

Washington County School District

Feb 2, 2026 thru Feb 27, 2026

Base Menu Spreadsheet

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

Portion Values - Detailed

	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																	
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 OR CHOW MEIN, CHO OSE SEC.	SERVING	1	174	0	355	3.12	*0.09	*9.9	*72	*4.8	*2.10	0.00	4.26	33.34	2.77	0.01	*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	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: HIGH	1 CUP	1	96	3	520	3.32	*1.27	*58.8	*68	*34.21	*7.40	*2.89	3.46	14.82	3.38	0.70	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	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: HIGH	1 CUP	1	96	3	520	3.32	*1.27	*58.8	*68	*34.21	*7.40	*2.89	3.46	14.82	3.38	0.70	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 % of Calories			722	48	1611	10.53	*1.94	*117.6	*151	*89.72	*50.48 *28.0%	*12.76 *7.1%	33.21 18.4%	107.73 59.7%	21.61 26.9%	5.42 6.7%	*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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Tue - 02/03/2026																	
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	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	114	3	625	3.11	*0.54	*34.9	*3	*16.07	*4.63	*2.89	2.33	11.43	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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	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 CHEESESTEAK SANDWICH	Total SANDWICHES	2 1															
			404	74	665	2.17	*0.07	*3.1	*0	*0.12	4.41	*1.00	21.43	34.92	19.73	8.05	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
CUCUMBER & CARROTS: 3/4 CUP	3/4 CUP	1	20	0	34	1.59	0.50	20.8	*2	2.79	*0.72	*0.00	0.57	4.59	0.13	0.05	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: HIGH	1 CUP	1	96	3	520	3.32	*1.27	*58.8	*68	*34.21	*7.40	*2.89	3.46	14.82	3.38	0.70	0.00
CONDIMENT: STEAKWICH	SERVING	1	36	2	209	0.00	0.00	0.0	*N/A*	*0.0	4.05	4.05	0.04	5.37	1.54	0.24	0.03
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
PROTEIN BOWL - 3rd OPTION	SERVING	1	429	51	699	5.14	*0.57	*30.8	*4	*25.56	*7.48	*16.00	20.28	38.47	22.08	12.70	0.00
Weighted Daily Average % of Calories			772	64	1571	12.10	*2.23	*175.3	*28	*35.29	*35.74 *18.5%	*17.59 *9.1%	32.42 16.8%	98.87 51.2%	29.55 34.4%	11.80 13.8%	*0.24 *0.3%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00	

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Wed - 02/04/2026																	
SECONDARY LUNCH 9-12 CHICKEN TENDERS - FR091	Total 2 TENDERS	1 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 S-sec	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
GRAVY, CHICKEN: LOW SODIUM	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
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	1 TOAST	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:SEC	1 CUP	1	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: HIGH	1 CUP	1	96	3	520	3.32	*1.27	*58.8	*68	*34.21	*7.40	*2.89	3.46	14.82	3.38	0.70	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

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

Feb 2, 2026 thru Feb 27, 2026

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															
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 & 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
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	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: HIGH	1 CUP	1	96	3	520	3.32	*1.27	*58.8	*68	*34.21	*7.40	*2.89	3.46	14.82	3.38	0.70	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
Weighted Daily Average % of Calories			871	48	2037	18.08	*2.80	*121.4	*101	*63.24	*48.76 *22.4%	*9.36 *4.3%	38.09 17.5%	120.74 55.4%	26.70 27.6%	6.28 6.5%	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 - 02/05/2026																	
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	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: HIGH	1 CUP	1	96	3	520	3.32	*1.27	*58.8	*68	*34.21	*7.40	*2.89	3.46	14.82	3.38	0.70	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

