

Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Feb 2, 2026 thru Feb 27, 2026

ELEMENTARY LUNCH

Generated on: 1/26/2026 7:09:34 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)
Mon - 02/02/2026																	
ELEMENTARY LUNCH	Total	1															
ORANGE CHICKEN	2.94 OZ	1	123	33	247	0.00	*N/A*	0.0	*N/A*	*N/A*	9.05	*N/A*	9.05	16.45	2.47	0.41	0.00
RICE: COOKED BROWN RICE (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 CUP	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
SALAD BAR: MONDAYS:ELEMENTARY	.5 CUP	1	63	3	456	1.27	*0.29	*14.6	*2	*11.9	*4.49	*2.89	1.57	8.32	3.06	0.68	0.00
FRUIT BAR :WINTER:ELEMENTARY	1/2 CUP	1	71	0	3	1.96	*0.07	*7.9	*2	*9.05	13.75	1.25	0.66	18.16	0.16	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
Weighted Daily Average % of Calories			536	44	971	5.50	*0.36	*39.6	*4	*20.95	*47.14 *35.2%	*9.31 *7.0%	23.66 17.7%	86.34 64.5%	12.23 20.5%	2.15 3.6%	*0.02 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=30.0	<10.00	

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Tue - 02/03/2026																	
ELEMENTARY LUNCH	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 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
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
SALAD BAR: 2 TUESDAY (ELEMENTARY)	.5 CUP	1	96	3	590	2.22	*0.39	*24.1	*2	*11.04	*4.60	*2.89	2.3	9.85	6.22	1.17	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
FRUIT BAR :WINTER:ELEMENTARY	1/2 CUP	1	71	0	3	1.96	*0.07	*7.9	*2	*9.05	13.75	1.25	0.66	18.16	0.16	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
Weighted Daily Average % of Calories			1011	57	2154	17.93	*4.04	*387.3	*4	*20.09	*55.27 *21.9%	*23.84 *9.4%	41.27 16.3%	144.11 57.0%	33.95 30.2%	12.63 11.2%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=30.0	<10.00	

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Base Menu Spreadsheet

Portion Values - Detailed

Page 2

Feb 2, 2026 thru Feb 27, 2026

ELEMENTARY LUNCH

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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)
Wed - 02/04/2026																	
ELEMENTARY LUNCH	Total	1															
CHICKEN STRIPS, ELEM FRO	3 STRIPS	1	260	25	390	3.00	*N/A*	*N/A*	*N/A*	*N/A*	1.00	*N/A*	15.0	16.0	15.0	2.50	*N/A*
MASHED POTATOES, Dry mi	1/2 CUP	1	80	0	314	1.00	0.37	22.4	*N/A*	30.04	1.00	*N/A*	2.0	17.03	1.0	0.00	*0.00
x,1/2 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
DIMUM																	
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	71	0	3	1.96	*0.07	*7.9	*2	*9.05	13.75	1.25	0.66	18.16	0.16	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
Weighted Daily Average			701	32	1478	9.31	*0.44	*31.5	*2	*39.09	*43.43	*5.92	30.08	98.31	21.06	3.53	*0.00
% of Calories											*24.8%	*3.4%	17.2%	56.1%	27.1%	4.5%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=30.0	<10.00	

