19.44
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
SALAD BAR: MONDAYS:INTERM.	1 CUP	1	8.84
SOY SAUCE: PC	PC	1	1.0
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
DOMINOS PIZZA	SLICE	1	30.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
COOKIE, CELEBRATION	SERVINGS	1	17.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
SALAD BAR: MONDAYS:INTERM.	1 CUP	1	8.84
RANCH: (WILD COYOTE LITE)	PC CUP	1	0.0
MILK	CARTON	1	17.0
Weighted Daily Average			103.25
% of Calories			60.0%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Tue - 02/10/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
TACO SOUP - RAW - 1 CUP	1 CUP	1	22.68
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.0
VEGETABLES, EDAMAME & CARROTS	3/4 CUP	1	7.49
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	52.46
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	10.33
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
CHEESESTEAK SANDWICH	SANDWICHES	1	34.92
TATER TOTS - MCCAIN	8 PIECES	1	14.0
CARROT & CELERY STICKS:ELE	3/4 CUP	1	8.03
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	1	10.69
CONDIMENT: STEAKWICH	SERVING	1	5.37
MILK	CARTON	1	17.0
Weighted Daily Average			118.14
% of Calories			50.8%
Nutrient Guideline			

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Wed - 02/11/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
TERIYAKI BEEF NUGGETS	4 Nugget	1	6.0
BUTTER MASHED POTATOES-sec	2/3 cup	1	18.0
GRAVY, BROWN : (CUSTOM)	1/4 CUP	1	2.82
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	1	3.29
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
ROLLS - NO EGGS	SERVINGS	1	25.63
MARGARINE REDDIES: (1)	1 Patty	1	0.0
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
SPICY CHICKEN SANDWICH	SERVINGS	1	44.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	1	18.76
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
CONDIMENT - CHICKEN SAND.	SERVING	1	5.8
MILK	CARTON	1	17.0
Weighted Daily Average			100.60
% of Calories			54.1%
Nutrient Guideline			

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Thu - 02/12/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
HAMBURGER, TYSON	HAMBURGERS	1	22.0
CHEESE: PROCESS SLICE	SLICE	1	1.0
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	1	18.76
CAKE, SWEET	SERVING	1	44.38
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	1	10.69
CONDIMENT - BURGER	SERVING	1	3.02
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
NACHOS	SERVINGS	1	38.19
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	4.32
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	10.33
SALSA PICANTE	1 OZ	1	1.77
MILK	CARTON	1	17.0
Weighted Daily Average			127.67
% of Calories			51.9%
Nutrient Guideline			

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Fri - 02/13/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
CORN DOG, MINI PROVIEW (5)	5 NUGGETS	1	24.88
CARROT STICKS 3/4 CUP	3/4 CUP	1	9.0
COOKIE, VALENTINES	COOKIE	1	27.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
KETCHUP : P/C	PC	1	10.12
MUSTARD:, P/C	1 Each	1	0.33
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
WRAP, CHICKEN - FR091	WRAP	1	39.57
CHEEDED FRESH VEGETABLES	.25 OZ	1	0.0
SUN CHIPS	3/4 CUP	1	6.31
COOKIE, VALENTINES	BAG	1	19.0
FRUIT BAR :WINTER:ELE	COOKIE	1	27.0
CONDIMENTS: WRAP	1/2 CUP	1	18.16
MILK	SERVINGS	1	4.36
Weighted Daily Average			118.94
% of Calories			55.2%
Nutrient Guideline			