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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															
NACHOS	SERVING	1	487	53	574	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	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	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	114	3	625	3.11	*0.54	*34.9	*3	*16.07	*4.63	*2.89	2.33	11.43	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			946	61	1857	18.76	*2.72	*161.4	*106	*67.38	*47.79	*12.93	40.12	125.23	34.16	8.07	*0.01
% of Calories											*20.2%	*5.5%	17.0%	53.0%	32.5%	7.7%	*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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Fri - 02/06/2026																	
SECONDARY LUNCH 9-12	Total	1															
TOTCHOS - SEC	SERVING	1	544	109	1389	4.45	*0.00	*0.0	*N/A*	*0.0	10.07	*0.00	30.6	36.21	30.87	12.55	0.44
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																	
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
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
CARROT 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	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	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
PROTEIN BOWL	SERVING	1	429	51	699	5.14	*0.57	*30.8	*4	*25.56	*7.48	1.00	20.28	38.47	22.08	12.70	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	29	0	49	2.36	0.66	30.1	*7	34.31	*0.90	*0.00	1.42	6.31	0.21	0.07	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	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
CONDIMENTS: WRAP	SERVING	1	94	10	205	0.12	*0.00	*0.0	*N/A*	*0.0	2.89	*0.00	0.45	4.36	9.26	1.64	*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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Weighted Daily Average % of Calories			1181	123	2044	17.10	*2.42	*81.9	*43	*57.95	*45.41 *15.4%	*5.95 *2.0%	53.22 18.0%	130.26 44.1%	52.38 39.9%	17.68 13.5%	*0.22 *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 - 02/09/2026																	
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
RICE OR CHOW MEIN, CHO OSE SEC.	SERVING	1	174	0	355	3.12	*0.09	*9.9	*72	*4.8	*2.10	0.00	4.26	33.34	2.77	0.01	*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
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
FRUIT BAR :WINTER:SEC	1 CUP	1	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: HIGH	1 CUP	1	96	3	520	3.32	*1.27	*58.8	*68	*34.21	*7.40	*2.89	3.46	14.82	3.38	0.70	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	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: HIGH	1 CUP	1	96	3	520	3.32	*1.27	*58.8	*68	*34.21	*7.40	*2.89	3.46	14.82	3.38	0.70	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 % of Calories			740	70	1885	12.08	*2.05	*96.9	*151	*59.86	*53.54 *29.0%	*17.10 *9.2%	35.77 19.3%	109.66 59.3%	21.20 25.8%	6.20 7.5%	*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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	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 - 02/10/2026																	
SECONDARY LUNCH 9-12	Total	1															
TACO SOUP - RAW - 1 CUP	1 CUP	1	318	55	812	6.68	*2.07	*67.3	*11	*14.03	*5.37	*0.00	18.62	22.68	16.78	6.04	*0.00
CHEDDAR/ JACK FANCY SH RED-.5OZ	.5 OZ	1	56	15	91	0.00	0.00	0.0	*N/A*	0.0	0.00	0.00	3.54	0.0	4.56	2.53	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
FRUIT BAR :WINTER:SEC	1 CUP	1	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	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
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	114	3	625	3.11	*0.54	*34.9	*3	*16.07	*4.63	*2.89	2.33	11.43	7.75	1.68	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
ALT SEC WEEKLY 1st CHO	Total	2															
CHEESESTEAK SANDWICH	SANDWI CHES	1	404	74	665	2.17	*0.07	*3.1	*0	*0.12	4.41	*1.00	21.43	34.92	19.73	8.05	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
CUCUMBER & CARROTS: 3/4 CUP	3/4 CUP	1	20	0	34	1.59	0.50	20.8	*2	2.79	*0.72	*0.00	0.57	4.59	0.13	0.05	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: HIGH	1 CUP	1	96	3	520	3.32	*1.27	*58.8	*68	*34.21	*7.40	*2.89	3.46	14.82	3.38	0.70	0.00
CONDIMENT: STEAKWICH	SERVING	1	36	2	209	0.00	0.00	0.0	*N/A*	*0.0	4.05	4.05	0.04	5.37	1.54	0.24	0.03
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
PROTEIN BOWL - 3rd OPTION	SERVING	1	429	51	699	5.14	*0.57	*30.8	*4	*25.56	*7.48	*16.00	20.28	38.47	22.08	12.70	0.00
Weighted Daily Average			802	77	1598	12.05	*1.86	*85.2	*32	*40.34	*40.04	*15.25	34.15	93.38	34.19	12.63	*0.24
% of Calories											*20.0%	*7.6%	17.0%	46.6%	38.4%	14.2%	*0.3%
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

Feb 2, 2026 thru Feb 27, 2026

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 - 02/11/2026																	
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
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
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	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: HIGH	1 CUP	1	96	3	520	3.32	*1.27	*58.8	*68	*34.21	*7.40	*2.89	3.46	14.82	3.38	0.70	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	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: HIGH	1 CUP	1	96	3	520	3.32	*1.27	*58.8	*68	*34.21	*7.40	*2.89	3.46	14.82	3.38	0.70	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			870	46	2012	17.96	*4.37	*162.6	*101	*93.10	*45.46	*10.43	36.32	119.12	28.86	7.56	*0.27
% of Calories											*20.9%	*4.8%	16.7%	54.8%	29.9%	7.8%	*0.3%
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