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Thu - 02/05/2026																	
ELEMENTARY LUNCH	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
LETTUCE & TOMATO:1/2 CU	1/2 CUP	1	9	0	5	0.79	0.25	7.5	*9	4.02	1.11	*0.00	0.72	1.92	0.04	0.01	0.00
P-TACOS																	
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
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:ELE	1/2 CUP	1	71	0	3	1.96	*0.07	*7.9	*2	*9.05	13.75	1.25	0.66	18.16	0.16	0.02	0.00
SALAD BAR: 3 THURSDAY'S:	.5 CUP	1	61	3	455	1.44	*0.42	*21.1	*23	*13.36	*3.88	*2.89	1.72	7.82	3.09	0.68	0.00
ELE																	
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			791	57	1628	12.11	*2.32	*124.5	*35	*29.58	*48.32	*16.73	37.72	109.31	23.37	4.70	*0.02
% of Calories											*24.4%	*8.5%	19.1%	55.2%	26.6%	5.3%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=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 - 02/06/2026																	
ELEMENTARY LUNCH	Total	1															
TOTCHOS - ELEM.	SERVING	1	450	97	1109	3.04	*0.00	*0.0	*N/A*	*0.0	7.40	*0.00	26.35	25.06	27.19	11.94	0.33
LETTUCE & TOMATO:1/2 CU	1/2 CUP	1	9	0	5	0.79	0.25	7.5	*9	4.02	1.11	*0.00	0.72	1.92	0.04	0.01	0.00
P-TACOS																	
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
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	71	0	3	1.96	*0.07	*7.9	*2	*9.05	13.75	1.25	0.66	18.16	0.16	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
Weighted Daily Average			880	114	1738	10.49	*0.31	*15.4	*12	*13.07	44.84	*5.92	38.62	90.13	42.45	15.05	0.33
% of Calories											20.4%	*2.7%	17.6%	41.0%	43.4%	15.4%	0.3%
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=30.0	<10.00	

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Mon - 02/09/2026																	
ELEMENTARY LUNCH	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 S	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
	ERVING																
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
COOKIE, OATMEAL	1 EACH	1	127	14	141	0.86	*0.69	*9.4	*0	*0.0	*9.21	*9.19	2.22	19.44	4.57	1.74	*0.00
SALAD BAR: MONDAYS:ELE	.5 CUP	1	63	3	456	1.27	*0.29	*14.6	*2	*11.9	*4.49	*2.89	1.57	8.32	3.06	0.68	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	71	0	3	1.96	*0.07	*7.9	*2	*9.05	13.75	1.25	0.66	18.16	0.16	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
Weighted Daily Average			584	74	1593	9.22	*1.15	*40.8	*76	*25.75	*53.48	*18.00	26.97	91.79	13.17	3.66	*0.00
% of Calories											*36.6%	*12.3%	18.5%	62.9%	20.3%	5.6%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=30.0	<10.00	

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Tue - 02/10/2026																	
ELEMENTARY LUNCH	Total	1															
TACO SOUP - RAW - 3/4 CUP	1 CUP	1	244	34	792	6.65	*2.07	*67.3	*11	*13.98	*5.27	*0.00	13.6	22.55	10.95	3.81	*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
VEGETABLES, EDAMAME & CARROTS	3/4 CUP	1	75	0	36	3.91	*0.38	*13.5	*N/A*	*1.13	*1.34	*N/A*	6.97	7.49	2.73	0.01	0.00
CINNAMON ROLL W. W.W. B RIDGFOR	ROLL	1	315	5	287	3.00	*0.01	*4.2	*0	*0.0	*27.10	*8.00	6.34	52.46	8.58	2.84	*0.00
SALAD BAR: 2 TUESDAY (ELE	.5 CUP	1	96	3	590	2.22	*0.39	*24.1	*2	*11.04	*4.60	*2.89	2.3	9.85	6.22	1.17	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	71	0	3	1.96	*0.07	*7.9	*2	*9.05	13.75	1.25	0.66	18.16	0.16	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
Weighted Daily Average % of Calories			938	57	1910	17.74	*2.92	*117.1	*15	*35.20	*68.07 *29.0%	*16.81 *7.2%	39.65 16.9%	127.51 54.4%	31.75 30.5%	9.62 9.2%	*0.00 *0.0%
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Wed - 02/11/2026																	
ELEMENTARY LUNCH	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
MASHED POTATOES, Dry mix, 1/2	1/2 CUP	1	80	0	314	1.00	0.37	22.4	*N/A*	30.04	1.00	*N/A*	2.0	17.03	1.0	0.00	*0.00
GRAVY, BROWN LOW SODI	1/4 CUP	1	2	0	19	0.00	0.01	1.1	*N/A*	0.0	0.12	*N/A*	0.0	0.37	0.0	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
FRUIT BAR :WINTER:ELE	1/2 CUP	1	71	0	3	1.96	*0.07	*7.9	*2	*9.05	13.75	1.25	0.66	18.16	0.16	0.02	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
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 % of Calories			639	48	1314	7.63	*3.09	*79.2	*2	*39.10	*37.86 *23.7%	*8.06 *5.0%	30.94 19.4%	87.48 54.8%	19.55 27.5%	5.45 7.7%	*0.51 *0.7%
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=30.0	<10.00	