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Portion Values - Detailed

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		Portion Size	Reimb Qty	Carb (g)
Tue - 02/17/2026				
INTERMEDIATE LUNCH 6-8	Total	1		
SOFT FLOUR TACO:SEC	TACO	1	23.0	
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	4.32	
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.0	
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0	
CHURRO- APPLE WG	SERVINGS	1	25.0	
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16	
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	10.33	
SALSA PICANTE	1 OZ	1	1.77	
MILK	CARTON	1	17.0	
ALT INT WEEKLY 1st CHOI	Total	1		
CHEESESTEAK SANDWICH	SANDWICHES	1	34.92	
TATER TOTS - MCCAIN	8 PIECES	1	14.0	
CARROT & CELERY STICKS:ELE	3/4 CUP	1	8.03	
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16	
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	1	10.69	
CONDIMENT: STEAKWICH	SERVING	1	5.37	
MILK	CARTON	1	17.0	
Weighted Daily Average			115.87	
% of Calories			54.2%	
Nutrient Guideline				

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Wed - 02/18/2026				
INTERMEDIATE LUNCH 6-8	Total	1		
ROTINI ALFREDO: SEC	1 CUP	1	36.65	
CHICKEN, DICED L/S TYSON	1.5oz SERVING	1	0.51	
BREADSTICK, CHEESY GARLIC	SERVINGS	1	15.0	
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	1	3.29	
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16	
MILK	CARTON	1	17.0	
ALT INT WEEKLY 1st CHOI	Total	1		
SPICY CHICKEN SANDWICH	SERVINGS	1	44.0	
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	6.57	
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	1	18.76	
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16	
CONDIMENT - CHICKEN SAND.	SERVING	1	5.8	
MILK	CARTON	1	17.0	
Weighted Daily Average			100.45	
% of Calories			56.1%	
Nutrient Guideline				

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	Portion Size	Reimb Qty	Carb (g)
Thu - 02/19/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
HOT DOG, BEEF CLOVERDALE	SERVINGS	1	23.0
TATER TOTS - MCCAIN	8 PIECES	1	14.0
CARROT STICKS 1/2 CUP	1/2 CUP	1	0.0
CAKE DELIGHT	SERVING	1	42.72
SALAD BAR: 3 THURSDAY'S:ELE	.5 CUP	1	7.82
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
CONDIMENTS - HOT DOG	PACKETS	1	4.15
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
NACHOS	SERVINGS	1	38.19
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	4.32
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	10.33
SALSA PICANTE	1 OZ	1	1.77
MILK	CARTON	1	17.0
Weighted Daily Average			120.31
% of Calories			50.4%
Nutrient Guideline			

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Fri - 02/20/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
CALZONE, MINI, WG	3 CALZONES	1	40.01
CARROT STICKS 1/2 CUP	1/2 CUP	1	0.0
CREAMIES JR.	CREAMIE	1	14.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
MARINARA SAUCE	1/2 CUP	1	12.02
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
WRAP, CHICKEN - FR091	WRAP	1	39.57
CHEEDED/ JACK FANCY SHRED.25OZ	.25 OZ	1	0.0
MIXED FRESH VEGETABLES	3/4 CUP	1	6.31
SUN CHIPS	BAG	1	19.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
CONDIMENTS: WRAP	SERVINGS	1	4.36
MILK	CARTON	1	17.0
Weighted Daily Average			102.79
% of Calories			52.0%
Nutrient Guideline			

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	Portion Size	Reimb Qty	Carb (g)
Mon - 02/23/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
TERIYAKI CHICKEN - ELEM.	2 oz	1	7.14
RICE OR CHOW MEIN, CHOOSE SEC.	SERVINGS	1	33.34
BROCCOLI, ROASTED, 3/4 C	3/4 CUP	1	3.29
COOKIE, CELEBRATION	SERVINGS	1	17.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
SALAD BAR: MONDAYS:INTERM.	1 CUP	1	8.84
SOY SAUCE: PC	PC	1	1.0
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
DOMINOS PIZZA	SLICE	1	30.0
DINNER SALAD - ALT LINE	SERVINGS	1	6.07
COOKIE, CELEBRATION	SERVINGS	1	17.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
SALAD BAR: MONDAYS:INTERM.	1 CUP	1	8.84
RANCH: (WILD COYOTE LITE)	PC CUP	1	0.0
MILK	CARTON	1	17.0
Weighted Daily Average			101.42
% of Calories			58.3%
Nutrient Guideline			