Feb 2, 2026 thru Feb 27, 2026

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 - 02/12/2026																	
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
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:SEC	1 CUP	1	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: HIGH	1 CUP	1	96	3	520	3.32	*1.27	*58.8	*68	*34.21	*7.40	*2.89	3.46	14.82	3.38	0.70	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																	
NACHOS	SERVING	1	487	53	574	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 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	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	114	3	625	3.11	*0.54	*34.9	*3	*16.07	*4.63	*2.89	2.33	11.43	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			1037	69	2063	16.45	*2.82	*143.4	*84	*59.67	*57.20	*25.02	38.32	135.92	40.87	13.19	*0.26
% of Calories											*22.1%	*9.6%	14.8%	52.4%	35.5%	11.4%	*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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Fri - 02/13/2026																	
SECONDARY LUNCH 9-12	Total	1															
CORN DOG, MINI PROVIEU (	6 NUGG ETS	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
CARROT 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, 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:SEC	1 CUP	1	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	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
PROTEIN BOWL	SERVING	1	429	51	699	5.14	*0.57	*30.8	*4	*25.56	*7.48	1.00	20.28	38.47	22.08	12.70	0.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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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															
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	29	0	49	2.36	0.66	30.1	*7	34.31	*0.90	*0.00	1.42	6.31	0.21	0.07	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
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:SEC	1 CUP	1	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
CONDIMENTS: WRAP	SERVING	1	94	10	205	0.12	*0.00	*0.0	*N/A*	*0.0	2.89	*0.00	0.45	4.36	9.26	1.64	*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			1101	103	1645	15.58	*2.29	*78.2	*39	*55.94	*56.37	*24.00	42.14	141.35	43.51	13.64	*0.00
% of Calories											*20.5%	*8.7%	15.3%	51.4%	35.6%	11.2%	*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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Tue - 02/17/2026																	
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	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:SEC	1 CUP	1	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	114	3	625	3.11	*0.54	*34.9	*3	*16.07	*4.63	*2.89	2.33	11.43	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

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Washington County School District

Feb 2, 2026 thru Feb 27, 2026

Base Menu Spreadsheet

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

Portion Values - Detailed

	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	2															
CHEESESTEAK SANDWICH	SANDWICHES	1	404	74	665	2.17	*0.07	*3.1	*0	*0.12	4.41	*1.00	21.43	34.92	19.73	8.05	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
CUCUMBER & CARROTS: 3/4 CUP	3/4 CUP	1	20	0	34	1.59	0.50	20.8	*2	2.79	*0.72	*0.00	0.57	4.59	0.13	0.05	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: HIGH	1 CUP	1	96	3	520	3.32	*1.27	*58.8	*68	*34.21	*7.40	*2.89	3.46	14.82	3.38	0.70	0.00
CONDIMENT: STEAKWICH	SERVING	1	36	2	209	0.00	0.00	0.0	*N/A*	*0.0	4.05	4.05	0.04	5.37	1.54	0.24	0.03
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
PROTEIN BOWL - 3rd OPTION	SERVING	1	429	51	699	5.14	*0.57	*30.8	*4	*25.56	*7.48	*16.00	20.28	38.47	22.08	12.70	0.00
Weighted Daily Average			723	68	1453	12.06	*1.68	*101.9	*38	*39.20	*32.95	*12.58	32.38	91.87	27.45	9.98	0.24
% of Calories											*18.2%	*7.0%	17.9%	50.8%	34.2%	12.4%	0.3%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00	