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Thu - 02/12/2026																	
ELEMENTARY LUNCH	Total	1															
HAMBURGER, TYSON	HAMBU RERS	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
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. 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
CAKE, SWEET	SERVING	1	279	5	223	1.23	*0.54	*16.9	*0	*0.31	*31.70	*31.33	1.94	44.38	11.07	4.80	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	71	0	3	1.96	*0.07	*7.9	*2	*9.05	13.75	1.25	0.66	18.16	0.16	0.02	0.00
SALAD BAR: 3 THURSDAY'S: ELE	.5 CUP	1	61	3	455	1.44	*0.42	*21.1	*23	*13.36	*3.88	*2.89	1.72	7.82	3.09	0.68	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
Weighted Daily Average % of Calories			1015	74	2033	10.61	*2.98	*125.3	*85	*49.61	*74.36 *29.3%	*42.16 *16.6%	35.60 14.0%	138.69 54.7%	37.74 33.5%	14.52 12.9%	*0.53 *0.5%
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=30.0	<10.00	

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Fri - 02/13/2026																	
ELEMENTARY LUNCH	Total	1															
CORN DOG, MINI PROVIEW (	4 NUGG ETS	1	166	40	232	1.99	*N/A*	*N/A*	*N/A*	*N/A*	0.66	*N/A*	6.63	19.9	6.63	1.66	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, VALENTINES	COOKIE	1	170	5	65	1.00	*N/A*	*N/A*	*N/A*	0.0	14.00	14.00	2.0	27.0	6.0	1.50	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	71	0	3	1.96	*0.07	*7.9	*2	*9.05	13.75	1.25	0.66	18.16	0.16	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
Weighted Daily Average % of Calories			660	61	1178	7.87	*0.07	*7.9	*2	*9.05	57.09 34.6%	*28.02 *17.0%	18.41 11.2%	101.51 61.6%	22.08 30.1%	5.75 7.9%	0.00 0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=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 - 02/17/2026																	
ELEMENTARY LUNCH	Total	1															
SOFT FLOUR TACO: ELE	TACO	1	197	36	432	1.24	0.81	88.6	*N/A*	0.44	0.50	*N/A*	12.83	17.48	8.17	3.24	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																	
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
SALAD BAR: 2 TUESDAY (ELE	.5 CUP	1	96	3	590	2.22	*0.39	*24.1	*2	*11.04	*4.60	*2.89	2.3	9.85	6.22	1.17	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	71	0	3	1.96	*0.07	*7.9	*2	*9.05	13.75	1.25	0.66	18.16	0.16	0.02	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			826	54	1786	15.64	*1.83	*140.0	*63	*40.92	*48.99	*8.81	36.33	119.82	25.44	7.24	0.00
% of Calories											*23.7%	*4.3%	17.6%	58.0%	27.7%	7.9%	0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=30.0	<10.00	