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Tue - 02/24/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
QUESADILLA, THREE CHEESE	SERVINGS	1	32.51
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
GREEN BEANS: 1/2 C.	1/2 CUP	1	3.0
COOKIE, PUMPKIN CHOCOLATE CHIP	COOKIE	1	23.08
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	10.33
SALSA PICANTE	1 OZ	1	1.77
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
CHEESESTEAK SANDWICH	SANDWICHES	1	34.92
TATER TOTS - MCCAIN	8 PIECES	1	14.0
CARROT & CELERY STICKS:ELE	3/4 CUP	1	8.03
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	1	10.69
CONDIMENT: STEAKWICH	SERVING	1	5.37
MILK	CARTON	1	17.0
Weighted Daily Average			119.00
% of Calories			54.3%
Nutrient Guideline			

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Washington County School District

Feb 2, 2026 thru Feb 27, 2026

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Reimb Qty	Carb (g)
Wed - 02/25/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN NOODLE SOUP: USDA 1C.	1 CUP	1	18.34
BREADSTICK, CHEESE - BOSCO'S	SERVINGS	1	17.0
TOMATO, CUCUMBER, CARROTS:INTE	3/4 CUP	1	9.38
RANCH: (WILD COYOTE LITE)	PC CUP	1	0.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
SPICY CHICKEN SANDWICH	SERVINGS	1	44.0
SHREDDED LETTUCE & TOMATO-DEL	1/2 CUP	1	6.57
FRENCH FRIES- S.S. 1/2 CUP	2.5 OZ	1	18.76
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
CONDIMENT - CHICKEN SAND.	SERVING	1	5.8
MILK	CARTON	1	17.0
Weighted Daily Average			95.08
% of Calories			54.5%
Nutrient Guideline			

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Thu - 02/26/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
CHICKEN CHUNKS, TYSON	5 NUGGETS	1	15.0
FRENCH FRIES- S.S. 3/4 CUP	3.7 oz	1	28.51
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	21.0
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
SALAD BAR: 3 THURS. - INTERM	1/2 CUP	1	10.69
CONDIMENT: TENDERS	SERVINGS	1	10.8
MILK	CARTON	1	17.0
ALT INT WEEKLY 1st CHOI	Total	1	
NACHOS	SERVINGS	1	38.19
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	4.32
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	10.33
SALSA PICANTE	1 OZ	1	1.77
MILK	CARTON	1	17.0
Weighted Daily Average			117.46
% of Calories			52.8%
Nutrient Guideline			

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Fri - 02/27/2026			
INTERMEDIATE LUNCH 6-8	Total	1	
PEPPERONI PIZZA RIPPERS	SERVING	1	27.0
DINNER SALAD ELEM.	1 CUP	1	8.34
COOKIE, CHOCOLATE CHUNK	COOKIE	1	15.8
FRUIT BAR :WINTER:ELE	1/2 CUP	1	18.16
MARINARA SAUCE	1/2 CUP	1	12.02
RANCH: (WILD COYOTE LITE)	PC CUP	1	0.0
MILK	CARTON	1	17.0

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Washington County School District

Feb 2, 2026 thru Feb 27, 2026

Base Menu Spreadsheet

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

Portion Values - Detailed

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Portion Size	Reimb Qty	Carb (g)
Total	1	
WRAP	1	39.57
.25 OZ	1	0.0
3/4 CUP	1	6.31
BAG	1	19.0
1/2 CUP	1	18.16
SERVINGS	1	4.36
CARTON	1	17.0
Weighted Daily Average		101.35
% of Calories		50.2%
Nutrient Guideline		

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Weighted Average				110.00	
				53.5%	

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	110.00	53.49%						

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