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Wed - 02/18/2026																	
SECONDARY LUNCH 9-12	Total	1															
ROTINI ALFREDO: SEC	1 CUP	1	248	18	211	2.97	*N/A*	*N/A*	*N/A*	*N/A*	4.49	*N/A*	11.2	36.65	7.11	3.20	0.00
CHICKEN, DICED L/S TYSON	2.3oz SERVING	1	102	43	98	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.00	*N/A*	14.09	0.78	3.91	1.17	0.00
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, 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
FRUIT BAR :WINTER:SEC	1 CUP	1	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: HIGH	1 CUP	1	96	3	520	3.32	*1.27	*58.8	*68	*34.21	*7.40	*2.89	3.46	14.82	3.38	0.70	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 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
FRUIT BAR :WINTER:SEC	1 CUP	1	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: HIGH	1 CUP	1	96	3	520	3.32	*1.27	*58.8	*68	*34.21	*7.40	*2.89	3.46	14.82	3.38	0.70	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)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat (g)
Weighted Daily Average % of Calories			861	54	1566	13.76	*2.86	*136.2	*101	*93.10	*45.16 *21.0%	*9.36 *4.3%	40.29 18.7%	119.11 55.4%	26.36 27.6%	6.55 6.9%	*0.02 *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 - 02/19/2026																	
SECONDARY LUNCH 9-12	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	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 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:SEC	1 CUP	1	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: HIGH	1 CUP	1	96	3	520	3.32	*1.27	*58.8	*68	*34.21	*7.40	*2.89	3.46	14.82	3.38	0.70	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
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	487	53	574	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	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	114	3	625	3.11	*0.54	*34.9	*3	*16.07	*4.63	*2.89	2.33	11.43	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			991	75	1976	15.01	*2.10	*130.6	*54	*45.79	*56.12 *22.7%	*25.69 *10.4%	32.87 13.3%	126.17 50.9%	43.38 39.4%	12.70 11.5%	*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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	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 - 02/20/2026																	
SECONDARY LUNCH 9-12	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 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
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:SEC	1 CUP	1	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	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
PROTEIN BOWL	SERVING	1	429	51	699	5.14	*0.57	*30.8	*4	*25.56	*7.48	1.00	20.28	38.47	22.08	12.70	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	29	0	49	2.36	0.66	30.1	*7	34.31	*0.90	*0.00	1.42	6.31	0.21	0.07	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	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
CONDIMENTS: WRAP	SERVING	1	94	10	205	0.12	*0.00	*0.0	*N/A*	*0.0	2.89	*0.00	0.45	4.36	9.26	1.64	*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			1018	87	1720	14.87	*2.43	*293.7	*39	*55.41	*46.61	*5.95	45.22	124.78	40.68	14.42	*0.00
% of Calories											*18.3%	*2.3%	17.8%	49.0%	36.0%	12.7%	*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 - 02/23/2026																	
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
RICE OR CHOW MEIN, CHO	SERVING	1	174	0	355	3.12	*0.09	*9.9	*72	*4.8	*2.10	0.00	4.26	33.34	2.77	0.01	*0.00
OSE SEC.																	
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	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: HIGH	1 CUP	1	96	3	520	3.32	*1.27	*58.8	*68	*34.21	*7.40	*2.89	3.46	14.82	3.38	0.70	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

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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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	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: HIGH	1 CUP	1	96	3	520	3.32	*1.27	*58.8	*68	*34.21	*7.40	*2.89	3.46	14.82	3.38	0.70	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			749	66	1747	11.03	*1.94	*117.6	*151	*89.72	*52.44	*16.01	35.42	107.66	23.60	6.17	*0.01
% of Calories											*28.0%	*8.5%	18.9%	57.5%	28.3%	7.4%	*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 - 02/24/2026																	
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 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:SEC	1 CUP	1	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	114	3	625	3.11	*0.54	*34.9	*3	*16.07	*4.63	*2.89	2.33	11.43	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	2															
CHEESESTEAK SANDWICH	SANDWICHES	1	404	74	665	2.17	*0.07	*3.1	*0	*0.12	4.41	*1.00	21.43	34.92	19.73	8.05	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
CUCUMBER & CARROTS: 3/4 CUP	3/4 CUP	1	20	0	34	1.59	0.50	20.8	*2	2.79	*0.72	*0.00	0.57	4.59	0.13	0.05	0.00
FRUIT BAR :WINTER:SEC	1 CUP	1	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: HIGH	1 CUP	1	96	3	520	3.32	*1.27	*58.8	*68	*34.21	*7.40	*2.89	3.46	14.82	3.38	0.70	0.00
CONDIMENT: STEAKWICH	SERVING	1	36	2	209	0.00	0.00	0.0	*N/A*	*0.0	4.05	4.05	0.04	5.37	1.54	0.24	0.03
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
PROTEIN BOWL - 3rd OPTION	SERVING	1	429	51	699	5.14	*0.57	*30.8	*4	*25.56	*7.48	*16.00	20.28	38.47	22.08	12.70	0.00

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Portion Values - Detailed

	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			738	61	1549	12.57	*1.21	*66.6	*28	*35.29	*34.08 *18.5%	*15.27 *8.3%	31.47 17.1%	93.96 51.0%	28.09 34.3%	11.82 14.4%	*0.24 *0.3%
Nutrient Guideline			846				4.50	400.00	1500	19.20		<10.00 ¹	16.70		<=30.0	<10.00	