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Wed - 02/18/2026																	
ELEMENTARY LUNCH	Total	1															
ROTINI ALFREDO: ELE	3/4 CUP	1	199	18	206	2.03	*N/A*	*N/A*	*N/A*	*N/A*	4.02	*N/A*	9.56	26.31	6.77	3.20	0.00
CHICKEN, DICED L/S TYSON	1.5oz SE	1	66	28	64	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*N/A*	9.17	0.51	2.55	0.76	0.00
	RVING																
BREADSTICK, CHEESY GARL	SERVING	1	100	0	140	1.00	*N/A*	*N/A*	*N/A*	*N/A*	2.00	*N/A*	3.0	15.0	3.0	0.50	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
FRUIT BAR :WINTER:ELE	1/2 CUP	1	71	0	3	1.96	*0.07	*7.9	*2	*9.05	13.75	1.25	0.66	18.16	0.16	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
Weighted Daily Average			601	54	604	6.28	*0.07	*23.9	*2	*9.05	*36.61	*5.92	32.31	80.27	17.78	5.53	0.01
% of Calories											*24.4%	*3.9%	21.5%	53.4%	26.6%	8.3%	0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Thu - 02/19/2026																	
ELEMENTARY LUNCH	Total	1															
HOT DOG, BEEF CLOVERDAL	SERVING	1	280	35	550	2.00	*1.08	*60.0	*N/A*	*2.4	3.00	*N/A*	12.0	23.0	16.5	6.00	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
CARROT STICKS 1/2 CUP	1/2 CUP	1	60	10	260	0.00	0.00	0.0	*0	0.0	0.00	0.00	0.0	0.0	8.0	2.00	0.00
CAKE DELIGHT	SERVING	1	280	32	226	1.15	*0.49	*10.7	*0	*0.37	*31.70	*31.33	2.64	42.72	11.53	4.99	*0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	71	0	3	1.96	*0.07	*7.9	*2	*9.05	13.75	1.25	0.66	18.16	0.16	0.02	0.00
CONDIMENTS - HOT DOG	PACKET	1	16	0	152	0.07	0.00	0.0	*N/A*	*0.0	3.37	*3.37	0.07	4.15	0.07	0.00	0.00
SALAD BAR: 3 THURSDAY'S: ELE	.5 CUP	1	61	3	455	1.44	*0.42	*21.1	*23	*13.36	*3.88	*2.89	1.72	7.82	3.09	0.68	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			969	87	1961	8.62	*2.05	*99.7	*26	*25.18	*72.69 *30.0%	*43.50 *18.0%	26.09 10.8%	126.85 52.4%	43.70 40.6%	14.19 13.2%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=30.0	<10.00	

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Fri - 02/20/2026																	
ELEMENTARY LUNCH	Total	1															
CALZONE, MINI, WG	3 CALZONES	1	325	23	490	4.00	1.80	225.0	*N/A*	*N/A*	6.00	*N/A*	16.5	40.01	11.5	5.00	0.00
CARROT STICKS 1/2 CUP	1/2 CUP	1	60	10	260	0.00	0.00	0.0	*0	0.0	0.00	0.00	0.0	0.0	8.0	2.00	0.00
CREAMIES JR.	CREAMIE	1	93	16	39	0.00	0.00	260.0	*N/A*	3.45	*N/A*	*N/A*	2.0	14.0	3.5	2.00	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	71	0	3	1.96	*0.07	*7.9	*2	*9.05	13.75	1.25	0.66	18.16	0.16	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
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			729	55	1508	7.96	*1.87	*493.0	*2	*12.50	*42.76 *23.5%	*5.92 *3.2%	29.16 16.0%	101.19 55.5%	25.50 31.5%	9.52 11.8%	0.00 0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=30.0	<10.00	

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Feb 2, 2026 thru Feb 27, 2026

ELEMENTARY LUNCH

Generated on: 1/26/2026 7:09:34 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)
Mon - 02/23/2026																	
ELEMENTARY LUNCH	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 S ERVING	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
SALAD BAR: MONDAYS:ELE	.5 CUP	1	63	3	456	1.27	*0.29	*14.6	*2	*11.9	*4.49	*2.89	1.57	8.32	3.06	0.68	0.00
FRUIT BAR :WINTER:ELE	1/2 CUP	1	71	0	3	1.96	*0.07	*7.9	*2	*9.05	13.75	1.25	0.66	18.16	0.16	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
Weighted Daily Average % of Calories			598	66	1377	7.66	*0.45	*47.4	*76	*25.75	*52.62 *35.2%	*15.81 *10.6%	26.18 17.5%	88.14 59.0%	17.06 25.7%	3.46 5.2%	0.02 0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=30.0	<10.00	

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Tue - 02/24/2026																	
ELEMENTARY LUNCH	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:ELE	1/2 CUP	1	71	0	3	1.96	*0.07	*7.9	*2	*9.05	13.75	1.25	0.66	18.16	0.16	0.02	0.00
SALAD BAR: 2 TUESDAY (ELE	.5 CUP	1	96	3	590	2.22	*0.39	*24.1	*2	*11.04	*4.60	*2.89	2.3	9.85	6.22	1.17	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			907	47	2086	19.34	*0.98	*61.2	*4	*20.09	*50.30 *22.2%	*16.88 *7.4%	38.41 16.9%	129.37 57.0%	29.57 29.3%	12.70 12.6%	*0.00 *0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=30.0	<10.00	