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Wed - 02/25/2026																	
SECONDARY LUNCH 9-12	Total	1															
CHICKEN NOODLE SOUP: U SDA 1C.	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
BREADSTICK, CHEESE - BO SCO'S	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
TOMATOES, CUCUMBER, C ARROTS:SE	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
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	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: HIGH	1 CUP	1	96	3	520	3.32	*1.27	*58.8	*68	*34.21	*7.40	*2.89	3.46	14.82	3.38	0.70	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 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
FRUIT BAR :WINTER:SEC	1 CUP	1	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: HIGH	1 CUP	1	96	3	520	3.32	*1.27	*58.8	*68	*34.21	*7.40	*2.89	3.46	14.82	3.38	0.70	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			819	59	1803	13.89	*2.95	*132.8	*151	*67.88	*44.31 *21.6%	*9.36 *4.6%	38.93 19.0%	113.28 55.3%	25.80 28.3%	6.67 7.3%	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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Portion Values - Detailed

	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 - 02/26/2026																	
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 CRACKER STIC	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
FRUIT BAR :WINTER:SEC	1 CUP	1	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: HIGH	1 CUP	1	96	3	520	3.32	*1.27	*58.8	*68	*34.21	*7.40	*2.89	3.46	14.82	3.38	0.70	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																	
NACHOS	SERVING	1	487	53	574	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	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
SALAD BAR: 2 TUESDAY (SE	1 CUP	1	114	3	625	3.11	*0.54	*34.9	*3	*16.07	*4.63	*2.89	2.33	11.43	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			916	64	1937	16.30	*2.35	*166.9	*59	*73.72	*45.94	*10.37	39.68	122.20	33.08	8.73	0.00
% of Calories											*20.1%	*4.5%	17.3%	53.3%	32.5%	8.6%	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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Fri - 02/27/2026																	
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	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	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
PROTEIN BOWL	SERVING	1	429	51	699	5.14	*0.57	*30.8	*4	*25.56	*7.48	1.00	20.28	38.47	22.08	12.70	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

Feb 2, 2026 thru Feb 27, 2026

Base Menu Spreadsheet

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

Portion Values - Detailed

	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															
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	29	0	49	2.36	0.66	30.1	*7	34.31	*0.90	*0.00	1.42	6.31	0.21	0.07	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	64	0	2	2.10	*0.09	*11.1	*3	*13.55	12.06	0.78	0.67	16.42	0.18	0.03	0.00
CONDIMENTS: WRAP	SERVING	1	94	10	205	0.12	*0.00	*0.0	*N/A*	*0.0	2.89	*0.00	0.45	4.36	9.26	1.64	*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			1015	85	1983	14.27	*2.08	*71.3	*146	*56.55	*49.77	*5.95	44.57	118.85	42.97	14.23	*0.00
% of Calories											*19.6%	*2.3%	17.6%	46.8%	38.1%	12.6%	*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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Weighted Average			888	70	1792	14.44	*2.37	*128.5	*84	*62.06	*46.75	*13.73	38.14	115.80	32.87	10.20	*0.09
											*47.4%	*13.9%	17.2%	52.2%	33.3%	10.3%	*0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	888		846	105%				
Cholesterol (mg)	70							
Sodium 1 (mg)	1792						1792	
Fiber (g)	14.44							
Iron (mg)	2.37		4.50	53%	Missing	2.13		Correction Required - Iron is Low
Calcium (mg)	128.5		400.00	32%	Missing	271.50		Correction Required - Calcium is Low
Vitamin A (RAE)	84		1500	6%	Missing	1416		Correction Required - Vitamin A is Low
Total Sugars (g)	46.75	21.06%			Missing			
Added Sugars (g)	13.73	6.19%	<10.00% ¹	137%	Missing	-4		Correction Required - Added Sugars should be < 10.00% of Calories
Vitamin C (mg)	62.06		19.20	323%	Missing			
Protein (g)	38.14	17.18%	16.70	228%				
Carbohydrate (g)	115.80	52.16%						
Total Fat (g)	32.87	33.31%	<=30.00%					Correction Required - Total Fat too High
Saturated Fat (g)	10.20	10.33%	<10.00%					Correction Required - Sat. Fat too High
Trans Fat (g)	0.09	0.10%			Missing			

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