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Feb 2, 2026 thru Feb 27, 2026

ELEMENTARY LUNCH

Generated on: 1/26/2026 7:09:34 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)
Wed - 02/25/2026																	
ELEMENTARY LUNCH	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	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
ARROTS:EL																	
FRUIT BAR :WINTER:ELE	1/2 CUP	1	71	0	3	1.96	*0.07	*7.9	*2	*9.05	13.75	1.25	0.66	18.16	0.16	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			614	79	1125	7.76	*0.68	*48.6	*101	*17.62	*34.23	*5.92	36.63	79.88	19.22	6.28	0.00
% of Calories											*22.3%	*3.9%	23.8%	52.0%	28.2%	9.2%	0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=30.0	<10.00	

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Thu - 02/26/2026																	
ELEMENTARY LUNCH	Total	1															
CHICKEN CHUNKS, POPCO	10 NUG	1	304	66	536	2.02	*N/A*	*N/A*	*N/A*	*N/A*	1.01	*N/A*	20.24	15.18	18.22	4.05	*N/A*
RN TYSON	GETS																
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	71	0	3	1.96	*0.07	*7.9	*2	*9.05	13.75	1.25	0.66	18.16	0.16	0.02	0.00
SALAD BAR: 3 THURSDAY'S:	.5 CUP	1	61	3	455	1.44	*0.42	*21.1	*23	*13.36	*3.88	*2.89	1.72	7.82	3.09	0.68	0.00
ELE																	
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
Weighted Daily Average			892	76	1874	9.31	*1.76	*134.0	*25	*30.14	*51.50	*12.86	35.46	118.47	32.81	8.21	*0.01
% of Calories											*23.1%	*5.8%	15.9%	53.1%	33.1%	8.3%	*0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=30.0	<10.00	

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Washington County School District

Base Menu Spreadsheet

Portion Values - Detailed

Feb 2, 2026 thru Feb 27, 2026

ELEMENTARY LUNCH

Generated on: 1/26/2026 7:09:34 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)
Fri - 02/27/2026																	
ELEMENTARY LUNCH	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	71	0	3	1.96	*0.07	*7.9	*2	*9.05	13.75	1.25	0.66	18.16	0.16	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
Weighted Daily Average			762	51	2101	9.45	*1.17	*48.2	*218	*14.78	*53.65	*5.92	28.76	98.31	30.29	9.23	0.00
% of Calories											*28.2%	*3.1%	15.1%	51.6%	35.8%	10.9%	0.0%
Nutrient Guideline			645				3.30	267.00	1055	15.00		<10.00 ¹	8.87		<=30.0	<10.00	

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Weighted Average			771	62	1601	10.55	*1.50	*108.7	*40	*25.13	*51.22	*15.59	32.22	106.18	26.25	8.08	*0.08
											*59.8%	*18.2%	16.7%	55.1%	30.6%	9.4%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	771		645	120%				
Cholesterol (mg)	62							
Sodium 1 (mg)	1601						1601	
Fiber (g)	10.55							
Iron (mg)	1.50		3.30	45%	Missing	1.80		Correction Required - Iron is Low
Calcium (mg)	108.7		267.00	41%	Missing	158.34		Correction Required - Calcium is Low
Vitamin A (RAE)	40		1055	4%	Missing	1015		Correction Required - Vitamin A is Low
Total Sugars (g)	51.22	26.57%			Missing			
Added Sugars (g)	15.59	8.09%	<10.00% ¹	156%	Missing	-6		Correction Required - Added Sugars should be < 10.00% of Calories
Vitamin C (mg)	25.13		15.00	168%	Missing			
Protein (g)	32.22	16.71%	8.87	363%				
Carbohydrate (g)	106.18	55.08%						
Total Fat (g)	26.25	30.63%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	8.08	9.42%	<10.00%					
Trans Fat (g)	0.08	0.09%			Missing			

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